

Assignment #1 from JMT Mastermind

Name: Tammy Schaefer

Professional Goal #1

On or before August 19, 2014 I am enjoying 8 hrs. of personal retreat each week.

Process Professional goal

1. I am enjoying 1 1/2 hrs or more of personal retreat per week by April 18, 2014.
2. I am enjoying 3 hrs or more of personal retreat per week by May 18, 2014.
3. I am enjoying 5 1/2 hrs or more of personal retreat per week by June 18, 2014.
4. I am enjoying 7 hrs or more of personal retreat per week by July 18 2014.
5. I am enjoying 8 hrs or more of personal retreat per week by August 18, 2014.

Action Steps

1. Schedule fun on my calendar.
2. Walking on the beach for 15 minutes or more each week.
3. Praying and Bible Study for 15 minutes or more each day.
4. Read for fun for 1 hour or more each week.
5. Spend 1 hour or more each week in one on one time with a friend or loved one.

Personal Goal #2

I am enjoying 4 or more hrs. of date time with my husband each week by August 19, 2014.

Process Personal Goal

1. I am enjoying ½ hour or more of alone time with my husband each week by April 18, 2014.
2. I am enjoying 1 hour or more of alone time with my husband each week by May 18, 2014.
3. I am enjoying 2 hours or more of alone time with my husband each week by June 18, 2014.
4. I am enjoying 3 hours or more of alone time with my husband each week by July 18 2014.
5. I am enjoying 4 hours or more of alone time with my husband each week by August 18, 2014.

Action Steps

1. Invite my husband to plan activities with me.
2. Schedule 1 or more meals out each week.
3. Look for new activities we both would enjoy trying.
4. Watch a TV show or movie my husband will enjoy 1 or more times each month.

Pay it forward Goal #3

I am paying my husband 10 or more compliments each week by August 19, 2014.

Process Pay it forward goal

1. Begin giving compliments to Rick starting with 2 or more each week.

Action Steps

1. Giving Rick 2 or more compliments each week by April 18, 2014.
2. Giving Rick 4 or more compliments each week by May 18, 2014.
3. Giving Rick 6 or more compliments each week by June 18, 2014.
4. Giving Rick 8 or more compliments each week by July 18, 2014.
5. Giving Rick 10 or more compliments each week by August 18, 2014.

Vision for goals

Goal #1

On or before August 19, 2014 I am enjoying 8 hrs. of personal retreat each week.

I enjoy unproductive fun time without guilt. This leaves me refreshed and able to pour into others by encouraging them and inspiring them to learn to rest. I have written a book about my journey which other can use as a guideline for their own personal journey.

Goal #2

I am enjoying 4 or more hrs. of date time with my husband each week by August 19, 2014.

My husband and I enjoy each other's company and have developed new hobbies together. Our marriage is a 15 out of 10 most days. We are planning our future together and inspiring others couples to enjoy and grow in their marriages.

Goal #3

I am paying my husband 10 or more compliments each week by August 19, 2014.

I focus more and more each week on my husband's positives and help him to see the value he brings to my life. He knows how much I appreciate and love him.