

ACTION GUIDE: Organizing Your Reinvention Goals

Step 1. Ask yourself: *Why do I want to reinvent myself?* Keep drilling down to until you get to the core of what you desire, and keep your focus on the positive:

Step 2. Pick a goal in each of the three categories of your “three-legged stool”; the change you’re seeking that moves you forward. The main goal is the broad category of change you’re seeking (e.g. more fun & enjoyment); the sub-goals are the different ways it can show up (e.g. taking French or salsa lessons).

	Work	Personal / Lifestyle	Spirit
Main goal:			
Sub-goal 1:			
Sub-goal 2:			



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Sub-goal 3:			
Sub-goal 4:			
Sub-goal 5:			
Sub-goal 6:			

Step 3. Choose your “cascade effect” sub-goal for each category:

a. Work: _____

b. Personal / Lifestyle: _____

c. Spirit: _____

Step 4. Gap your ‘cascade effect’ goals:

	Starting Point	End Point	Gap
Career/Work:			
Personal/Lifestyle:			
Spirit/Inner growth:			

Step 5. List the myths you hold about your cascade goals:

Career Goal Myths	Personal Goal Myths	Growth Goal Myths



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Step 6. List the internal and external barriers to your cascade goals:

Internal Barriers

External Barriers



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Step 7. Determine the investment needed to reach your cascade goals. What will it cost you time-wise or in dollars? What will you have to give up?

Step 8. Set your timeline (the amount of time you'll invest in reaching your cascade goals):

List the short-term viewpoint tasks that will help you reach your cascade goals:

1.

2.

3.

4.

5.



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6. _____

7. _____

Step 9. Identify your styles:

My primary learning style (e.g. visual, auditory, kinesthetic): _____

My personal interaction style (e.g. solo, partner, group): _____

How open am I to change and risk? (e.g. averse vs. love): _____

My primary motivation style (reward or accountability): _____

How well can I focus? (e.g. mono vs. diffuse) : _____

Step 10. Outline your action plan. (You can do a separate plan for each cascade goal.)

Do the research. *(What ideas or paths must I investigate / information do I need / possible contacts must I reach / in order to identify my objectives and reach my goals?)*



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Find the time. *(How much time will I devote to my goal, and where will I get the time?)*

Find the money. *(What resources do I need, and where will I get them?)*

Identify and activate your network. *Make a list of the people who can help you:*

1.

2.

3.

4.

5.

6.



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7. _____

Identify the interim goals you must hit to reach your cascade goal:

Weekly:

1. _____

2. _____

3. _____

Monthly:

1. _____

2. _____

3. _____

Quarterly:

1. _____

2. _____

3. _____

Identify the next steps you'll take towards your interim goals:

Step 1: _____



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Step 2: _____

Step 3: _____

Step 4: _____

Step 5: _____

Identify potential hurdles to reaching your interim goals:

1: _____

2: _____

3: _____

4: _____

5: _____

Define your plan to reward yourself and hold yourself accountable for reaching your interim goals:

Milestone

Reward



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<u>Accountability Tactic</u>	<u>Frequency</u>

Decide in advance what action steps you'll take if you have...

Five minutes:

1. _____
2. _____
3. _____

Fifteen minutes:



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1. _____
2. _____
3. _____

Fifty minutes:

1. _____
2. _____
3. _____

Five hours:

1. _____
2. _____
3. _____

