



TAME your goals - Reference sheet

S No	Goals	T	A	M	E
		Timebound	Achievable	Measurable	Enthusiatic
1	RESULT BASED GOAL				
	I want to buy a house worth \$500,000 by 2026	Yes, 2026	Yes	Yes, \$500,000	Yes
	EFFORT BASED GOAL				
	I will put in an additional 1 hour at work everyday	Yes, everyday	Yes	Yes, one hour	Yes
2	RESULT BASED GOAL				
	I want to own an E class Mercedes by 2026	Yes, 2026	Yes	Yes, E Class Mercedes	Yes
	EFFORT BASED GOAL				
	I will put aside \$500 every month for the down payment	Yes, every month	Yes	Yes, \$500	Yes



THINK
THIRD PERSPECTIVE

TAME your goals - Worksheet

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		Timebound	Achievable	Measurable	Enthusiatic
1	RESULT BASED GOAL				
	EFFORT BASED GOAL				
2	RESULT BASED GOAL				
	EFFORT BASED GOAL				