

**UnHinge Yourself**  
**2018 Goal Setting - Q1**

*"The beginning is always today."* Mary Shelley, author of **Frankenstein**

**Review of 2017** - Did you set resolutions? What happened? What worked? What didn't? Why? What could you have done differently? What did you learn about yourself last year?

**Professional Review for 2017**

**Personal Review for 2017**

**Three Words for 2018 + Why These 3 Words?**

(Based upon the work of Chris Brogan at [ChrisBrogan.com](http://ChrisBrogan.com))

WORD #1:	WORD #2:	WORD #3:
Why?	Why:	Why?

## Your PURPOSE/MISSION/VISION for 2018

**Vision for 2018** - When you're sitting around on December 31, 2018, what would you like to see? How would you like to feel? What's your life purpose or mission? How does your vision for 2018 fit with that purpose?

### Quarterly 10,000 ft View for 2018

	Professional Goals	Personal Goals	Vision Connection
<b>Q1</b> Jan-Mar			
<b>Q2</b> Apr-June			
<b>Q3</b> July-Sept			
<b>Q4</b> Oct-Dec			

**Now release your 2018 Vision.** Don't hang on too tight. Let it float in the back of your mind daily so you feel it and it guides you but you don't get locked in. Holding on to your vision more loosely will give you the space to see and grab opportunities that at this moment you can't even envision. Opportunities that might lead you toward an even more fulfilling life in 2018.

## Professional Goals - Q1 2018

<b>GOAL #1</b>			<b>Measurement</b>
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Identify the steps you need to execute over the next 90 days to achieve the above goal.

Priority #	✓	TASK	DUE DATE	ACCOUNTABILITY and NOTES
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**NOTES:**

## Professional Goals - Q1 2018

<b>GOAL #2</b>			<b>Measurement</b>
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Identify the steps you need to execute over the next 90 days to achieve the above goal.

Priority #	✓	TASK	DUE DATE	ACCOUNTABILITY and NOTES
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**NOTES:**

## Professional Goals - Q1 2018

<b>GOAL #3</b>			<b>Measurement</b>
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Identify the steps you need to execute over the next 90 days to achieve the above goal.

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**NOTES:**

## Personal Goals - Q1 2018

<b>GOAL #1</b>			<b>Measurement</b>
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Identify the steps you need to execute over the next 90 days to achieve the above goal.

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**NOTES:**

## Personal Goals - Q1 2018

<b>GOAL #2</b>			<b>Measurement</b>
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Identify the steps you need to execute over the next 90 days to achieve the above goal.

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**NOTES:**

## Personal Goals - Q1 2018

<b>GOAL #3</b>			<b>Measurement</b>
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Identify the steps you need to execute over the next 90 days to achieve the above goal.

Priority #	✓	TASK	DUE DATE	ACCOUNTABILITY and NOTES
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*Good Luck! Keep track and take notes — this data will help you revise and re-energize during Q2. Above all, have fun and keep turning your book pages!*