

# Goal Setting Workbook





# Welcome!



Hello and welcome!

This workbook is your guide to exploring your well-being, setting goals that truly matter, and breaking them down into actionable steps. Inside, you'll find tools and exercises to help you:

- **Assess Your Well-Being:** Reflect on what's important to you and how you're doing in various areas of your life.
- **Set Meaningful Goals:** Define goals that align with your values and vision for the future.
- **Create an Action Plan:** Break down your goals into manageable tasks and develop a plan to achieve them.

We're excited for you to dive in and start creating a life you love!

Warm regards,

*Amber Howard*



# overview

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— **04** SETTING WORTHY GOALS

— **08** DECOMPOSING

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# **well-being assessment**

# WELL-BEING ASSESSMENT

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS US BETTER UNDERSTAND HOW SATISFIED WE ARE WITH DIFFERENT ASPECTS OF OUR LIVES. REFLECT ON THE EIGHT DIMENSIONS OF WELL-BEING BELOW, AND RATE THEM FROM 1 - 10.

The diagram is a circular 'Wheel of Life' assessment tool. It consists of eight segments, each representing a dimension of well-being: PHYSICAL, INTELLECTUAL, EMOTIONAL, SPIRITUAL, ENVIRONMENTAL, FINANCIAL, OCCUPATIONAL, and SOCIAL. The segments are arranged in a circle, with each segment separated by a thin white border. The center of the wheel is marked with the number 1, and concentric circles radiate outwards, with each circle representing a rating level from 2 to 10. The numbers 1 through 10 are printed along the horizontal axis, with 1 at the center and 10 at the outermost edge. The segments are labeled with their respective dimensions: PHYSICAL (top-left), INTELLECTUAL (top), EMOTIONAL (top-right), SPIRITUAL (right), ENVIRONMENTAL (bottom-right), FINANCIAL (bottom), OCCUPATIONAL (bottom-left), and SOCIAL (left). The labels are written in a sans-serif font and are rotated to follow the curve of the wheel.

# WELL-BEING ASSESSMENT



What did you learn about yourself out of doing the well-being assessment?

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# WELL-BEING FOCUS

Which area/s am I going to focus on?

Area of Focus 1:

What is the improvement I want to make and why is it important to me?

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Area of Focus 2:

What is the improvement I want to make and why is it important to me?

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**setting worthy  
goals**



# THE ALIGNED GOAL SETTING FRAMEWORK



By utilizing the A.L.I.G.N.E.D framework, you can set life goals that are in alignment with your true self, liberating, inspiring to self and others, growth-oriented, novel, enlivening, and daring. Remember to regularly review and reassess your goals to ensure they continue to reflect your evolving desires and aspirations.

Are your current goals ALIGNED? Reflect on new goals you could create:

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# GOAL PLANNER #1

START DATE:

WHAT IS MY ALIGNED GOAL?

TARGET COMPLETION DATE:

Milestone #1

Milestone #2

Milestone #3

ACTION STEPS & TASKS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

MY MOTIVATION

NOTES



# GOAL PLANNER #2

START DATE:

WHAT IS MY ALIGNED GOAL?

TARGET COMPLETION DATE:

Milestone #1

Milestone #2

Milestone #3

ACTION STEPS & TASKS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_

MY MOTIVATION

NOTES







**decomposing**

# MILESTONES BY MONTH

YEAR: \_\_\_\_\_

JANUARY

JULY

FEBRUARY

AUGUST

MARCH

SEPTEMBER

APRIL

OCTOBER

MAY

NOVEMBER

JUNE

DECEMBER





**planning**

# MONTHLY GOALS

MONTH OF: \_\_\_\_\_

**FOCUS:**

MILESTONE #1	MILESTONE #2	MILESTONE #3

**STEPS:**



**STEPS:**



**STEPS:**



**NOTES / MANTRA:**





**executing**



# THIS WEEK WILL BE AMAZING

DATE:

MONDAY	TUESDAY	WEDNESDAY
THURSDAY	FRIDAY	WEEKEND

## THIS WEEK'S GOALS:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

## TOP THREE:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

NOTES:

**ACTION IS A KEY INGREDIENT IN HAVING A CREATED LIVE**

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# task list

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LIST TITLE OR DATE:

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# Acknowledge Yourself



## **BOOK A FREE DISCOVERY CALL**

Connect with our team to see if we can be of support in taking the next step regarding fulfilling on the new life worthy goals you have created.

**BOOK A CALL**

