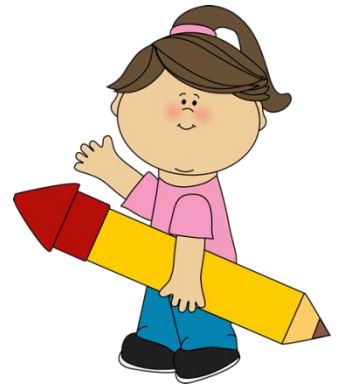


Goal Setting Worksheet

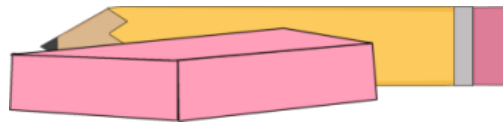


Even homeschool moms need a chance to sit back and evaluate what they plan to do in 2013. Peter Bregman offers a fresh approach in finding your focus for 2013. To truly understand this approach, please read ***18 Minutes: Find Your Focus, Master Distraction, and Get the Right Things Done.***

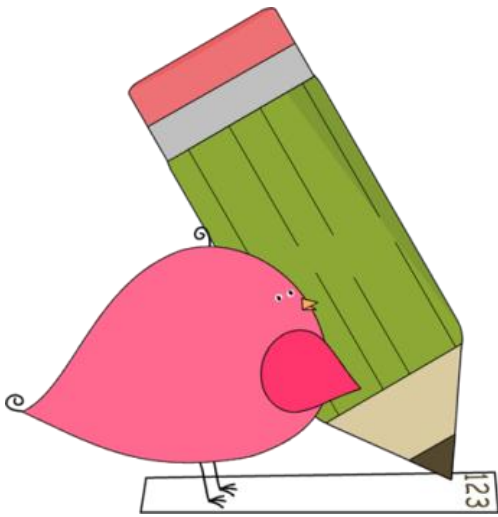
List 5 Areas of Focus for 2013

These do not need to be measurable. Yep, you read that right. These are “areas” you want to focus on in 2013, not specific goals to accomplish. Be sure to include personal, educational & professional areas.

What are you waiting for? Write them down & here’s an eraser in case you change your mind.



1. _____
2. _____
3. _____
4. _____
5. _____



Daily “To-Do” List

As you make your daily list of things to do, be sure you are doing the right things. In other words, 95% of what you do each day should come under one of the 5 areas you listed above. If they don't, you need to change your focus (your list above) or change the things you do each day to correspond to your focus.

Focus Area #1

-
- 1.
 - 2.
 - 3.
 - 4.
 - 5.

Focus Area #3

-
- 1.
 - 2.
 - 3.
 - 4.
 - 5.

Focus Area #5

-
- 1.
 - 2.
 - 3.
 - 4.
 - 5.

Focus Area #2

-
- 1.
 - 2.
 - 3.
 - 4.
 - 5.

Focus Area #4

-
- 1.
 - 2.
 - 3.
 - 4.
 - 5.

The Other 5%

-
- 1.
 - 2.
 - 3.
 - 4.
 - 5.