



Be You Authentically

Body – Mind - Soul

Workbook – Goal Setting

Give some thought to your goal!

Write down your broad goal here don't worry about being specific just yet: -

Think about the outcome for a second: -

Is this what I really want?

What is the pain for you, if you don't achieve this goal?

How do you anticipate your life will change if you achieve this goal?



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Alignment with your vision: -

Does this goal sit within your overall life vision?

Is this goal in line with your values?

Is this a goal that YOU want or are you doing it for someone else?

If you could achieve this goal this MINUTE, would you take it?

How does this goal fit into your lifestyle?



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Obstacles, let's think about obstacles that might be in the way: -

Do YOU have complete control in achieving it? (Are other people involved)

How will achieving this goal affect other areas of your life? (What else might you need to deal with)

What else might you have to give up achieving this goal? (What is the price of making the change)

What is good about where you are now? (What is the benefit of staying right where you are)

What sacrifices would you need to make to achieve the goal?



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Is there anyone that could help you achieve your goal?

Is there anyone who could make it difficult for you to achieve your goal?



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Goal Size

Is your goal of a size that you could achieve it?

Can the goal be broken down into smaller chunks which would make it easier to achieve?

Would you be happy if you made it part the way there? (For example if you goal was weight loss and that you wanted to loose 20kgs, would you be happy with 10, or even 19)

What would be a push level for the goal?



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Steps to move forward.

What steps do you need to take to reach this goal?

Which habits will you need to change in order to achieve this goal?

How committed are you to reaching this goal?

What resources do you need to achieve this goal?

What resources do you already have to achieve this goal?



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Rewrite your draft goal here: -

Change it to specific (remember be clear, what exactly are you trying to achieve)

Make sure it is measurable (you must know when you have achieved it)

Is it achievable? (Does anyone have a chance to reach the goal)

Is it realistic? (Do you have a chance to reach this goal?)



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Is it time bound? (When will you reach this goal)

Is the goal positive (Are you using positive words don't say I won't, etc)

Is it present tense? (Say you have it)

Make it personal to you!

THIS IS YOUR NEW GOAL CONGRATULATIONS!



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ACTION PLAN

So now you have your goal what do you need to do to get it to reality?

What habits do you need to change?

What actions do you need to introduce?

How can you rearrange your life to make them work?

How and when am I going to measure my progress?

Can I break the goal down into smaller chunks of action? (If you goal if for one year or more you need to do this, the ideal length of time is one month). You don't need to rewrite the goal, you just need to know what you are going to do month 1 to month 12.



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What smaller skills can I develop to help me achieve the goal?

Who do I need to talk to, to make it possible?



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ACCOUNTABILITY

Don't forget to find someone who can keep you on track, it might be a weekly phone call, or email. Someone who will ask you how you are doing and let you talk about things that might be bothering you.

You will be much more successful if you let someone into your goals. This way you not only let yourself down, but you let someone else down.

Don't forget some people will not like the changes of course avoid letting these people into your goal, they will sabotage you.



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GOAL LAYOUT

Write your goal here:



What do I need to arrange?

Date to be completed
/ / DONE

Who do I need to speak to?

Date to be completed / /
DONE

Who is going to be my accountability?

Date to be completed
/ / DONE



Month 1 – Skill, action or to do



Month 2 – Skill, action or to do



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Month 3 – Skill, action or to do

Month 4 – Skill, action or to do

Month 5 – Skill, action or to do

Month 6 – Skill, action or to do

Month 7 – Skill, action or to do

Month 8 – Skill, action or to do



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Month 9 – Skill, action or to do

Month 10 – Skill, action or to do

Month 11 – Skill, action or to do

Month 12 – Skill, action or to do
