

# 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

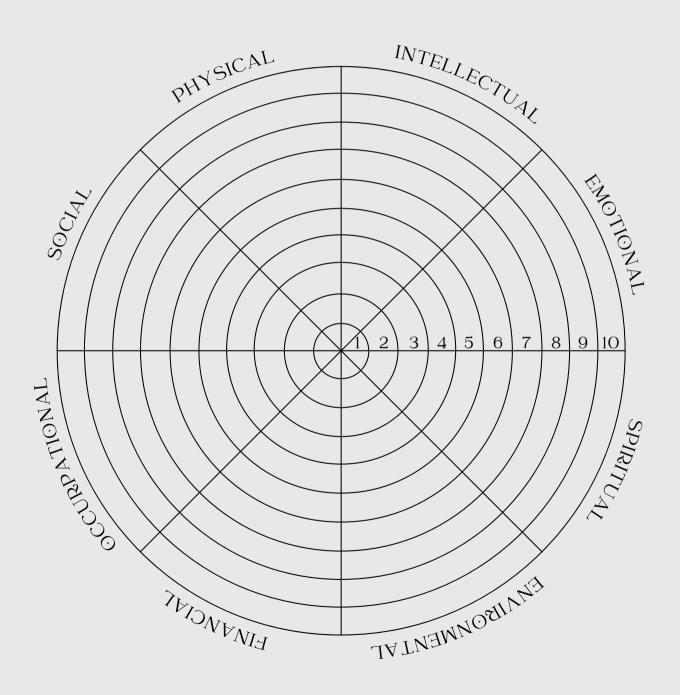
### overview

- **O 1** WELL-BEING ASSESSMENT
- 04 SETTING WORTHY GOALS
- 08 DECOMPOSING
- **09** PLANNING
- 10 EXECUTING

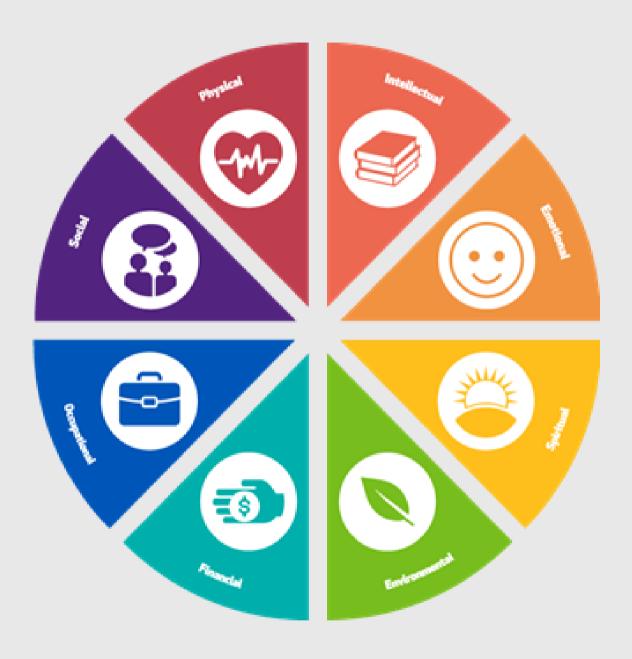


#### WELL-BEING ASSESSMENT

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.



#### **WELL-BEING ASSESSMENT**



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

#### **WELL-BEING FOCUS**

Which area/s am I going to focus on?



### 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: |  |  | te: |  |
|--|--|--|-----|--|
|  |  |  |     |  |
|  |  |  |     |  |
|  |  |  |     |  |

#### **GOAL PLANNER #1**

START DATE:

| WHAT IS MY ALIGNED GOAL? |              |            |                |
|--------------------------|--------------|------------|----------------|
|                          |              | TARGET CON | MPLETION DATE: |
| Milestone #1             | Milestone #1 |            | Milestone #3   |
| ACTION STEPS & TASKS:    |              |            | MY MOTIVATION  |
|                          |              |            | NOTES          |

#### **GOAL PLANNER #2**

START DATE:

| WHAT IS MY ALIGNED GOAL? |         |            |                |
|--------------------------|---------|------------|----------------|
|                          |         | TARGET COM | MPLETION DATE: |
| Milestone #1             | Milesto | ne #1      | Milestone #3   |
| ACTION STEPS & TASKS:    |         |            | MY MOTIVATION  |
|                          |         |            | NOTES          |

| When I complete my goals, I will feel |  |  |  |
|---------------------------------------|--|--|--|
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |
|                                       |  |  |  |



#### **MILESTONES BY MONTH**

YEAR:

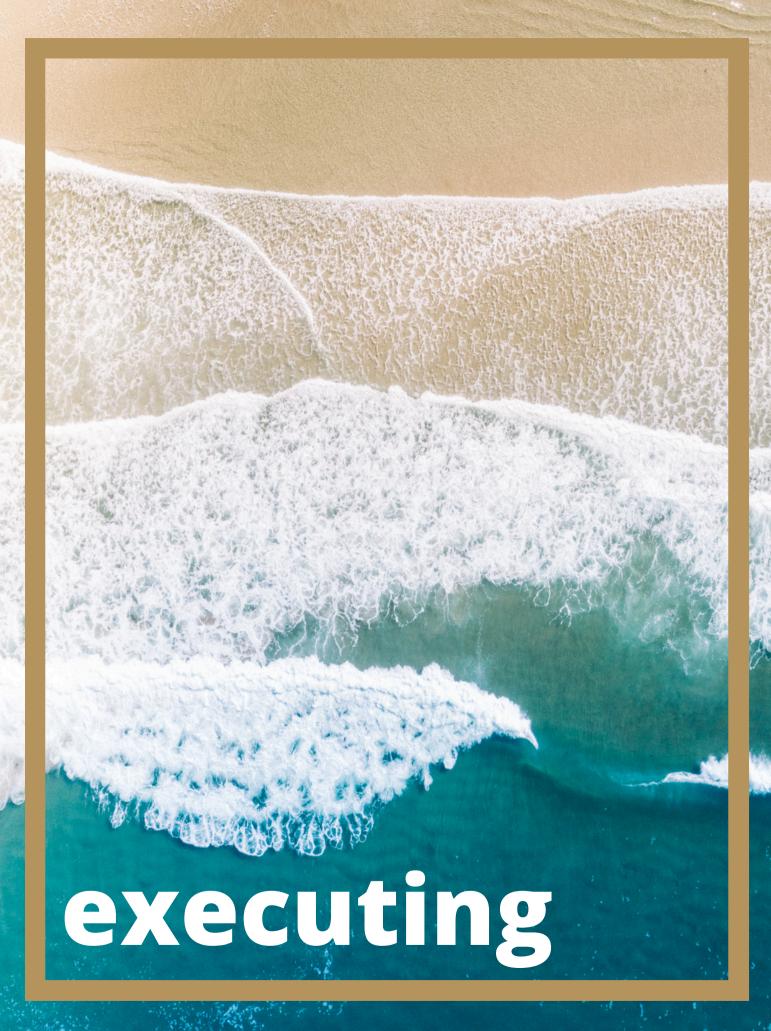
| JANUARY  | JULY      |
|----------|-----------|
| FEBRUARY | AUGUST    |
| MARCH    | SEPTEMBER |
| APRIL    | OCTOBER   |
| MAY      | NOVEMBER  |
| JUNE     | DECEMBER  |



#### **MONTHLY GOALS**

MONTH OF:

| FOCUS:          |              |              |
|-----------------|--------------|--------------|
| MILESTONE #1    | MILESTONE #2 | MILESTONE #3 |
|                 |              |              |
| STEPS:          | STEPS:       | STEPS:       |
|                 |              |              |
|                 |              |              |
|                 |              |              |
|                 |              |              |
|                 |              |              |
|                 |              |              |
|                 |              |              |
| NOTES / MANTRA: |              |              |



#### THIS WEEK WILL BE AMAZING

| DATE:              |         |           |
|--------------------|---------|-----------|
| MONDAY             | TUESDAY | WEDNESDAY |
|                    |         |           |
|                    |         |           |
|                    |         |           |
|                    |         |           |
|                    |         |           |
| THURSDAY           | FRIDAY  | WEEKEND   |
|                    |         |           |
|                    |         |           |
|                    |         |           |
|                    |         |           |
|                    |         |           |
| THIS WEEK'S GOALS: | NOTE    | S:        |
| 1)                 |         |           |
| 2)                 |         |           |
| 3)                 |         |           |
| TOP THREE:         |         |           |
| 1)                 |         |           |
| 2)                 |         |           |

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

### task list

| LIST TITLE OR DATE: |  |
|---------------------|--|
|                     |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |
|                     |  |

## 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** 

