

# Four Dimensions Personal Goals

**Step 1: Identify your biggest gap.** Rank the dimensions below from “1” being your biggest gap to “4” being your smallest gap.

**Step 2: Choose a target to close your biggest gap.** Read the list below the dimension you marked as your biggest gap.

## **BODY:** \_\_\_\_\_

- Sleep 8 hours each night.
- Play a sport.
- Exercise regulary.
- Eat healthy foods.
- Drink water.
- Take time to relax each day.
- \_\_\_\_\_

## **HEART:** \_\_\_\_\_

- Make EBA Deposits.
- Do random acts of kindness.
- Make a new friend.
- Spend time with a friend.
- Spend time with my family.
- Serve my school.
- Serve my community.
- \_\_\_\_\_




## **MIND:** \_\_\_\_\_

- Read for fun.
- Try a new hobby.
- Complete my homework.
- Learn a new skill (play a musical instrument, new language, etc.)
- Visit a library or museum.
- Help plan a field trip.
- \_\_\_\_\_

## **SOUL:** \_\_\_\_\_

- Read inspiring books.
- Listen to inspiring music.
- Create inspiring music.
- Serve my community.
- Meditate.
- Reflect.
- \_\_\_\_\_

**Step 3:** Determine your starting line (X), your finish line (Y) and your deadline (When).

FOCUS ON THE WILDLY IMPORTANT			
What is the “end in mind”?			
Body	Heart	Mind	Soul
 <b>Where I am now.</b>	 <b>Where I want to be.</b>	 <b>By when.</b>	

**Step 4:** Make a plan and take action!

ACT ON THE LEAD MEASURES
What one or two strategies or action steps are most important to achieve the WIG?

CREATE A CADENCE OF ACCOUNTABILITY
My Accountability Partner(s) is:
When and where we will meet is:
How I will celebrate is:

## KEEP A COMPELLING SCOREBOARD

How will I track my lead measures?

How will I track progress toward my goal?