

Design Your Life

Your Personal Goal Setting Kit



Contents

The Design Your Life Goal Setting Kit will help you to define, design and deliver on your goals. The goals that are right for you and that fire up your purpose and commitment to see them manifest at the right time.

It's time to unlock your best future.

Your Goal Setting Kit sets out to ask you questions about your life right now, what you want to see in your future and the tools to plan out your goal setting to make it happen.

7 Steps for Goal Setting

- Step 1 My Life Right Now
- Step 2 What I Want For My Future
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*Tomorrow belongs to those
who see it coming.
Dare to believe in a richer
more satisfying life.*

My Life Right Now

Why do this?

- Preparation helps planning
- There will be things in your life now that will either help or hinder you for your dream to happen

The most important singular aspect of your success is what you believe about yourself.

Questions to guide you.

- What are my greatest strengths that will help me achieve my goals?
- What has pulled me back before to achieve my goals?
- What is working in my favour? (e.g. support, confidence, self belief)
- What are some of the stand out achievements I am proud of?
- What in my life gives me great joy?
- What have challenges taught me?

THE 3 KEY IDEAS FROM MY LIFE RIGHT NOW THAT I
WILL USE TO HELP ME MAKE MY GOALS HAPPEN.

What I Want For My Future

"What you value dictates your destiny"

Dr John De Martini



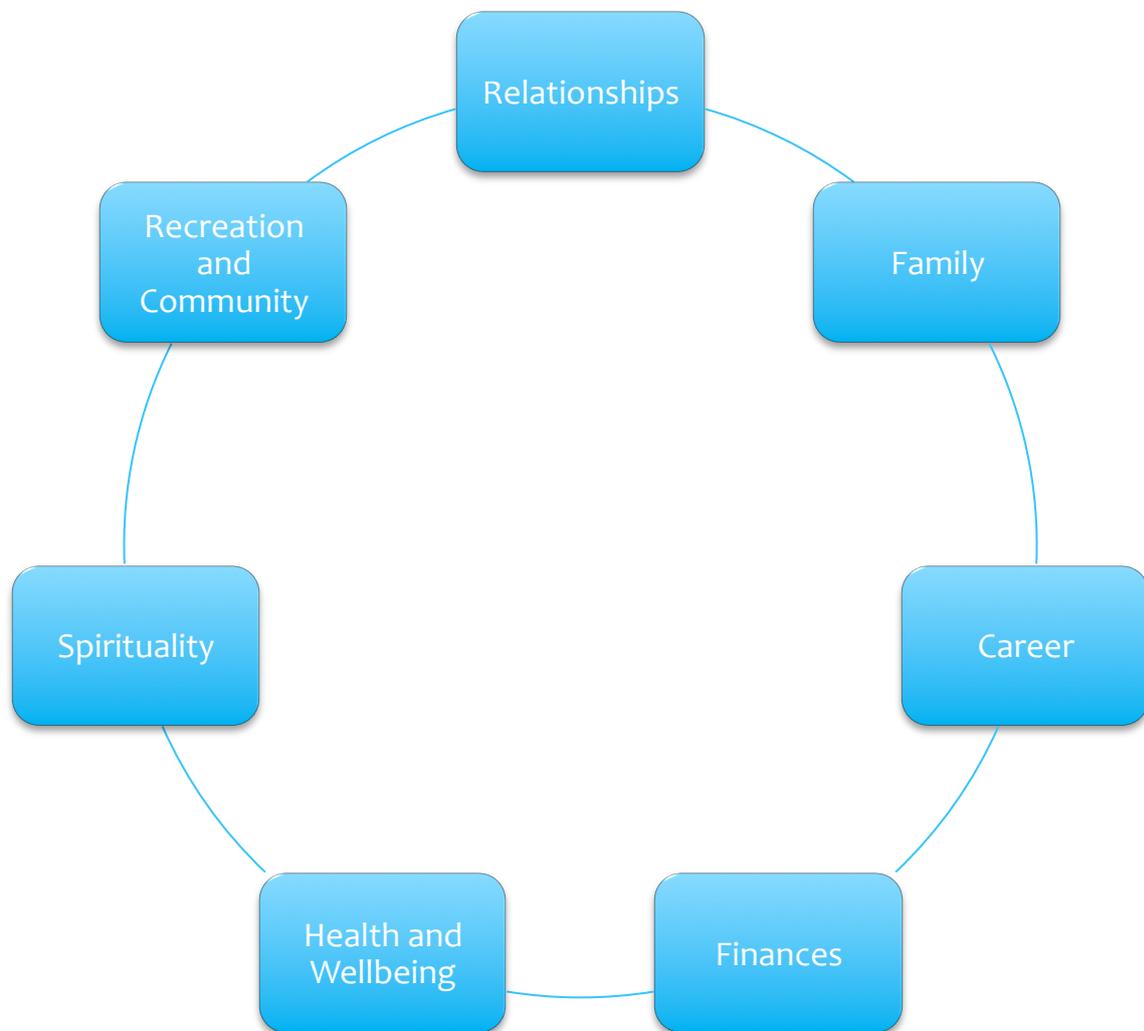
Why do this?

- What you value is important to you and what is important to you, your brain will focus on
- The achievement of your goals is dependent on knowing what is important to you. When you set goals within your values you will always achieve them.
- To gain the most to designing your life, set your intention for all aspects of your life.
- Declare what it is you want for your future.

Questions to define your intention and purpose

1. Where do you invest your time?
2. Who do you admire and what have they done to get your admiration?
3. What do you love to talk about?
4. What gets you angry, upset, annoyed or frustrated?
5. What activities make you feel good about yourself?
6. What is valuable to you?
7. What do you have already that can now serve your vision?

Design Your life is purpose oriented rather than goal or task oriented



7 Life Areas: Set your intentions for all aspects of your life.

Desire is the starting point of all achievement, not hope, not a wish, but a keen pulsating desire which transcends everything.” Napoleon Hill.

THESE ARE MY PRIORITIES

THIS IS MY INTENTION

Why This Is Important To Me

*"You are not a product of your
circumstances.
You are a product of your decisions."
S Covey*

Why do this?

- When your WHY is clear, your vision for your life has clarity and you own the goals you want to make happen.
- The WHY question provides you the meaning and worth for what you want to do.
- Your mindset for success, the belief in yourself and what you believe you can accomplish will be

Listing all the reasons WHY provides you all the evidence and conviction to make it happen.

It can be the rewards you will gain and the reasons for what would happen if you did not do it.

Listing No . 1

From the previous page you set your priorities.

List more than 50 WHY reasons for these priorities.

Listing No. 2

Again, list another 50 or more reasons why you have the intention set for your future.

*Create an amazing story for yourself.
The greatest gift you can give to the world is a healthy you.*

Step 4

Start With The End In Mind



Why do this?

- Seeing it, visualising every detail of how you see your future gives it a reality
- The art of imagination and visualisation are key to removing procrastination
- Certainty is You know that You know and obstacles will not get in your way
- Reduces anxiety as you step outside your comfort zone

Creative Visualisation is a method to purposely create the mental images you want to see in your life.

You have all the equipment now to see your future and the steps to get there are in your imagination.

It's time to have some fun and play with the movie of your life. Don't rush this, take the time out, start with a short session and then increase your time.

- Use deep breaths in and out to settle your thoughts and relax your body.
- What you will visualise is what you want to be doing, what you have and how you will be.
- Use your imagination to go through the process to achieve those goals.
- Begin with pictures then include all your senses, the sense of smell, the sense of touch, the sense of hearing, taste, include your emotions. See it as real with all the detail you can imagine.
- What you imagine will help you write your goals. Return here and repeat when you have your goals on paper

The vision we create in our mind is the blueprint of our reality.

Step 5

Goal Templates And Goal Steps

The world rewards those who take action.

How you set up the goal actions will be your own individual way. There are two templates in this kit, use what fits you best or improve on it to suit you.

Why do this?

- Be specific. Goals are your actions. Actions require effort. Effort is rewarded.
- Timelines and milestones keep you on the journey.
- Distractions are your feedback.
- Include your WHY every time. When it is critical to your survival your brain knows it is important.
- Build to the end goal with small actions.

Key factors for correct goal setting are:

- ✓ You have stated a time in the future
- ✓ Time can be a specific date, an event, season, moon cycle. This is your target.
- ✓ You have written your goal based on how you will achieve your intention.
- ✓ Describe how you know you will have achieved the goal.
- ✓ If you have not had success in the past with goals keep them small, get some wins, build your confidence.
- ✓ If you have had success with goals, then make them bigger, you can stretch your comfort zone.
- ✓ Keep going back to why this goal is really important to you.
- ✓ State the steps that you took or are taking to make this goal happen.

The 2 templates.

One is writing your goal in a paragraph followed by the small steps you accomplished to get there. You are writing as if it is already done.

The second template is using a table format with questions more focused on what you will do to achieve the goal.

If you want to experiment to see which template will work for you, try both.

TEMPLATE 1

It is (date or event when the goal has been achieved)

I am or I have (description of what you have done)

This goal is important to me because (write exactly why it is important and what it will mean to you)

The steps I took to successfully achieve my goal were (write the 3 steps that helped get this goal get started)

Example:

It is Christmas, 2016 and I have just completed my first marathon. The reason this goal was very important to me is because I wanted to stretch my physical ability and to be at the finish line with a crowd of people feeling the same way as me. The first steps I took to make this happen were to make the habit of running every day, improve my times, and to join a running club.

Now it is your turn to write your goal. Please keep it to less than 5.

GOAL NO. 1

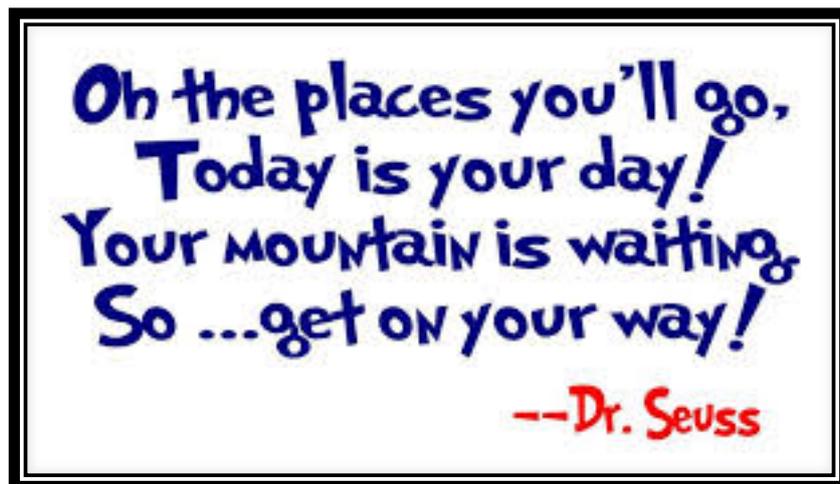
*If you can't get excited about your goals, step back.
Set the goals that do excite you to action.*

GOAL NO. 2

GOAL NO. 3

If you know, no other option you will always succeed.
Your entire life revolves around choice.

GOAL NO. 4



TEMPLATE 2

What will you do to achieve your goal?

MY GOAL IS....

My goal is important because...	
What I will do to make my goal happen. My actions steps are	1 2 3 4 5
The triggers for me to keep on track to my goal are... e. g. One priority every day, less TV, routine of self care and support, wake up early, share what I have done.	
What resources will I need?	
Who can help me?	
The date when I have achieved this goal is.....	

Triggers remind you of your purpose and provide space to achieve your goals. Replace what is not working for you with actions that do.

Connections

Inspiration provides the push and motivation provides the pull. Motivation can certainly come from within you and you can magnify your motivation when you connect with others.

Connect with people you know and people you want to know who will help you in your journey.

Why do this?

- We are social creatures and there is great progress when learning from each other
- Cultivate the attitude of gratitude and appreciation with the people in your life
- Grow your connections and creativity
- Challenge your beliefs, thoughts and actions

Make a list and make it happen.

Who can be my mentor? Someone who has had the experience, who is an expert in this area?	1 2 3 4 +
Who are my critical friends? People I know will be honest and fair in their support?	1 2 3 4 +
Who can be my coach? Provide discipline accountability, responsibility, resources, questions.	1 2 3 4 +

How Will I Keep On Track

Your daily habits help you to stay on track. The actions you do each day will be a big bonus to you achieving your goals.

Why do this?

- Winning is a habit
- Build skills of persistence and commitment
- Daily practice strengthens your decision management
- Productive over busy
- Stay solution focused

To stay on track for your goals and the actions you have said you will do, you will need to change and create a new day for yourself.

"We are what we repeatedly do. Excellence therefore is not an act but a habit."
Aristotle

Where to start:

- ✓ Look at what you are doing daily and ask " Is this my best?"
- ✓ Look at what is wasting your time and replace.
- ✓ Operate from the intention you have set for yourself.
- ✓ Do activities that give you joy and satisfaction.
- ✓ Get organised, work on systems that will add more to your life.
- ✓ Exercise your creativity.
- ✓ Expand your comfort zone. What small something can you do that is new everyday?

Unlock your best future

What is the difference between succeeding in what you have designed in your goals and giving up? **One more try.** You missed doing something one day, get up the next day and give it one more try.

Time to think about what you will bring to your day that will keep you on track for your goals.

‘Great things are not done by impulse, but by a series of small things brought together’.
Vincent Van Gogh

I will do more of...	I will do less of....

Now you have the goal setting steps to design your life with purpose and unlock your best future! Once you have implemented these steps, I would love for you to share your success stories with me!

Email me at lisaerbacher@gmail.com

Thank you to my teachers, mentors and coaches. I am standing on the shoulders of giants!