

reframing goals

Having a clear goal matters – but real progress comes from committing to the actions it takes to get there and celebrating those actions done well along the way. A clear vision gives you direction, but action-based goals give you traction.

By shifting from result-based goals to action-based goals, you focus on what's within your control, build consistent momentum, and create sustainable success that naturally leads to the results you want.

What is your longer term vision?

#1 **My vision** – Why do I want from MeAmora? – Think longer term here, by the end of the year perhaps?

Your vision – How will it feel when you achieve what you have envisioned?

#2 Describe the emotion: proud, excited, secure, motivated, capable?

This helps you stay focused.

#3 **The impact** – Who benefits when you achieve?

Think about: your family, your friends, future team mates, your self-confidence....

Keep your vision in mind at all times. Create a vision board, get excited about it, share it, and be proud of it. Let it remind you why you started and what you're working toward.

But remember – a vision on its own is just a picture. Action is what brings it to life.

Now that your vision is clear, it's time to turn it into reality by setting your action-based goals and committing to the steps that will take you there.



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#4

Your 3 month goal

In 3 months what will you have achieved?

#5

Action Based Goals Working on a daily = weekly focus, what actions are you committing to do daily/ weekly?

Break it down your Daily Method of Operations (DMO) will help you achieve your weekly and monthly action goal's

Weekly action goal:

Weekly connections goal conversations/reach outs:

Weekly Glow & Go / Events/ Lives/ :

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#6
