



ACHIEVING DEPTH IN 2020 STARTS HERE



YOUR PERSONAL DEPTH CHART



Setting your 2020 goals begins with this quick exercise. The Depth Chart is a tool I use to track depth in my own life, and one that I believe will help you do the same. It's the perfect place to start as you're deciding which goals you want to work toward in 2020. Let's get started...

INSTRUCTIONS:

For each of the questions below, give yourself an honest rating on a scale from 1-10.

1-2 = I'm experiencing little to no depth in this area.

3-5 = I see a gap in this area, and there is a significant opportunity to create more depth.

6-8 = I'm doing well in this area, but there is room for growth and going deeper.

9-10 = I'm strong in this area and content with the amount of depth I'm experiencing.

1. Professional

RATING: _____

- Is my work challenging me and stretching me?
- Are we working toward a shared vision and mission together?
- Do I enjoy and trust the team around me, or do I feel like I'm alone on an island?
- Am I content where I am or creating positive momentum in a new direction?

2. Financial

RATING: _____

- Am I content and satisfied with my life financially?
- Do I have enough resources to live the life I want and go where I want to go?
- Do I have enough to share with others around me?
- Am I obsessed with keeping up with other people and what they have?

3. Family

RATING: _____

- Am I spending the amount of quality time I desire with my family?
- Am I able to be present when I'm spending time with my family?
- Are my relationships with my closest family (significant other, kids, etc.) healthy?
- Does my family have a shared vision and mission for our lives together?

4. Friends

RATING: _____

- Do I have a circle of trusted friends that I can share my challenges with?
- Do I have a circle of trusted friends that will celebrate my wins with me?
- Am I spending the amount of quality time I desire with my friends?
- Are we digging into real-life "stuff," and not just the surface, safe things?

5. Vision

RATING: _____

- Do I have a vision for where I'd like to be personally and professionally in one year? Three? Seven?
- Do I have a plan in place for how I'm going to move toward that vision?
- Am I measuring my progress on a regular basis?
- Is my vision out where I can see it, visible on a daily basis?

6. Legacy & Giving Back

RATING: _____

- Am I using my time to invest in my community?
- Am I using my talents to invest in the world around me?
- Am I using my finances to invest in other's needs?
- If I died today, would I be satisfied with the legacy and impact I've made?

7. Spiritual

RATING: _____

- Am I spending time each day being quiet or meditating?
- Does my spirituality impact how I live and work?
- Do I have people in my circle who share my faith?
- Am I taking time each day to practice gratitude and consider what I'm thankful for?

8. Celebration

RATING: _____

- Do I slow down to celebrate my wins and achievements?
- Do I include my coworkers, friends, and family in these celebrations?
- Do I enjoy the full journey, and not just achieving the final goal?
- Are there areas in my life that are simply fun for fun's sake?

9. Growth

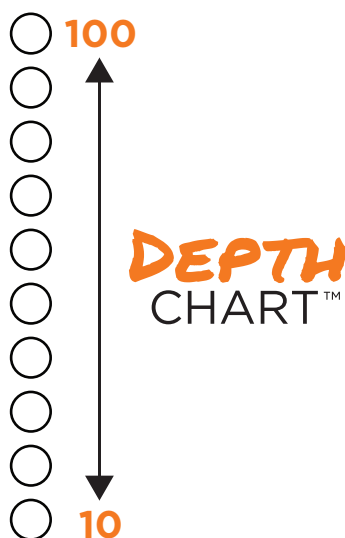
RATING: _____

- Am I learning new things and excited about my personal growth?
- Am I continuing to chase new experiences?
- Am I willing to set fear aside, try new things, and take risks?
- Do I feel like I am growing today? (Just by investing time in this, you're growing!)

10. Fitness

RATING: _____

- Is my nutrition positioning me for my best life?
- Do I have an exercise routine that keeps my body moving?
- Am I building strength in my body?
- Am I getting the sleep I need to reach my peak level of performance?



YOUR DEPTH SCORE

Add up your scores to assess the level of depth you're experiencing.

10-30: Don't get discouraged! Taking the time to assess your depth is the first step to creating depth!

31-60: Remember, depth is a journey, not a destination. Start creating your momentum today!

61-80: You're doing great! You're already experiencing some great depth in your life – nice work!

81-100: Celebrate this and keep going! Creating depth never stops, and there's always another area to improve in and focus on!

WHERE TO FOCUS...

Identifying the areas where we want to achieve more depth is the first step to creating that depth. Your next step is to set some 2020 priorities...

INSTRUCTIONS: Looking at the ten areas we focused on in your Depth Chart, choose two or three where you see an opportunity to create more depth in your life. Consider which areas you scored lowest in, AND the areas where growth is most important to you. Write them below:

1. _____
2. _____
3. _____

QUICK TIP

Focusing on too many areas is chaotic. It's easier to focus in two or three things rather than ten.

TIME FOR GOAL SETTING...

Now that you've identified the two or three areas where you see opportunities for creating more depth in your life, the next step is to create your 2020 goals. We start by stating what outcome you want and why that outcome matters to you. Then, we move on to creating a S.M.A.R.T. goal based on that and defining one or two actions you will start taking to achieve that goal.

What's a S.M.A.R.T. goal? It's a goal that is:

- **Specific:** Well-defined and clear – you know what the goal is and what success looks like
- **Measurable:** Includes ability to measure progress towards the accomplishment of the goal
- **Achievable:** Attainable and not impossible to achieve (but should stretch you a bit as well!)
- **Relevant:** Within reach, realistic, and in line with your purpose and passions
- **Timely:** With a clearly defined time-line, including a starting date and a target date

INSTRUCTIONS (See the example below):

1. For each area you're focusing on, start by writing down what you want and why it matters.
2. Next, create your S.M.A.R.T. goal.
3. Name two things you're committing to do **over the next ninety days** to achieve your goal.
4. Finally, to help ensure you stay on track, write down who will hold you accountable.

QUICK TIP

Annual goals can be very challenging to achieve because there is so much time to accomplish them. By looking at goal setting through the lens of three months, and completing weekly check-ins with yourself/your accountability partner, your odds of achieving your goals skyrocket.

EXAMPLE

FOCUS AREA: Friends

What I want: To reconnect with the people who matter to me most

Why it matters: It's important to me to keep my circle of friends strong and relationships healthy

S.M.A.R.T. Goal: Reconnect with four friends in-person, by mail, or online by March 31, 2020

Action 1: Schedule coffee, lunch, or appetizers with two local friends that I've not spent time with recently

Action 2: Call two friends who are far away that I've haven't connected with recently

Who will hold me accountable: Matt Duffy

FOCUS AREA 1:

What I want: _____

Why it matters: _____

S.M.A.R.T. Goal: _____

Action 1: _____

Action 2: _____

Who will hold me accountable: _____

FOCUS AREA 2:

What I want: _____

Why it matters: _____

S.M.A.R.T. Goal: _____

Action 1: _____

Action 2: _____

Who will hold me accountable: _____

FOCUS AREA 3:

What I want: _____

Why it matters: _____

S.M.A.R.T. Goal: _____

Action 1: _____

Action 2: _____

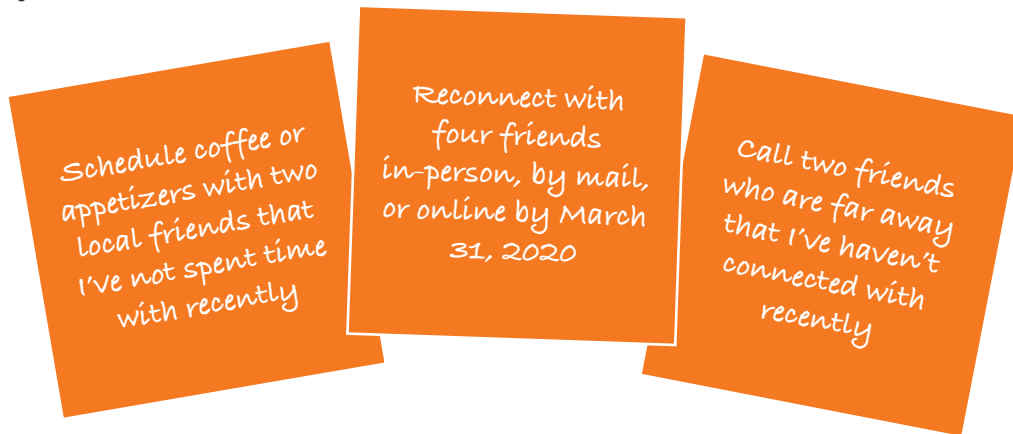
Who will hold me accountable: _____

CREATING SUCCESS

We get what we measure, and we achieve the goals we can see. Now that we've defined what we're going to work on for the next ninety days, we're going to do two things.

1. Keep your goals/action items visible. Three simple ways to do that are:

- Place sticky notes with your goals/action items written on them at home, work, and in your car.
- Create notifications in your calendar each week to help you stay focused.
- Make your goals/action items the home screen on your mobile device so you see them multiple times a day.



2. Schedule one time each week, for 15 minutes, where you'll check in with yourself/your accountability partners and review your progress. Three questions to ask yourself are:

- What steps did I take in the past week to create forward progress?
- What steps am I going to take in the coming week to move closer to my goal?
- Where am I feeling stuck, and what is one thing I can do to get unstuck?

MOMENTUM...

Reaching your goals is an exercise in building momentum. Your focus should be on forward progress. If you think it's going to be easy, you are mistaken. Nothing worth doing is easy – the most significant accomplishments take hard work. Some days and weeks will be a huge success, and you will make great strides forward. It will feel great. Others will be more challenging, and you may feel like you didn't move toward your goal at all. That's normal.

Use the next ninety days to create some momentum, and develop some additional depth in those areas where you saw gaps. Then, at the end of the ninety days, review your Depth Chart again and repeat these exercises. Keep working on your existing goals, or pivot and set new ones for the next ninety days.

Depth takes time to build. It's a journey, not a destination. Remember to enjoy the process and make time to celebrate your wins along the way.

I hope this simple tool helps you go deeper in the areas of your life that matter most!

- John Gamades, Depth Not Width