

EXERCISE 5: ENERGY-ALIGNED GOAL SETTING

Traditional vs. Energy-Aligned Goals

Traditional Goal Example: "Increase revenue by 50%"

Energy-Aligned Goal Example: "Increase revenue by 30% while spending 70% of time in +2 to +3 energy activities"

Set Your 3 Goals:

1. REVENUE GOAL (with energy consideration):

Target: \$_____ by _____ while maintaining _____% time in positive energy

2. ENERGY GOAL (percentage of time in positive energy):

Target: _____% of time in +1 to +3 energy activities by _____

3. ALIGNMENT GOAL (percentage of time in mission-aligned activities):

Target: _____% of time in 6-10 alignment activities by _____