

GOALS AND NON-GOALS

A non-goal is anything you already know you do not want to achieve or obtain. I recommend deciding on one timeframe (say 12-18 months) for these goals and non-goals.

GOALS

NON-GOALS

For more information about Boris: www.vaughntan.org/unpacking-boris

FORCED RANKING OF GOALS

Prioritise the goals from the previous page (left column only).
Only one goal per dotted line — only use the dotted lines provided.
You may leave dotted lines empty, but don't add new lines.
Put any goal you're willing to sacrifice below the heavy horizontal line.

TOP
PRIORITY

.....

2ND
PRIORITY

.....
.....

3RD
PRIORITY

.....
.....
.....

↓ WILLING TO SACRIFICE ↓

4TH
PRIORITY

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.....
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5TH
PRIORITY

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