

Goal Setting Guide

There is no better time to make a plan than NOW! This guide will help you identify the areas of your life that you want to focus on and grow in the coming year.

1. Daily gratitude

- a. What are 3-5 things that you are thankful for? These don't need to be big things, but rather small everyday joys that you can celebrate in your life. Think about the everyday natural surroundings that give you comfort and peace, the personal interactions that make you smile, and those activities that light up your spirit.

2. Life Audit - what is working (make it bigger)

- a. What is working really well in your life? Is it a process, people that provide assistance, a physical tool or enhancement?

3. What isn't working (discontinue)

- a. What isn't working so well? What frustrates you, and creates a time waste or distraction in your life?

4. What does your best day / week / year look like?

- a. If you could craft your best day, week or year, and make it the most amazing time ever, what would you do? Who would you spend time with? What activities would you try?

5. How can you incorporate this best day / week / year into your current life? What small steps can you take to make your “best” a reality now?

Life Assessment

Think about the areas of your life in the categories listed below. Rate them how you are today on a scale of 1-10 (with 10 being your most productive and best self).

Health - physical / mental / emotional

1 2 3 4 5 6 7 8 9 10

What would make this area in your life a “10”?

Career – Does your career inspire you? Are there opportunities to pursue?

1 2 3 4 5 6 7 8 9 10

What would make this area in your life a “10”?

Finances – Your relationship with money, and your goals around money. Your earnings, savings and investment goals.

1 2 3 4 5 6 7 8 9 10

What would make this area in your life a “10”?

Community – How are you connected to your community? How are you giving your time, talents and support?

1 2 3 4 5 6 7 8 9 10

What would make this area in your life a “10”?

Relationships – How strong are your friendships, romantic relationships, family and work relationships?

1 2 3 4 5 6 7 8 9 10

What would make this area in your life a “10”?

Growth Mindset

In order for real change to take place in our lives, we need to:

Get comfortable with being uncomfortable

Every new challenge, every new goal will take us out of our comfort zones. That is where the learning and the change happens. One tool that we can use to get us started is to create systems to help you reach your goals.

Some systems to get you started:

- **Compounding time** - combining two habits into one activity. (Ex. Stretching during commercial breaks, practicing gratitude during a walk)
- **Ask for help** – if your schedule won’t allow you to carve out time for a new activity, ask for help from others to create pockets of time.
- **Take micro steps** – if you have a goal to work on your health this year, take a micro step and schedule a physical or assessment with your doctor. Use the experts in your world to help you create the plan.
- **Embrace failure** – even if you start and have to reset, this is part of the process. You will learn a lot along the way!