**Breakthrough Goal**

**Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Instructions**: Achievable within 2/3 months – Beyond your current level of ability – Something that excites you

**Vision**

*‘Vision is the art to see what is invisible to others’ – Jonathon Swift*

|  |
| --- |
| Create in your mind a clear picture of what your vision will look like when you have achieved it. Write a vivid description of that Vision in the box below. EG. If your goal is to complete a 5km running event, maybe you can describe a picture of yourself crossing the finish line. Describe what you will see, hear and feel. The more colour and detail the better.  |

|  |
| --- |
| **Description of Vision:** |

**Planning & Strategy**

*‘A good plan implemented today is better than a perfect plan implemented tomorrow’ – General George Patton*

|  |
| --- |
| Break your vision down into a plan of small steps. Give your vision a clear deadline and work your way back from there. Don’t wait for the perfect plan. Start with the best plan you can create and improve it as you go. The most important thing is to get forward momentum. Map out your plan of small steps in the box below and take the first tiny step today. |

|  |
| --- |
| **Start Date:****Finish Date:** |

**Resilience**

*‘By endurance we conquer’ – Earnest Shackleton*

|  |
| --- |
| **Why?** Why do you want this vision to become a reality? Make a list of the reasons **WHY** in the box below and keep this document close at hand and look at it whenever you’re struggling to make progress or feel like giving up. *Obstacles will appear unexpectedly along the road ahead, don’t dwell on the problems,* ***move your focus towards the solutions*** *and keep searching until you find them.* |

|  |
| --- |
| **Why?****Solution Questions**1. How can I solve this problem?
2. How have other people solved this problem?
3. Who can help me solve this problem?

1.2.3.4.5. |

**Continuous Improvement**

*‘Small daily improvements always lead to exceptional results over time’ – Robin Sharma*

|  |
| --- |
| Set aside a small amount of time at the end of each day to search for a 1% improvement in whatever area you’re aiming to become brilliant in – if you look for a 1% improvement you will find one, if you don’t you won’t. Remember, we can only improve a tiny bit at a time, so cut yourself some slack and enjoy and celebrate the little moments of growth. Over time they will take you to incredible places.  |

|  |
| --- |
|  |

**www. Stephenkiernan.ie/tyworkshop**