

Goal setting worksheet

Write down three things you want to change or achieve. If there are many, write them down and choose your shortlist.

- 1.
- 2.
- 3.

Out of these, which is your priority? Or the easiest, depending on where you're at and how much you can take on at this point.

So what do you want this goal, situation or outcome to actually look like? Be as specific as you can.

What is the situation with it now?

What have you done so far about it?

What's stopped you from doing more?

If you take a deeper look, what has really stopped you?

If the barrier contained a lesson or message for you, to signpost the way forward, what could that message be for you?

What support and resources do you need with this? Where could you get it / them from?

What internal qualities do you think Life is asking you to develop to help you along this journey?

In what ways could you support yourself with this?

So what are two actions going forward? Once more be specific on what, how, when.

What reminders could you give yourself to stay on track with your actions?

You did it!! Congratulations!



