

Please go to  
*[www.menti.com](http://www.menti.com)*

813-727-0608; [rob@askrobz.com](mailto:rob@askrobz.com); [www.facebook.com/ZarrilliTraining](http://www.facebook.com/ZarrilliTraining)



# *5 Keys to Setting and Achieving Your Goals*

813-727-0608; [rob@askrobz.com](mailto:rob@askrobz.com); [www.facebook.com/ZarrilliTraining](http://www.facebook.com/ZarrilliTraining)

*“Knowing where you are  
going increases your  
chances of getting there.”*

*Why is setting goals so  
important?*



# The Seven F's of Goal Setting:

# The Seven F's of Goal Setting:

1. Family



# The Seven F's of Goal Setting:

1. Family

2. Friends

# The Seven F's of Goal Setting:

1. Family
2. Friends
3. Faith

# The Seven F's of Goal Setting:

1. Family
2. Friends
3. Faith
4. Fitness

# The Seven F's of Goal Setting:

1. Family
2. Friends
3. Faith
4. Fitness
- 5. Finance**

# The Seven F's of Goal Setting:

1. Family
  2. Friends
  3. Faith
  4. Fitness
  5. Finance
  6. Fun
-

# The Seven F's of Goal Setting:

1. Family
  2. Friends
  3. Faith
  4. Fitness
  5. Finance
  6. Fun
  - 7. Future**
-

# Be S.M.A.R.T. about Setting Goals:

**S**pecific

**M**easurable

**A**chievable

**R**elevant

**T**imed





# 5 Quick Tips for Setting Goals:

# 5 Quick Tips for Setting Goals:

***1. Keep it simple***

# 5 Quick Tips for Setting Goals:

***1. Keep it simple***

***2. Review your goals regularly***

# 5 Quick Tips for Setting Goals:

***1. Keep it simple***

***2. Review your goals regularly***

***3. Goals should reflect your values***

# 5 Quick Tips for Setting Goals:

- 1. Keep it simple***
  - 2. Review your goals regularly***
  - 3. Goals should reflect your values***
  - 4. Reward yourself along the way***
-

# 5 Quick Tips for Setting Goals:

- 1. Keep it simple***
  - 2. Review your goals regularly***
  - 3. Goals should reflect your values***
  - 4. Reward yourself along the way***
  - 5. Commit your goals to writing***
-



*“The discipline of writing something down, is the first step towards making it happen”.*

*-Lee Iacocca*





*What happens next is up to you!*