

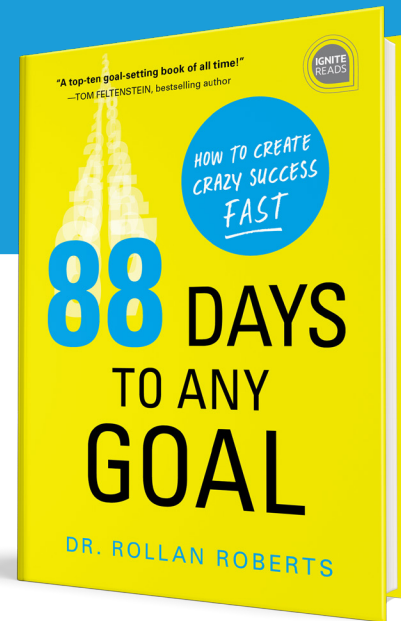
Spark Impact in Just One Hour

Value-Building Experiences  
by SimpleTruths.com

## A Guide for Achieving Goals:

*88 Days to Any Goal*  
by Dr. Rollan Roberts

Includes printable worksheet for meeting participants  
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*You can do anything you set your mind to!*  
**How?**

**Prior to your meeting**, provide a copy of *88 Days to Any Goal* to each meeting participant...

Ask these thought-provoking questions prior to discussing the book:

1. Think about a goal you did not achieve – what prevented you from reaching it?

2. Think about a goal you're currently trying to achieve – what are you doing to try to reach it?

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## Book Discussion Questions

### 1. Success Likes Speed

- Think about a goal you were able to achieve. How much time and effort did you put into it? How long did it take to reach your goal?
- Think about a goal you did not reach. How much time and effort did you put into it? How long did you persist in trying to achieve it?

### 2. The Campaign

- Have you ever tried to tackle a goal that people said was impossible? What did you do to try to achieve it? Were you able to reach that goal?

### 3. The Magic of 88

- Do you have a system in place for achieving goals? If so, what is it and how successful is it? If not, why not?

### 4. The Critical Few

- For any goal, there are generally only two to three critical things that are necessary for achieving success. Think of a current goal you are trying to reach – what are those two to three critical items?

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## 5. The Breakthrough

- How do you respond to victory?
- How do you respond to defeat?

## 6. Why It Works

- Think about a Big Goal you would like to achieve. If you only had 88 days to accomplish it, what critically few items would you focus on to make it happen?

## 7. Crave the Intensity

- What motivates you in both your personal and professional life? How can you apply this motivation to achieving your Big Goal?

## 8. Own Your Results

- Think about your Big Goal – who can you surround yourself with to help you achieve it? These can be cheerleaders, accountability partners, coaches, mentors, etc.

## 9. The Annual Promise Formula

- After you have achieved a goal, what did you do? Did it help you to continue being successful or did it destroy the gains you made?

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### 10. Your 88-Day Promise

- What goal are you willing to put 100% of your commitment towards achieving in 88 days? Write down the steps you will need to take to reach this goal, focusing on the two to three critical items that will need to be accomplished.
- Additionally, write down what you will do after the goal is achieved to help celebrate, reflect and continue being successful.

You can achieve any goal as long as you face your challenges with 100% focus, purpose and passion.

**When you are fully committed,  
that's when the magic happens!**

**Contact us to learn more or tell us about how this Discussion Guide sparked impact for you and your team!**

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