

# PTBIZ

POWERFUL RESOURCES  
FOR PT ENTREPRENEURS

**THE WORLD'S #1 COACHING PROGRAM FOR PERFORMANCE  
BASED CASH PTS WHO WANT TO GROW TO A HIGHLY  
PROFITABLE 500K+ REVENUE PRACTICE**

## GOALS





# EXERCISE: BRAIN DUMP

## INSTRUCTIONS:

Identify something that you desire in your life "someday." Meaning; to achieve this desire, it will take more than five years. This could be Personal accomplishment, Financial goal, or even Material Possession.

## MY SOMEDAY GOAL:

Blank space for writing the 'MY SOMEDAY GOAL'.

## IN THE SPACE BELOW:

Articulate everything you could do to achieve your goal. Don't worry about prioritizing, simply write it down in the "could do" section.



## COULD DO (TO DO LIST)

Large blank space for writing the 'COULD DO (TO DO LIST)'.

## SHOULD DO (SUCCESS LIST)

Large blank space for writing the 'SHOULD DO (SUCCESS LIST)'.



# GOAL SETTING

## GOAL SETTING TO THE NOW

BASED ON MY \_\_\_\_\_ GOAL, WHAT IS THE ONE THING I CAN DO SUCH THAT BY DOING IT EVERYTHING ELSE WILL BE EASIER OR UNNECESSARY?

1

SOMEDAY GOAL

2

Based on my someday goal, what is the one thing I can do in the next five years?

3

Based on my five-year goal, what is the one thing I can do in the next three years?

4

Based on my three-year goal, what is the one thing I can do this year?

5

Based on my yearly goal, what is the one thing I can do in the next 6 mo.?

6

Based on my six-month goal, what is the one thing I can do this month?

7

Based on my monthly goal, what is the one thing I can do this week?

8

Based on my weekly goal, what is the one thing I can do today?

9

Based on my daily goal, what is the one thing I can do RIGHT NOW?



# GOAL SETTING

WHY

GOAL: \_\_\_\_\_

1

Why do I want to do this?

2

Why do I want to do this?

3

Why do I want to do this?

4

Why do I want to do this?

5

Why do I want to do this?



# EXERCISE: BRAIN DUMP

## INSTRUCTIONS:

Identify a goal you desire to accomplish within a year. This could be; organizational goal, net income, gross income, or a number of patients.

## MY ANNUAL GOAL:

## IN THE SPACE BELOW:

Articulate everything you could do to achieve your goal. Don't worry about prioritizing, simply write it down in the "could do" section.

**VS**

## COULD DO (TO DO LIST)

## SHOULD DO (SUCCESS LIST)



# BUSINESS PLAN

**MY ANNUAL GOAL:**

**PRIORITY #1  
(SALES & MARKETING)**

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**STRATEGY #1**

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**STRATEGY #2**

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**STRATEGY #3**

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**STRATEGY #4**

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**STRATEGY #5**

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**PRIORITY #2  
(SYSTEMS & RETENTION)**

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**STRATEGY #1**

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**STRATEGY #2**

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**STRATEGY #3**

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**STRATEGY #4**

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**STRATEGY #5**

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**PRIORITY #3  
(FINANCE)**

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**STRATEGY #1**

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**STRATEGY #2**

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**STRATEGY #3**

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**STRATEGY #4**

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**STRATEGY #5**

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# EXERCISE: BRAIN DUMP

## INSTRUCTIONS:

Once you have completed your Business Plan, it's time to complete another brain dump.

## MONTHLY TARGETS (3):

## IN THE SPACE BELOW:

Articulate everything you could do to achieve your goal. Don't worry about prioritizing, simply write it down in the "could do" section.



## COULD DO (TO DO LIST)

## SHOULD DO (SUCCESS LIST)





# MONTHLY ACTIONS

MY ANNUAL GOAL:

## MONTHLY GOALS:

### WEEKLY GOALS:

WEEK 1:	WEEK 2:	WEEK 3:	WEEK 4:
#1 _____	#1 _____	#1 _____	#1 _____
#2 _____	#2 _____	#2 _____	#2 _____
#3 _____	#3 _____	#3 _____	#3 _____
#4 _____	#4 _____	#4 _____	#4 _____
#5 _____	#5 _____	#5 _____	#5 _____
#6 _____	#6 _____	#6 _____	#6 _____