

Goal Setting *workbook*





Before you begin

In this workbook, we will help you formulate and prioritize your goals.

We will break down your goals into three main areas:

1. Personal Development
2. Material & Experiential
3. Financial

Imagine that you were to create yourself a dream future. There are no boundaries, no limits, no rules. Don't overthink, just write what shows up.

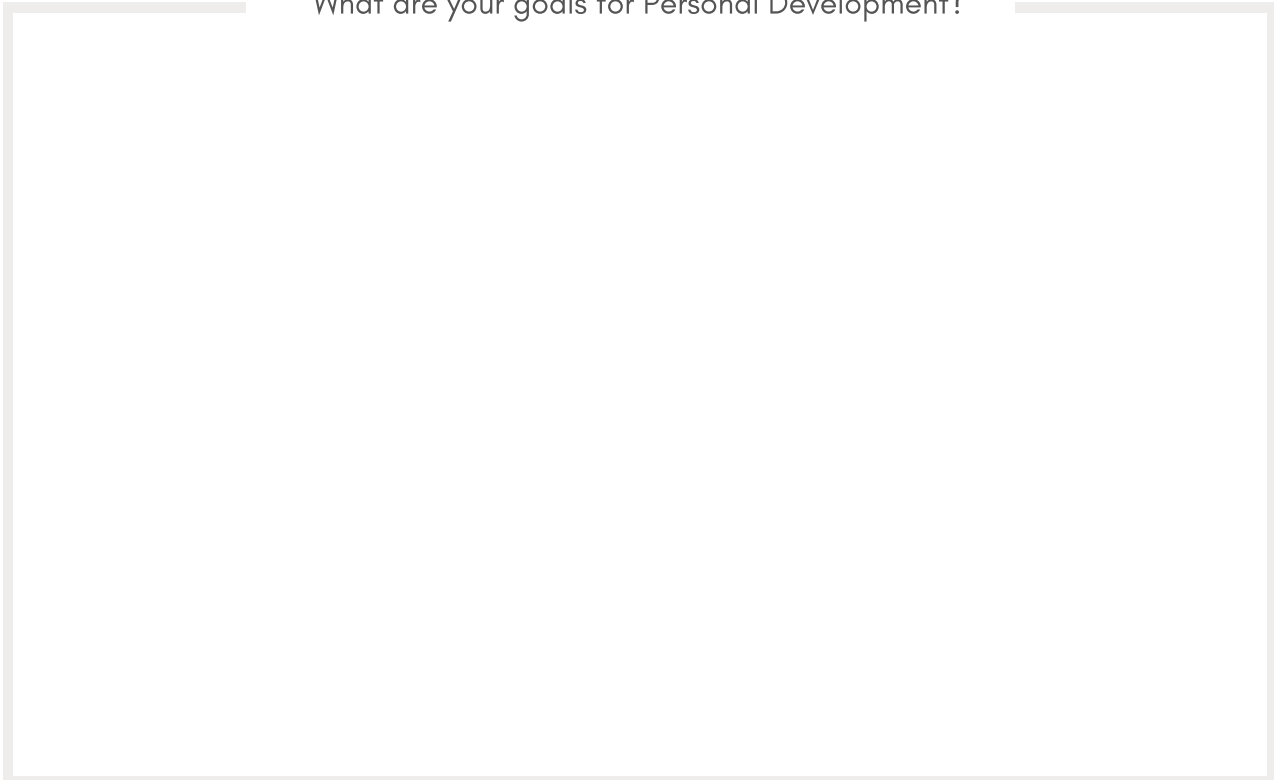
P.S. If you have done our vision exercises you can use them when formulating your goals. For extra help you can also use the prompt questions that belong to each main area.

1. Personal Development.

Some questions to prompt you:

- *How do you want to start your morning?*
- *Where do you want to live?*
- *Who do you want to become?*
- *Who do you want to be like?*
- *What do you want to experience and what do you want to gain from the experiences?*
- *What do you want to achieve; emotionally, mentally, and spiritually?*
- *What qualities do you want to have?*
- *What do you want to learn?*
- *What skills would you like to master?*
- *Who do you want to work with, learn from or meet?*
- *Would you like to teach? What lessons do you want to be able to share with others?*
- *What do you want to contribute to the world?*
- *Are there any new hobbies you want to try?*
- *Do you want to learn a new language, sport or craft?*
- *How do you look?*
- *What activities are you doing/trying?*
- *What is your mood/energy like? What do you do on regular basis to feel good?*
- *Who are the people you're surrounded by?*
- *Where do you live? Do you want to live abroad?*
- *What are you achieving? Are you running a business?*
- *What are you giving to the world?*
- *Are you managing people? Do you want to be better at managing people?*
- *Are you organized? Are you productive?*
- *What balance do you want to have in work and life?*
- *Do you read? What? And how many books?*

What are your goals for Personal Development?



What are your goals for Personal Development?



Pssst! Have you set yourself emotional goals, mental goals, physical goals, and spiritual goals? Make sure you include all of these areas.

Set timeline - 1, 5, 10 or 20 years.

Now that you have your list of your goals, you need to set a timeline on them. You have a much higher chance of achieving a goal if it have a time limit. So go through your list and put a "1" if you want to achieve the goal in one year or less, a "5" if you want to achieve the goal in five years, a "10" if you want to achieve the goal in ten years and a "20" if you want to achieve the goal in twenty years.

Your top 3 goals.

Choose your top 3 one year goals that you're absolutely 100% determined to achieve. Look through your one year goals and pick out your top three by making a ring around them or putting a star next to them. But just make sure they are highlighted. You will be using them in the next step.

Your why

Now write down why you are so determined to accomplish these top three things this year. How will these things make you feel? Do they have a positive experience on your family or your friends? Go deep into your why. And feel deep inside you how you will feel once you reach these goals. How does it feel?

TOP GOAL:

WHY?

TOP GOAL:

WHY?

TOP GOAL:

WHY?

2. Material & Experiential

Some questions to prompt you:

- *What would you love to own?*
- *What things do you want?*
- *What's your dream house like?*
- *What car would you love to drive?*
- *What do you want your style to be? Handbags, clothes, shoes, etc.?*
- *Do you want a boat, an apartment in the city or a holiday home?*
- *How are you traveling? Are you in business class or first class? Are you flying your own plane? Private plane? Where do you want to go?*
- *Do you want to go to a concert? See a comedian?*
- *Do you want a cleaner, chef or gardener?*
- *If you have children, do you want a nanny?*

What are your goals for Materials & Experiences?

What are your goals for Material & Experiences?

Pssst! Have you set yourself emotional goals, mental goals, physical goals, and spiritual goals? Make sure you include all of these areas.

Set timeline - 1, 5, 10 or 20 years.

Now it's time again to set a timeline, but this time on your goals for your material and experiences.

So go through your list and put a "1" if you want to achieve the goal in one year or less, a "5" if you want to achieve the goal in five years, a "10" if you want to achieve the goal in ten years and a "20" if you want to achieve the goal in twenty years.

Your top 3 goals.

Again, look through your one year goals and pick out your top three by making a ring around them or putting a star next to them. But just make sure they are highlighted.

Your why

Write down why you want to accomplish your top three goals for material things and experiences. How will achieving these goals make you feel? Go deep into your why.

TOP GOAL:

WHY?

TOP GOAL:

WHY?

TOP GOAL:

WHY?

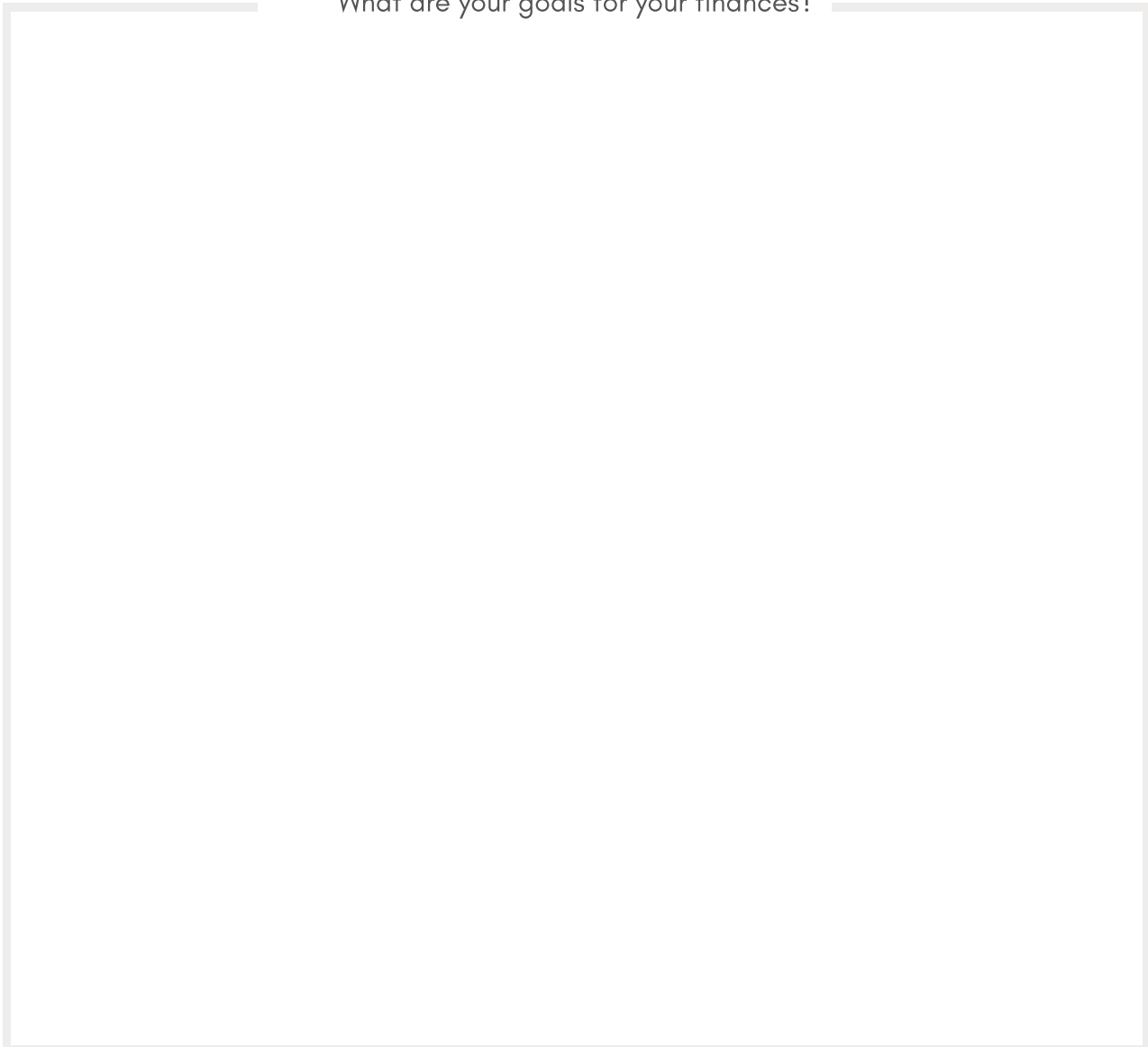
3. Financial

Some questions to prompt you:

In your dream life:

- *What's your salary and earnings?*
- *What's your net worth?*
- *Do you have a business?*
- *What kind of investments do you have?*
- *What's are your business goals?*
- *Do you have savings?*
- *When do you want to retire? How much do you live on?*

What are your goals for your finances?



What are your goals for your finances?

A large, empty rectangular box with a thin grey border, intended for the user to write their financial goals. It occupies most of the page below the question.

Pssst! Have you set yourself emotional goals, mental goals, physical goals, and spiritual goals? Make sure you include all of these areas.

Okay, you know what to do!

First, set a timeline on your goals - 1, 5, 10 or 20 years.

Then, look through your one year goals and pick your top three.