

Example of 7 short-term goals set up for the next 12 months



	Goal	How?	Status
1	Learn to better manage my emotions during high emotional conflicts	• By reading 1 book on Emotional Intelligence • By reading 10 articles • By watching 10 Youtube videos • By making a conscious effort during conflicts	
2	Have quality time with my wife and discover new places with her	• By going out every week • By going to Hawaii • By going to Japan • By growing our Emotional intelligence together	
3	Increase my business revenue by 500% and contribute to a Cancer research foundation	• By improving my business knowledge every week • By selling 40 new products • By launching online marketing initiatives every week • By improving the quality of my website	
4	Connect with my family and friends as much as I can to help them be happier and grow toward their goals	• By welcoming my family and friends in my home • By calling them every week or meeting them whenever possible	
5	To change of home and create a nice environment in our new place	• By buying nice pieces of furniture (e.g. sofa, bed, desk, bookshelf, etc.) • By doing more manual tasks	
6	To increase my health	• By not smoking at all, eating healthy food & barely drinking • By doing between 2 and 4 sport sessions a week • By stretching every day • By being careful with my back	
7	To be more environmentally friendly	• By recycling • By not overconsuming (e.g. electricity, water, paper, unnecessary purchases) • By not wasting food	