



THE MENTORLOOP GOAL-SETTING FRAMEWORK

STEP 1 - FIGURE OUT YOUR GOALS

FIRST: For about 5 minutes, do a brainstorm/mind-dump of all short, medium, or long term goals that come to your mind - anything and everything.

SECOND: Look through, curate, and prioritize the goals you wish to place on your formalised goal-sheet.

STEP 2 - CREATE THREE TYPES OF GOALS

CREATE STRETCH GOALS: Goals that are out of reach for you right now, very aspirational, and are likely 2-5 years away.

CREATE REACH GOALS: Goals that you have to take a few significant steps to 'reach'; can likely be achieved in between 3-12 months.

CREATE HABIT-FORMING GOALS: Goals that you would like to see become habitual behaviors. It takes between 21-60 days to form a habit; set the goal at between 4-8 weeks

STEP 3 - CREATE THREE PHASES FOR EACH GOAL

PHASE 1

The aim here is to just take a step. Make it very easy to achieve.
Examples: register for two networking events; register a domain on Godaddy; download a meditation app.

PHASE 2

Provides the 'meat' of the goal. The main action phase.
Examples: meet-up with the two executives; build a working version of a website; meditate for 10 minutes everyday.

PHASE 3

Home stretch. Close the goal and unlock new potential goals.
Examples: Send emails to people you met and get feedback from networking events; begin blogging on site; maintain new habit of meditating.

Find the **Setting SMART Goals** document to ensure all of your goals are **SMART**

Find the **Goal-Setting Spreadsheet** to begin using the framework.