

DID YOU SET YOUR GOALS RIGHT?

this Ramadan will be awesome!



How to use this worksheet

Having come up with a rough list of 15 goals in Part 1, you now need to refine those goals.

1. Document your goals based on the 4 P's.
2. Set your goals according to the RAMADAN framework.

Result: A filtered list of top 5-10 "final" goals!

No.	Goal	Make It Positive	Make It Personal	Put it in the Present Tense	Paint a Picture! :)
Example	I am grateful that I've completed the Qur'an	✓	✓	✓	✓
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

	Final Goal	DEFINITIONS
1		Relevant Is it relevant to Ramadan?
2		Aspirational Is it outside your comfort zone?
3		Measurable How can you quantify this goal?
4		Assess Will you be able to determine success?
5		Definite Is it concrete and specific?
6		Appointment/Agenda Can you create a timed task that achieves this?
7		Novelty Is it new and different?
8		
9		
10		

