

**DREAM.
THINK.
DO.**

~~[Podcast]~~
~~[Revolution]~~

A “Thinking Better” Planning Tool:

I.M.T. Tool™:

Individual Tasks	Milestones	Target
Specific tasks that are up to you as an individual.	Tasks that involve completion dates and/or other people.	Your bigger goal.

I.M.T. Questions:

<p>Target Questions:</p>	<ul style="list-style-type: none"> • If you were able to focus on one of your larger dreams/goals for next 3 months, which one would you pick? • What's one of the most important goals to focus on in the next 3 months? • If someone had similar dreams/goals to yours, what would you suggest they focus on right now? • _____ • _____
<p>Milestone Questions:</p>	<ul style="list-style-type: none"> • What might be some of the milestones that you could shoot for as you are going after your Target? • Who could help you as you go for your Target? • What are some small but significant things that they could help you do? • _____ • _____
<p>Individual Task Questions:</p>	<ul style="list-style-type: none"> • As you've thought about _____ as a goal, what are some of small but significant steps you might need to take? • What might be the best sequence for these activities? • Which of these seems to be the most important right now? • Which of these tasks could be broken down into 15 minute chunks? (So you can do them in those 15 minute windows that just appear in life.) • _____ • _____

Mitch Matthews is a international keynote speaker, success coach and best-selling author. He works with organizations like NASA, Dupont, the Principal Financial Group and Booking.com. Mitch and his wife are co-founders of the BIG Dream Gathering. These events have helped thousands of people to dream bigger and often get the help they've needed to make their dreams a reality.

His "DREAM. THINK. DO." Podcast is also at the top of the iTunes charts. www.MitchMatthews.com/itunes

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