



LIFE GOALS CLARITY ROADMAP

Know What You Want. Build a Real Plan.

People with written goals are 42% more likely to achieve them. Most people never write any

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THE CLARITY FRAMEWORK

- ◆ Step 1: AUDIT — List what you want in 5 areas: career, health, relationships, money, growth
- ◆ Step 2: ELIMINATE — Cross out what you think you SHOULD want vs. what you actually want
- ◆ Step 3: PRIORITIZE — Pick your #1 goal in each area. Max 5 goals total.
- ◆ Step 4: REVERSE ENGINEER — Work backward from the goal. What's needed 1 month, 1 week, today?
- ◆ Step 5: WEEKLY ANCHOR — Every Sunday: review goals, set 3 weekly actions

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SMART+ GOAL FORMAT

- ◆ S — Specific: 'Get fit' is dead. 'Run a 5K in under 30 min by October' is alive.
- ◆ M — Measurable: How will you KNOW you succeeded? Define the number.
- ◆ A — Achievable: Ambitious but realistic. Stretch goals work. Impossible ones don't.
- ◆ R — Relevant: Does this align with your deeper values and vision?
- ◆ T — Time-bound + Tracked: Deadline + weekly review dramatically boosts completion rate

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STAYING THE COURSE

- ◆ Track weekly: 1 sentence per goal — what happened,
- ◆ Accountability partner: Share goals with 1 person. Check in weekly
- ◆ Environment design: Make your goals visible — post them where you'll see them daily
- ◆ Progress over perfection: 1% improvement per week = 51% better by year's end (compound growth)
- ◆ Reassess quarterly: Goals can change. Adjust without



PRO TIP: The most dangerous goal is vague. 'More money' is a wish. '\$8,500/month by December 31' is a goal. Vagueness kills momentum. Specificity creates it.

Goal-Setting Journals at FredBarcaArt.com

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@barcaproduction | BarcaProduction.com | info@barcaproduction.com