



VELOCITY

Your Dream Divorce Practice Can Be Yours!

Where Divorce
Professionals
**GET READY,
GET REAL, GET
RESULTS!**

Living Your Best Year Ever

Setting Goals



One Big
Important
Goal



EVALUATION AND REFLECTION





YEAR IN REVIEW

DREAMS
AND GOALS



SETTING
TOO MANY
GOALS

A hand holding a flaming torch, with the word "Burnout" written across the flame in a large, bold, black serif font. The background is a soft, out-of-focus white and grey.

Burnout

CLEAR AS
MUD



ALL TALK
NO
ACTION



NO
BEHAVIORAL
CHANGE



I'll do it My Way

NO SYSTEM



NO SYSTEM



12 MONTH GOALS

Grid for 12 month goals.

THEME

Grid for theme.

QUARTERLY GOALS

Grid for quarterly goals.

MONTHLY TARGET

Grid for monthly target.

PROJECT NAME:

GOALS

GOOD

BETTER

BEST

SUCCESS CRITERIA

- _____
- _____
- _____
- _____
- _____

PROJECT NAME:

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- _____
- _____
- _____
- _____
- _____

PROJECT NAME:

GOALS

GOOD

BETTER

BEST

SUCCESS CRITERIA

- _____
- _____
- _____
- _____
- _____

Weekly Planner

Banner Goals for the Year: 1. _____ 2. _____ 3. _____ Top Three Goals for the Week 1. _____ 2. _____ 3. _____	Top Three Goals for the Month: 1. _____ 2. _____ 3. _____ Three Most Important Events for the week: 1. _____ 2. _____ 3. _____
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Behavior/Action	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										

Personal Development Materials I'm Studying This Week: _____ _____ _____ REVIEW Wins 1. _____ 2. _____ 3. _____ Fixes: 1. _____ 2. _____ 3. _____	Skills I'm Developing and Practicing This Week _____ _____ _____ Losses 1. _____ 2. _____ 3. _____ Ah-Ha's: 1. _____ 2. _____ 3. _____
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What Else I'm Grateful for This Past Week:

What Else I learned from Personal Development and Skill Improvement Study This Week:

NOTES

A series of 12 horizontal dotted lines, evenly spaced, intended for writing notes. The lines are composed of small, dark gray dots.