



FREE QUICK-START GUIDE

One Goal. Seven Days. Total Clarity.

Your step-by-step action plan for setting one complete goal this week.

A companion to

Goal Setting Mastery

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YOUR 7-DAY GOAL PLAN

By Sunday evening, you will have one fully formed goal with a clear action plan. Fill in each day's work in the space provided. Take 20 minutes per day — that's all it takes.

Day 1

Monday

Dream & Choose

Spend 20 minutes writing everything you want to achieve, experience, or become — no filter, no judgement. Then circle the ONE goal that excites you most. That's your focus for the week.

Chapters
1–3

My goal this week: _____

Day 2

Tuesday

Define Who & Why

Write down which ROLE you'll be pursuing this goal in (parent, professional, creator...). Then write at least three compelling reasons WHY this goal matters. If the reasons don't move you, they won't carry you through the hard days.

Chapters
3–14

My role: _____

My 3 Whys: _____

Day 3

Wednesday

Plan How & What

Identify your STRATEGY and resources (How). What do you already have? What do you need? Then rewrite your goal as a PERFORMANCE — something you do, not something that happens to you. "Write 500 words daily" beats "Finish a novel."

Chapters
5–16

My strategy: _____

My performance goal: _____

Day 4

Thursday

Set When, Where & With Whom

Choose a DEADLINE. Decide WHERE you'll do the work. Name the people who will support you or need to know. Your goal now has a time, a place, and a team.

Chapter
17

Deadline: _____

Where: _____

Who: _____

Day 5

Friday

Run the SMART Check

Test your goal: is it Specific? Measurable? Achievable? Relevant? Time-bound? If any element is weak, revise it now. A goal that passes all five tests is a goal you can actually pursue with confidence. *Chapter 10*

My SMART check
(circle any that need work):

S · M · A · R · T

Day 6

Saturday

Write Your Goal Card & Action Plan

Write your goal as an affirmation: "By [deadline], I am so happy and grateful now that I am [goal]." Put it on a card. Then break your first short-term goal into numbered steps — your action plan. Date them. *Chapters 18 & 20*

My goal card:

First 3 action steps:

Day 7

Sunday

Start Step One

Read your goal card aloud, morning and evening. Then do the FIRST step on your action plan. Not the easiest. The FIRST. You are now in motion. *Chapter 20*

My first step (do it today):

YOUR ONE-PAGE GOAL PROFILE

By Saturday evening, everything about your goal should fit on this single page. If you can fill in every line, you have a goal that is clear, motivated, anchored in reality, and ready to act on.

Your role in pursuing this goal

Who

Three compelling reasons this matters to you

Why

Your strategy + resources you have + resources you need

How

Performance goal — something you DO, not something that happens

What

Specific deadline

When

Location where you'll do the work

Where

People involved, informed, or supporting you

With Whom

By [deadline], I am so happy and grateful now that I am [goal]

Goal Card

Numbered steps with dates — start with Step 1

Action Plan

What Comes Next

This cheat sheet gets you one goal. Once it's running, repeat the 7-day process for your next goal. For the deeper foundations — beliefs, values, mission, vision, habit formation, and resilience — work through the earlier chapters at your own pace. The quick start gets you a goal. The full book gets you a life you designed on purpose.

Get the full Goal Setting Mastery system

