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Get into action

Goal Setting

Purpose

- Get clear on what you DO want in your life.

Life Categories

- Health and Wellness
- Money and Finances
- Relationships
- Environment
- Business / Career
- Recreation and leisure
- Service and Contribution

- Choose one area you want to focus on today.
(You can work on others in the future)
- Unhappy, Unsatisfied, or Unfulfilled

WHAT...

What...

- Do I really Want? [hint: it's not about anyone other than YOU]
- List 3 things in one specific category.
- Star (*) one to focus on today.

WHY...

- Why do I want this?
- Is there a benefit?
- What value will this bring to my life?

Why...

- Why is this **Important**?
- What **pain** is there in **not having** what I said I want?
- **How** does this make me **feel**?
- What will it be like or feel like when I have what I want?

WHY...

- Why don't I already have exactly what I said I want) in terms of this category)

The big idea.....

- Time to be creative.
- Write out an overview or strategy for how this could actually happen for you.
- It doesn't need to be perfect, it just need to be an idea.
- [Hint- the strategy you have been using thus far is not working]

Ready, Set, ACTION...

- Write out 3 simple steps to get one idea moving.
- Must be Simple
- Must be Doable
- Must be completed within a specific timeframe.

Accountability

- Write out a statement of intention.
- I, (your name) intend on completing (a,b,c) no matter what by (date)

Celebrate!