



My Goals Charter

Suggested process:

1. Print the contents of this file.
 2. Determine what time frame you want to create goals for.
 3. Using a pen or pencil complete your goals for each area of pages 2 and 3. Don't stop writing until you have run out of goals. Think BIGGER than you usually do. Answer this question "What would your goals be if time or money wasn't a problem?" MOST IMPORANT don't second guess WHAT YOU WRITE! Instead write until you run out of goals. Go back to the first item after you're all done and see if you missed anything important.
 4. Go back to make sure that all your goals are "SMART"- meaning that each goal is
 - Specific
 - Measurable
 - Attainable/Achievable
 - Realistic
 - Time Framed
- A smart goal:*
- *Does not look like this:* Get out of debt.
 - *Looks like this:* Decrease family expenses \$__ by __/month and year.
5. How you use the rest of this form is up to you. Some clients choose the 3 important goals from pages 2 and 3 to place on page 4. OR type the 3 goals for each area you want to reach in the next 90-days.
 6. Print 2 copies of page 4. Hang them where you'll see them daily. Keep one in your office and one at home.
 7. Send to your coach!



My Goals Charter

Time Frame _____

(30-days, 1 year, 5 years, 10 years, 20 years, 30 years, 60 years)

Personal Growth

Spiritual/Religious Growth

Relationships Family, Romance, Friends

Career/Business



Finance & Money

Play & Recreation

Health & Fitness

Physical Environment



The Goals Charter for _____

Time Frame _____

Personal Growth

- 1.
- 2.
- 3.

Finance & Money

- 1.
- 2.
- 3.

Religious/Spiritual Growth

- 1.
- 2.
- 3.

Play & Recreation

- 1.
- 2.
- 3.

Relationships Family, Romance, Friends

- 1.
- 2.
- 3.

Health & Fitness

- 1.
- 2.
- 3.

Career/ Business

- 1.
- 2.
- 3.

Physical Environment

- 1.
- 2.
- 3.



Coaching & Speaking Topics Include:

Maria advises, coaches, and speaks to CEOs, business owners, and executives seeking to maximize their bottom line and enjoy more free time. Topics include:

- Work/Life Full-Fillment
- Letting Go to Grow
- Strategic Planning
- Exit Planning & Succession
- Ideal Client Profile/Niches
- Performance Management
- Process Improvement
- Leadership Development
- Pricing & Profit Strategies
- Strategic Speaking
- Power Alliances
- Networking/Social Networking
- Ecommerce Strategies
- Tips/Tactics on NYC Travel

About Maria:

An irrepresible entrepreneur, Maria Marsala sold AVON at age 14 and landed on Wall Street three years later. Fiercely determined and keenly insightful, Maria became a bond trader when female executives were as rare as pink diamonds. For 25 years, Maria streamlined Fortune 500 departments with integrity, nurtured non-profits, and discovered her niche—mentoring remarkable women CEOs and executives. In 1998, Maria created Elevating Your Business, a company dedicated to helping women get a life and a future from their businesses by providing accountability, tools, and a (gentle) kick in the a** when needed. Is your business serving your life and your dreams? Contact Maria today and take the first step toward freedom, fulfillment, and a sparkling quality of life!



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