

*Don't Just Dream It
Live It...*

7 TIPS FOR
ACCOMPLISHING
YOUR GOAL

for Achievers

My Vision Board

Envision your next year, think about your goals and write them in each of the boxes.

HEALTH

FINANCES

CAREER

KNOWLEDGE

FAMILY

RELATIONSHIPS

LIFESTYLE

PERSONAL

Future Vision

What 3 goals do you want to achieve within the next 3 months?

What are the 3 biggest changes you want to make in your life over the next year?

What are the 3 biggest changes you want to make in your life over the next 5 years?

Vision Board

Allow yourself some time and reflect over the past year. Ask yourself the following questions to help you create and shape your vision for the next year.

How do I want my life to be?

What experience made me happy?

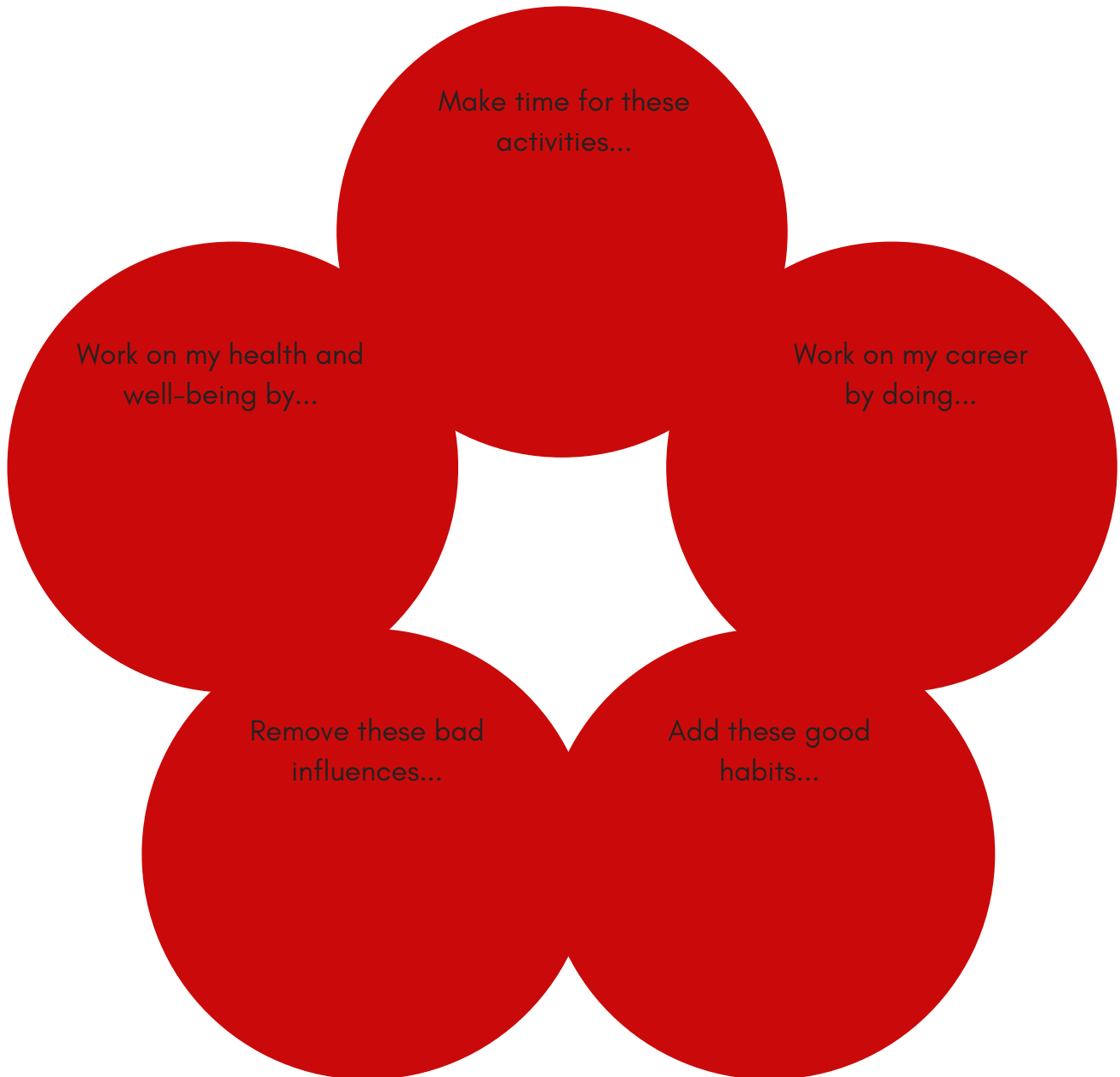
What was holding me back?

How was my physical and mental health?

What if there were no obstacles?

This Year I Will...

How would you like each of these areas to look like at the end of this year?
What do you want to work on during this year?



My Vision Board Notes

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My Vision Board Pictures

Coaching Goals

PRIMARY COACHING GOALS

What are the three main areas you want to focus on during our coaching relationship? Choose goals that are achievable and challenging. Ask yourself how you would like your life to be after our sessions and why these goals are important to you.

01 GOAL THAT I WANT TO ACHIEVE.

02 GOAL THAT I WANT TO ACHIEVE.

03 GOAL THAT I WANT TO ACHIEVE.

Goals Worksheet

PLEASE LIST YOUR TOP THREE GOALS:

GOAL 1

Why is it important?

GOAL 2

Why is it important?

GOAL 3

Why is it important?

Goals Worksheet

PLEASE LIST YOUR TOP THREE GOALS:

GOAL 1

Why is it important?

GOAL 2

Why is it important?

GOAL 3

Why is it important?

Setting Goals

CATEGORY	WHAT I DO WELL	WHAT NEEDS IMPROVEMENT	MY GOALS
HEALTH			
FAMILY & FRIENDS			
CAREER			
FINANCES			
LIFESTYLE			
PERSONAL			

Goal Setting

GOAL THAT I WANT TO ACHIEVE

TWO THINGS THAT WILL HELP ME REACH THIS GOAL

STEPS I WILL TAKE

I KNOW I HAVE REACHED MY GOAL BECAUSE

Goals Worksheet

IF THERE WERE NO OBSTACLES, I WOULD LOVE TO...

01 _____

02 _____

03 _____

04 _____

05 _____

06 _____

07 _____

08 _____

Goal Setting

GOAL

PROBLEMS

SOLUTIONS

ACTION STEPS				
S	M	A	R	T

Goal Setting

01

GOAL THAT I WANT TO ACHIEVE.

02

WHY IS IT IMPORTANT?

03

RESOURCES AND ACTION STEPS

Smart Goals

VERIFY THAT YOUR GOAL IS SMART



SPECIFIC

What is the goal I want to achieve?



MEASURABLE

How do I measure the success?



ACHIEVABLE

What steps do I need to take to achieve it?



RELEVANT

Why do I want to achieve this?



TIMELY

What's the timeline to accomplish the goal?

Understanding Goals

Whether we achieve goals depends on whether we take action. But what motivates you? Keep writing even if you are repeating yourself. The purpose of this exercise is to help you feel clear, focused and to understand why it is important to you.

GOAL

What will this give you?



And what will that give you?



And what will that give you?



And what will that give you?



What will this goal make you feel? Why is it important?



Action Brainstorm

MY GOAL	
STOP DOING:	
DO LESS OF:	
KEEP DOING:	
DO MORE OF:	
START DOING:	

Weekly Planner

WEEKLY GOAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**SATURDAY
SUNDAY**

Weekly Goals

GOALS







TO-DO LIST















NOTES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY & SUNDAY

Weekly Goals

MON		GOALS ■ _____ ■ _____ ■ _____
TUE		■ _____
WED		TO-DO LIST ■ _____ ■ _____ ■ _____ ■ _____ ■ _____ ■ _____
THU		■ _____ ■ _____ ■ _____ ■ _____
FRI		■ _____
SAT		NOTES _____ _____ _____ _____ _____ _____
SUN		_____ _____

Notes

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Notes

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Notes

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Notes

This image shows a full page of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings present.