Interreg Co-funded by the European Union
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WoDiLab

DREAM IT. PLAN IT. ACHIEVE IT.

Set your Minimum, Target and Stretch Goals for the next 16 weeks

ACTION CHECKLIST

☐ **Step 1 – Set your goals for the next 16 weeks**

Define your **minimum**, **target**, and **stretch** goals for your WoDiLab journey.

☐ **Step 2 – Write and share your commitment**

Write your minimum, target, and stretch goals clearly on a sheet of paper. Take a photo of yourself holding your written goals and share it in the **"Dream it. Plan it. Achieve it."** post in the WoDiLab Facebook group.

Step 1: – Set your goals for the next 16 weeks

Define your **minimum**, **target**, and **stretch** goals for your WoDiLab journey.

*Your **minimum goal** is the smallest outcome that would allow you to say you truly showed up and completed the programme with intention.*	
MINIMUM GOAL	
*Your **target goal** is the result you realistically want to achieve if you stay engaged and consistent.*	
TARGET GOAL	
*Your **stretch goal** is the outcome that excites you and expands your vision, even if it feels ambitious right now.*	
STRETCH GOAL	

Examples - These examples are for inspiration only. Choose the level of ambition that fits your situation

1.Example - Building clarity and confidence:

This example is suitable if you are starting from zero, returning to work alongside other responsibilities, or want to focus on completing the programme and gaining direction before taking bigger steps.

MINIMUM GOAL	I complete all modules, worksheets, and required tasks within the 16 weeks
TARGET GOAL	I finish the programme with a clear and structured online course idea that I am ready to develop further
STRETCH GOAL	I register as a self-employed professional alongside my existing job and prepare a simple plan to launch my course.

2.Example - Testing your idea in the real world:

This example is suitable if you want to take action during the programme and learn through testing your idea with real people.

MINIMUM GOAL	I complete all WoDiLab modules and assignments within the 16-week programme.
TARGET GOAL	I launch a simple first version (MVP) of my online course and make it available for enrolment.
STRETCH GOAL	I actively promote my course and start conversations with potential participants to test my idea.

3.Example - Validation and first results:

This example is suitable if you already feel ready to launch and want to focus on gaining your first real market validation.

MINIMUM GOAL	I complete the programme and fully prepare my course for launch.
TARGET GOAL	I launch my MVP online course and complete my first sales activity.
STRETCH GOAL	I get my first paying client (or up to three clients) during the programme or shortly after it ends.

All three examples represent successful participation in WoDiLab.
Your path does not need to match any example exactly — progress looks different for everyone.

Step 2 – Write and share your commitment

Once you have defined your **minimum**, **target**, and **stretch** goals, write them clearly on a sheet of paper.

This step is intentionally simple and visible.

- Write the three goals by hand in your own words.
- Hold the paper and take a photo of yourself with your goals.
- Share the photo in the **"Dream it. Plan it. Achieve it."** post in the WoDiLab Facebook group.

Sharing your goals helps you:

- make your intention more concrete,
- increase accountability,
- and feel part of a learning community going through the same process.

You are not expected to explain or justify your goals.
A short caption or no text at all is completely fine.

You're done for now!

Take a moment to notice that you've already started.

By setting your goals and making them visible, you've done the most important thing for this stage of the programme — you've moved from thinking to action.

Your goals don't need to be perfect.
They are simply a starting point, and we will revisit and refine them as you move forward.

Once you've shared your goals in the Facebook group, return to the platform and mark this task as complete.