

A GUIDE TO

SETTING YOUR GOALS



FREE
WORKBOOK

MINDTHERAPIESWITHSALLY.CO.UK

REVIEWING YOUR PAST...

- When setting goals, it's a good idea to start with your past. Once you can figure out what works, and what doesn't - then you will find the process of goal setting more effective - and enjoyable!
- Write out your answers to the following questions. This is just a quick review, so don't overthink it. Write what comes immediately to your mind.

1. In the last six months, what three lessons have you learned?

REVIEWING YOUR PAST...

2. What dreams have come true?

3. What didn't work for you?

REVIEWING YOUR PAST...

4. What three things are you most proud of yourself for?

5. What do you need to let go of?

REVIEWING YOUR PAST...

6. What would you like to stop?

7. What would you like to start?

8. What would you like to continue?

FEELING MOTIVATED

- Next we are going to be focusing on how we want to feel.

1. Write three words that will help you achieve your goals and bring you the most happiness e.g. Freedom, wealth, family, peace, excited, cherished, organised, positive, fun.

2. Next write three words for how you want the next six months to be - go with your gut instinct for this one.

3. Now write how you *already* live those words...

4. How would your life be different if you allowed these three words to be your guide?

DREAM BIG!

- Now its time to dream big and get excited about your goals!
If they don't excite you, don't include them!

1. Choose three empowering words that will guide your goal setting

2. Write down what you would really LOVE to achieve

3. Now find three BIG goals that excite you, and write them here:

YOUR BIG GOALS

- For each of your three goals, write how you will make them:

1. Specific

2. Measurable

3. Achievable

4. Realistic

5. Time-Related

REVIEW YOUR GOALS

Ask yourself if these goals are what you
really want?

Yes

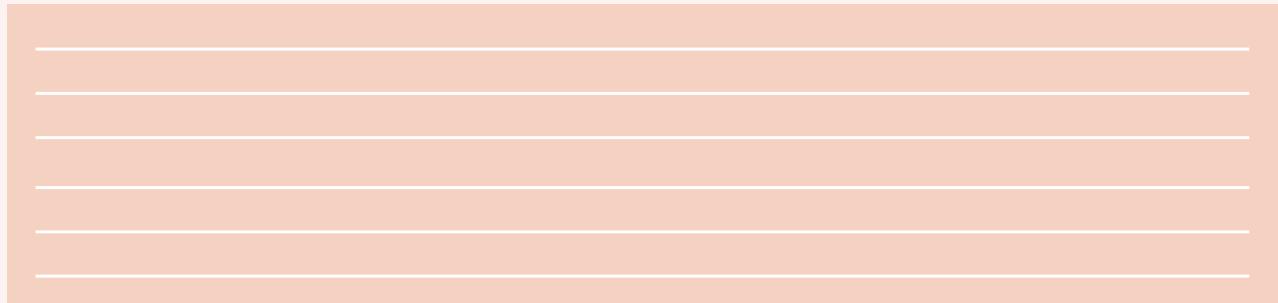
No

Do they make you feel excited?

Yes

No

In the future, what will you be / do / have when you have
achieved them?

A large orange rectangular box with six horizontal lines inside, intended for the user to write their answers to the question above.

If you could have your goal right now,
would you take it?

Yes

No

GOALS INTO ACTION

- Time to make your action plan to help you achieve your goals.
Set yourself three simple steps for each of your three goals.
- Write out each of your big goals, and three actions to get you started on your progress towards achieving your goal.

MY FIRST GOAL IS...

ACTION 1:

ACTION 2:

ACTION 3:

MY SECOND GOAL IS....

ACTION 1:

ACTION 2:

ACTION 3:

MY THIRD GOAL IS...

ACTION 1:

ACTION 2:

ACTION 3:



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YOU CAN
DO IT!

FOR MORE HELP
WITH GOAL
SETTING AND
MOTIVATION,
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SESSION WITH ME



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