

Setting Goals Tool and Worksheet











Setting Goals

Holistic Goal Setting in All Life Areas

In order to live a truly fulfilled life, one needs to attend to and achieve goals in all life areas. Having a good understanding of where you are now, in relation to each life area, and where you would like to be, is a starting point to consider when setting goals.

Refer to the life areas specified below and indicate on the chart your rating from 1 (not satisfied) to 10 (highly satisfied) for each life area, based on how you feel you are achieving right now. Mark your selection with an 'X'.

	Not Satisfied	k							Hiç	ghly Satisfied
Health	1	2	3	4	5	6	7	8	9	10
Spiritual	1	2	3	4	5	6	7	8	9	10
Romance	1	2	3	4	5	6	7	8	9	10
Family / Friends	1	2	3	4	5	6	7	8	9	10
Professional	1	2	3	4	5	6	7	8	9	10
Financial	1	2	3	4	5	6	7	8	9	10
Recreational	1	2	3	4	5	6	7	8	9	10

Which life area or areas do you want to focus on for improvement?
What makes that life area a priority?
What has stopped you from achieving more from each life area in the past? Health
Spiritual
Romance
Family / Friends
Professional
Financial
Recreational



Life Ar	ea - HEALTH		
Write a Note ne	minimum of 10 goals for absolu ext to each goal the time-frame	tely anything that you want withi you would like to achieve it (1, 3,	n that category. 5 10 years).
in prior next im	and Prioritise Goals The goals rity of what to work on first, by p aportant in position 2, etc in th	lacing most important goal with e table below.	in that group in position 1, ther
Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			



Life Area - **HEALTH**

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

HEALTH - Goal 1	
HEALTH - Goal 2	
HEALTH - Goal 3	



Life Ar	ea - SPIRITUAL		
Write a Note n	minimum of 10 goals for absolutext to each goal the time-frame	tely anything that you want withi you would like to achieve it (1, 3,	n that category. 5 10 years).
in prior	and Prioritise Goals The goals rity of what to work on first, by p aportant in position 2, etc in th	lacing most important goal with	ust Do – Should Do – Like to Do in that group in position 1, ther
Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			



Life Area - SPIRITUAL

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

SPIRITUAL - Goal 1	
SPIRITUAL - Goal 2	
SPIRITUAL - Goal 3	



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Life Are	ea - ROMANCE		
Write a Note ne	minimum of 10 goals for absoluext to each goal the time-frame	tely anything that you want withi you would like to achieve it (1, 3,	n that category. 5 10 years).
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in prior	and Prioritise Goals The goals ity of what to work on first, by poportant in position 2, etc in th	s above will go into groups of: Malacing most important goal with e table below.	ust Do – Should Do – Like to Do in that group in position 1, ther
Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			



Life Area - ROMANCE

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

ROMANCE - Goal 1	
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	<u>.</u>
	<u>.</u>
ROMANCE - Goal 2	
	<u>.</u>
	······
ROMANCE - Goal 3	
	<u>.</u>
	<u>.</u>



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Life Area - FAMILY / FRIENDS				
Write a Note ne	Write a minimum of 10 goals for absolutely anything that you want within that category. Note next to each goal the time-frame you would like to achieve it (1, 3, 5 10 years).			
in prior	and Prioritise Goals The goals ity of what to work on first, by p portant in position 2, etc in th	s above will go into groups of: Molacing most important goal with e table below.	ust Do – Should Do – Like to Do in that group in position 1, ther	
Priority	MUST DO	SHOULD DO	LIKE TO DO	
1				
2				
3				
4				



Life Area - FAMILY / FRIENDS

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

FAMILY / FRIENDS - Goal 1
FAMILY / FRIENDS - Goal 2
FAMILY / FRIENDS - Goal 3



Life Are	ea - PROFESSIONAL		
Write a Note ne	minimum of 10 goals for absolutext to each goal the time-frame y	tely anything that you want withi you would like to achieve it (1, 3,	n that category. 5 10 years).
Group	and Prioritise Goals The goals	s above will go into groups of: M	ust Do – Should Do – Like to Do
in prior	rity of what to work on first, by papertant in position 2, etc in th	lacing most important goal with	in that group in position 1, ther
Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			



Life Area - PROFESSIONAL

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

PROFESSIONAL - Goal 1
PROFESSIONAL - Goal 2
PROFESSIONAL - Goal 3



Life Ar	ea - FINANCIAL		
	minimum of 10 goals for absolutext to each goal the time-frame		
in prior	and Prioritise Goals The goals rity of what to work on first, by p aportant in position 2, etc in th	lacing most important goal with	ust Do – Should Do – Like to Do in that group in position 1, ther
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Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			



Life Area - FINANCIAL

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

FINANCIAL - Goal 1
FINANCIAL - Goal 2
FINANCIAL - Goal 3



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Lite Are	ea - RECREATIONAL							
Write a Note ne	Write a minimum of 10 goals for absolutely anything that you want within that category. Note next to each goal the time-frame you would like to achieve it (1, 3, 5 10 years).							
in prior	and Prioritise Goals The goals ity of what to work on first, by p portant in position 2, etc in th	s above will go into groups of: M lacing most important goal with e table below.	ust Do – Should Do – Like to Do in that group in position 1, ther					
Priority	MUST DO	SHOULD DO	LIKE TO DO					
1								
2								
3								
4								



Life Area - RECREATIONAL

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

RECREATIONAL - Goal 1
RECREATIONAL - Goal 2
RECREATIONAL - Goal 3



Achieving Goals ... Next Steps

Once this worksheet is completed in full, work with your coach on the goals you set for each life area. Your coach will help you work on ideas, discuss strategies and put a plan in place to achieve the goals. Your coach will also discuss possible challenges you may face during the journey of goal achievement and how you can overcome them, helping you D-R-I-V-E to your own destination of success and life fulfillment.

Targets to Aim For ... Improvement in Life Areas

Refer to the life areas specified below and indicate on the chart your rating from 1 (not satisfied) to 10 (highly satisfied) for each life area, based on the TARGET you wish to achieve over the coming months or year, as a result of working on, making progress and achieving your goals. Mark your selection with an 'X'.

Not SatisfiedHighly Satisfied										
Health	1	2	3	4	5	6	7	8	9	10
Spiritual	1	2	3	4	5	6	7	8	9	10
Romance	1	2	3	4	5	6	7	8	9	10
Family / Friends	1	2	3	4	5	6	7	8	9	10
Professional	1	2	3	4	5	6	7	8	9	10
Financial	1	2	3	4	5	6	7	8	9	10
Recreational	1	2	3	4	5	6	7	8	9	10

NOTES



Setting Goals ... Planning and Action Goals

Now that you have completed this worksheet, think about which life area you want to focus on immediately (this could be more than one), and work with your coach on the goals you have selected. Your coach will help you set proper goals, broken down into OUTCOME (absolute end result), PERFORMANCE and PROCESS goals.

Your coach will help you work on ideas, discuss strategies and put a plan in place to achieve the goals. Your coach will also discuss possible challenges you may face during the journey of goal achievement and how you can overcome them, helping you D-R-I-V-E to your own destination of success and life fulfillment, through your personal coaching sessions.

Remember that achieving anything you desire is done by setting inspiring, meaningful and powerful goals, with a strong sense of 'WHY' (why the goal is important to you). The goal must be broken down into small, progressive and achievable steps.

In the space below, write the action goals are you going implement to help you prepare to develop mental strength and effective strategies to achieve your goals. Ask your coach if you need help with the BE UNSTOPPABLE DRIVERS, which are a collection of foundational universal wisdom, proven through centuries of application and decades of psychological and behavioural studies, designed to strengthen an individuals mindset, behaviour and outcomes (performance goals).

ACTION GOALS STEPS TO BEGIN PROGRESS TOWARDS ACHIEVING GOALS					