

Dr. Addison Killeen

ANNUAL REVIEW
&
GOAL-SETTING

“The victory of success is half won
when one gains the habit of
setting goals and achieving them.”

– Og Mandino

CREATE A BASELINE

To know where we want to go, we need to see where we are, right now.

In a recent episode of the Daily Dental Podcast, we looked at how Andy Grove of Intel once asked himself as the business was struggling, “if a new CEO took over today, what changes would they make?”

So, imagine a world-class CEO just took over your life. You’re not in charge anymore, they are.

What key metrics will they look at to gauge where you are at?

Your Goal Metrics (e.g., time spent with family, savings in the bank, time spent on focused work)

- 1.
- 2.
- 3.

What’s not working that you need to eliminate?

- 1.
- 2.
- 3.

What’s working that you need to double down on?

- 1.
- 2.
- 3.

FOCUS ON GOALS

Most people spread themselves too thin, taking on too many projects and not really getting much done. Most people set too many goals, and lose focus on all of them.

When everything is important, nothing is important.

Your success in 2026 depends more on what you say NO to than what you say yes to.

List your top 10 goals for 2026.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Now circle only 3.

Everything not circled is now your avoid-at-all-costs list.

All energy spent on these other 7 things comes at the expense of your top 3. You can't work on anything else on this list until one of your top 3 is accomplished. Simple, but not easy.

CADENCE GOING FORWARD

For each of your top 3 goals, define:

- **Success Metric:** What indicates success?
- **Weekly:** What do I need to do in the next 7 days?
- **Monthly:** What do I need to do in the next 30 days?
- **Key Support:** Who/what do you need to succeed?

1. Success Metric: _____
Weekly: _____
Monthly: _____
Key Support: _____

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Weekly: _____
Monthly: _____
Key Support: _____

1. Success Metric: _____
Weekly: _____
Monthly: _____
Key Support: _____

Now- keep this document on your desktop computer,
look at it weekly, keep striving to keep the main thing-
the main thing!

HABITS AND ENVIRONMENT

For each of your top 3 goals, there are going to be some habits that lead to successful outcomes. There's also some environment changes that will help lead you to successful outcomes.

List 3 small habits that will help you achieve your goals:

Now list 3 environment changes that could help you achieve your goals: (For each, list a task item you could do to achieve this change)

PROVIDED BY

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