

HEALTH

S.M.A.R.T. GOALS WORKSHEET

PHOTO



MY GOAL

I will complete a minimum of 30 mountain bike rides, 10 miles or longer, in 2021 at 10 different courses in 4 different states not including MA.

ACTION STEPS & HABITS

- 1) Identify the 10 different courses
- 2) Understand what months I will go
- 3) Join local mountain biking group
- 4) Drive or fly?

OBSTACLES

- 1) Stay healthy, ie don't break any more bones
- 2) Calendar load

SKILLS / HELP NEEDED

- 1) Need to connect with a mountain biking network to determine where are best intermediate level trails

MY WHY

Mountain biking is my #1 exercise passion and to be out in nature at new locations is the ultimate high to me!

SAVAGE
SECRETS

MY BUSINESS

PHOTO

TED TALKS



S.M.A.R.T. GOALS WORKSHEET

MY GOAL

I will deliver a TED Talk to an audience of at least 1000 entrepreneurs **“How My Gifts Of Tragedy Turned Into Triumph”** before 12/31/2021

ACTION STEPS & HABITS

- 1) Research how to get on a Ted Talk
- 2) What selection criteria
- 3) Determine when & where options
- 4) Relentless outreach to decision makers

OBSTACLES

- 1) Covid vaccine?
- 2) Longer selection window 1yr
- 3) Subject matter relevancy
- 4) Schedule conflicts

SKILLS / HELP NEEDED

- 1) Memorize presentation
- 2) Advanced speaker training
- 3) Reach out to my network for advice
- 4) Presentation critique

MY WHY

Lifelong goal is to be an inspirational entrepreneurial speaker & a TED Talk creates tremendous credibility!

SAVAGE
SECRETS