



2023

Goal setting workbook





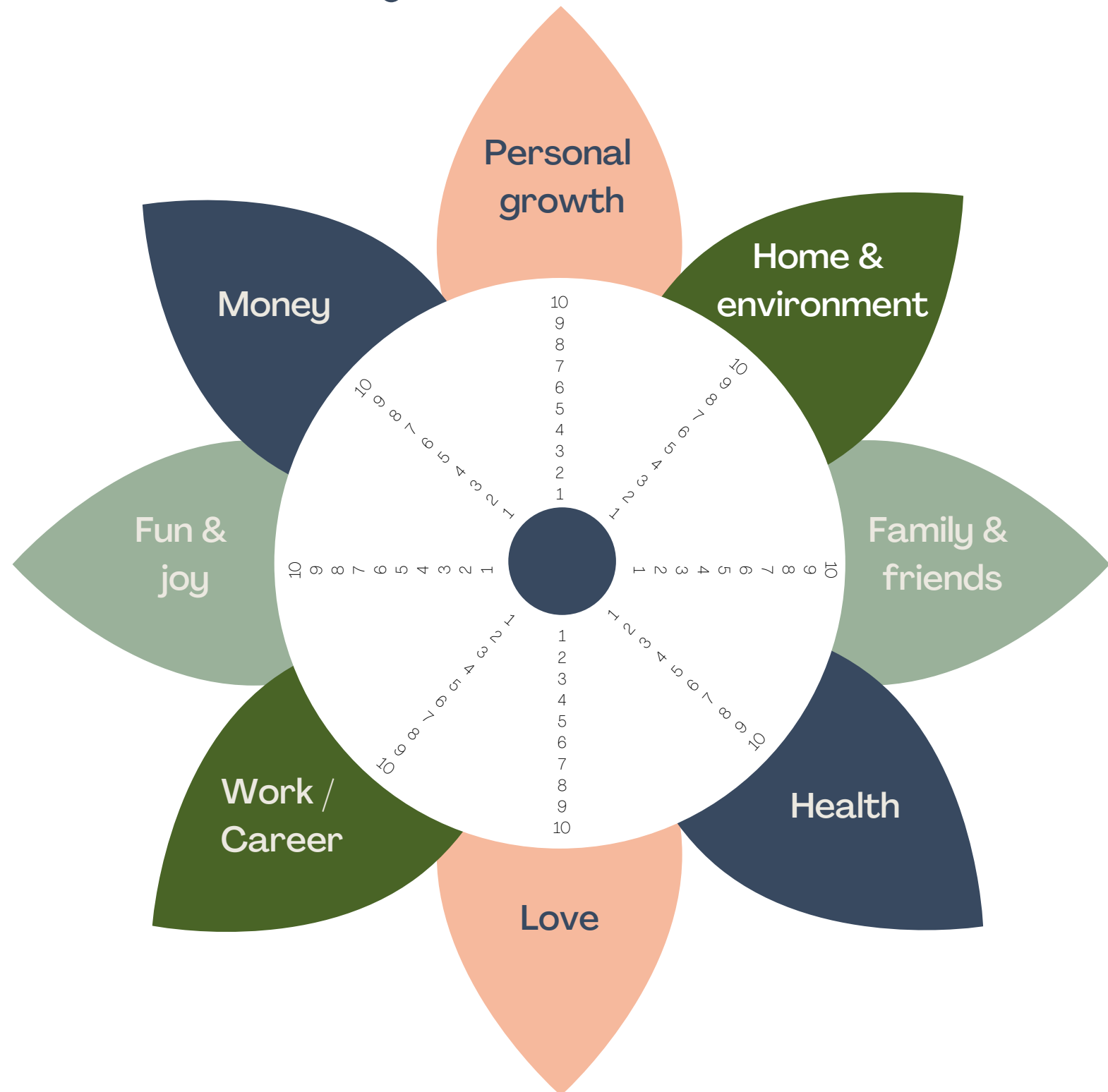
Looking back at 2023

Imagine it's December 2023 and it's been a great year.

- What did it look like?
- What did it feel like?
- What happened?
- What was different to now?

Use this section to write down any thoughts

Wheel of Life



Thinking about your life as it currently is, score each area above out of 10 (with 10 being the highest and the best it can possibly be). Do this quickly and don't overthink it. Then move onto the next exercise and write down what would life look like for each area to score 10/10.

10/10 life

What would each area look like if you scored 10/10

Personal
growth

Home &
environment

Family &
friends

Health

10/10 life

What would each area look like if you scored 10/10

Love

Work/
Career

Fun & joy

Money

Make your goal really specific



Think about the goal you have in mind and reflect on the following questions

What specifically do you want to achieve?

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.....

.....

When do you want to achieve this by?

How will you know you've succeeded? What's your measure of success?

.....

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.....

How compelling is this goal out of 10?

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What will achieving this goal allow you to do?

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Which areas of the wheel of life will improve once you've achieved this goal?

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My Goal

Write down your goal in the space below as if you've already achieved it. Make sure you include the following statements:

It is now (insert date)

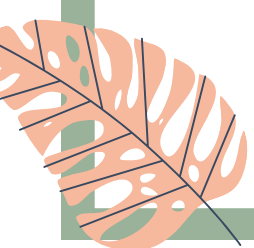
And I have (include what you have specifically achieved)

I feel

I can see.....

I hear.....

I say to myself.....



TIP! Print off your final goal and stick it somewhere you will see it everyday. You could even make it your screensaver on your laptop or phone.



Set yourself up for success

Do you know what actions you need to take to achieve this goal, and how to do them?.....

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If not, what knowledge gaps do you have? Where can you find out more or who could help you?

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Is the timeframe realistic?

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Are the actions you need to take sustainable?

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Set yourself up for success

Is the goal, and the actions you need to take, ecological in terms of your current commitments and responsibilities?

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What support do you need from those around you? Are they onboard with this goal?

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What will need to change for you to achieve this goal? Are you willing to make those changes? Is there any resistance to making them?

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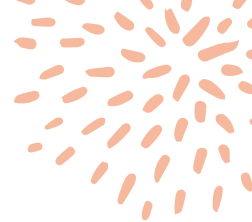
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Milestones



Milestone	Complete by	Reward

You can have as many milestones as you like. In fact the more the better! Print this page off as many times as you need to, or alternatively write them in a notebook.

What is holding me back?

What is stopping me from taking the actions I need to take to achieve my goal?

What is my inner critic saying?

What am I afraid of happening or not happening?

What are the barriers?



Look at your answers to the questions on the previous page. Use these prompts to dig a little deeper and figure out what the barriers are. .

Choice

Is this a choice or preference?

What are the other choices you could make?

Are you willing to make a different choice to achieve the goals you set?

Flexibility

Is there another way to get to the same goal or outcome?

Is it out of your control? If so, how could you work around it by making adjustments?

Can't.....yet

Is it a knowledge gap or skill you don't yet have?

Is it possible you could learn how to do this in the future?

Turn your statement into 'I can't do it YET'

Limiting belief

Is it a fear or a belief that you have about yourself or the situation?

What evidence do you have?

Would this evidence stand up in court?

Reframing

Complete the below based on your answers to the questions on the last couple of pages. How you could reframe this?

What is holding me back?

What is it stopping me doing?

What are the barriers? (Choice, preference, knowledge gap, fear etc)

How could I reframe this thinking?



Good Luck!

I hope you found the workshop and the exercises in this workbook really helpful. You now have all of the tools and knowledge to set yourself up for success and achieve your goals!

If you have any questions or would like to work with me, my contact details are below.

20% off 1-2-1 coaching

When you book your first session within 2 weeks of attending this workshop.

If you'd like any further help setting or achieving your goals then get in touch to take advantage of this exclusive offer.

abby@tillowcoaching.co.uk