

GOAL SETTING

Set Your Focus

WITHOUT CLEAR GOALS IN MIND, WORK IS MEANINGLESS

Part ONE Guided Visualization

1 What do you enjoy most about your life right now?

4 How do you feel physically and what is your ideal picture of health?

2 What aspects of your life are you not satisfied with? Which of these would you like to eliminate from your life, and which of these would like to improve upon?

5 In what areas could your relationships improve?

3 What do you want more of in your life? This could be time, money, human connection, access to nature, etc.

6 What does success mean to you and how do you picture your life in 5 years?

Part Two

Goal Creation

Now that you have an idea of what you want your dream life to look like, it is time to create goals and take the action steps needed to help you achieve your dream life. It is crucial that we have short term AND long term goals. Follow the SMART method for setting goals. Well written goals have the following qualities: **S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**ime based.

Short term goals should be action based. An example of this would be: I will meditate 6 days per week for 10 minutes per day and make this part of my evening ritual within 4 weeks. Short term goals are generally set to be met before 4-6 weeks.

Write your short term goals here:

1.

2.

3.

4.

5.

Long term goals should be outcome based. An example of this would be: I will have a clear understanding of what my body needs to eat healthy and the habits in place to stick with a health diet. Long term goals can be set to be met from 6 weeks to years.

Write your long term goals here:

1.

2.

3.

4.

5.