

GAOL SETTING CHAPTER 9-7

SETTING PERSONAL GOALS WORKBOOK

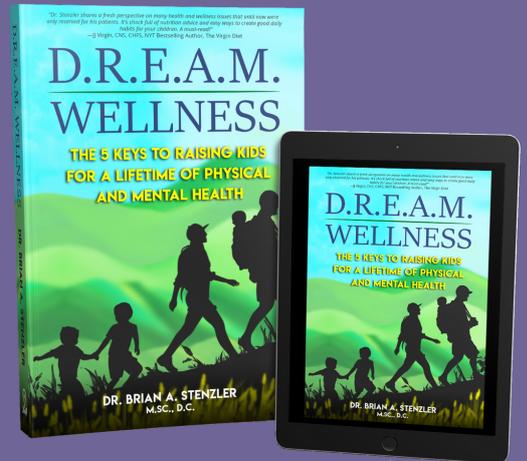


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— wellness —

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This guide is a bonus supplement to go with Chapter 9-7 "Setting Personal Goals" in the book, *DREAM Wellness: The 5 Keys to Raising Kids for a Lifetime of Physical and Mental Health*.

If you do not have a copy, you can order your Kindle or printed version now at www.DREAMWellnessBook.com.



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SETTING PERSONAL GOALS ...and Seeing Them Through

WORKBOOK

“One of the amazing things we have been given as humans is the unquenchable desire to have dreams of a better life, and the ability to establish goals to live out those dreams.” – Jim Rohn

Setting personal goals will boost your self-confidence, make your life’s journey rewarding, and help you fulfill the purpose of your life.

KNOWING WHAT YOU REALLY WANT & YOUR PURPOSE...

It is important to know what you really want. People are often chasing the wrong dream. Review the purpose statement you created in *the Defining Your Life’s Purpose Worksheet* or in your *Living the DREAM Workbook* (from www.DREAMWellnessBook.com/bonuses) to make sure that everything in *this* workbook aligns with that purpose. You must know why each goal is important to you and your purpose.

What is your purpose?

HELP WITH SETTING GOALS

Answer the following questions honestly. Include the challenges involved, if any.

1. How balanced is your life?

2. Are your thought and behavior patterns supporting a happy, successful life?

WHAT DOES SUCCESS MEAN TO YOU?

1. What is your definition of success?

2. How does your definition of success affect you and your loved ones?

3. What will your life be like once you've achieved your goals?

BE SPECIFIC

Set your goals as one specific desire. For example, saying that you want to be a good writer is vague. Saying that you want to be a best-selling author of science fiction is more specific.

Write down your specific goals below (you will fill these in with more detail below):

Career:

Family Relationships:

Relationships with Friends:

Love

Relationship:

Finance:

Spiritual:

Artistic:

Health and Fitness:

Giving/Charity/Philanthropy/Service:

SET MEASURABLE GOALS

Take your specific goal and make it measurable so you know how close you to are hitting your mark and to celebrate when you reach it. For example, if you want to be thinner, write down ways to quantify your results. Specific metrics to becoming thinner can include your weight on a scale, your body/fat percentage, measurements of waist and other body parts, and so on. While looking in the mirror can be a guide, it's just not measurable.

ARE THEY ATTAINABLE?

There is absolutely nothing wrong with “shooting for the stars”, in fact, I greatly encourage it. That said, is this goal of yours even possible? Just because no one has ever accomplished a particular goal in the past does not mean that you can't. For example, Elon Musk has a goal to help people inhabit other planets. At the time this workbook has been created, that has not happened and would ordinarily seem farfetched. That said, if anyone were able to make that happen, it would be someone like Elon Musk. So, shoot for the stars, but I don't recommend just throwing spaghetti against the wall and see what sticks! If you write it down, commit yourself to doing everything you can to make it happen.

MAKE THEM RELEVANT AND LIFELONG

Look at your various goals and determine the lifetime goals for each that are important to you. Make sure they are relevant to your purpose! If you want to stay motivated, determine your goals for yourself, instead of letting others decide how you should live your life. Next, break these goals down into smaller goals, which will make them more achievable.

SET A DEADLINE FOR YOUR GOALS

Setting a deadline for your goals is essential. Determine how long it will take to achieve a lifetime goal, then decide how much you will achieve in shorter time periods. Decide on intermediate goals for a year, six months, and one month out, then jot down deadlines for your lifetime goals. For the example of becoming thinner, you may write, “By May 31, 20XX, I will weigh XXX pounds, my body composition will be XX% and my waist will measure XX inches.”

WHO CAN YOU MIMIC?

Who can you think of that has already achieved this or a similar goal, or who is likely to accomplish this goal? What are the attributes of these people? How do they think and what is their mindset? How do they prepare physically and mentally? For example, if you want to be an All-Star NBA player, you may think about Michael Jordan. What qualities of MJ can you mimic to put yourself in the realm of a basketball superstar?

WHAT ARE THE POTENTIAL ROADBLOCKS?

If this is not a new goal, think about what stopped you in the past; and if it is a new goal, what are the potential issues? Do you need help or support from others? What actions will you need to take to ensure they are accomplished?

ACCOUNTABILITY PARTNER

For each goal, think about who can hold you accountable. Whether you are working on the goal with this person or not is not as important as someone making sure you're taking the steps you promised to take. Teamwork makes the DREAM work!

Career:

Long Term Goal:

Intermediate Goals:

One year:

Six months:

One month:

7 days from today:

Why is this goal important?

Who will you mimic?

Potential roadblocks and where you may need help:

Accountability Partner(s):

Daily/Weekly Tasks:

Other Notes:

Family Relationships:

Long Term Goal:

Intermediate Goals:

One year:

Six months:

One month:

7 days from today:

Why is this goal important?

Who will you mimic?

Potential roadblocks and where you may need help:

Accountability Partner(s):

Daily/Weekly Tasks:

Other Notes:

Relationships with Friends:

Long Term Goal:

Intermediate Goals:

One year:

Six months:

One month:

7 days from today:

Why is this goal important?

Who will you mimic?

Potential roadblocks and where you may need help:

Accountability Partner(s):

Daily/Weekly Tasks:

Other Notes:

Love Relationship:

Long Term Goal:

Intermediate Goals:

One year:

Six months:

One month:

7 days from today:

Why is this goal important?

Who will you mimic?

Potential roadblocks and where you may need help:

Accountability Partner(s):

Daily/Weekly Tasks:

Other Notes:

Finance:

Long Term Goal:

Intermediate Goals:

One year:

Six months:

One month:

7 days from today:

Why is this goal important?

Who will you mimic?

Potential roadblocks and where you may need help:

Accountability Partner(s):

Daily/Weekly Tasks:

Other Notes:

Spiritual:

Long Term Goal:

Intermediate Goals:

One year:

Six months:

One month:

7 days from today:

Why is this goal important?

Who will you mimic?

Potential roadblocks and where you may need help:

Accountability Partner(s):

Daily/Weekly Tasks:

Other Notes:

Artistic/Creative:

Long Term Goal:

Intermediate Goals:

One year:

Six months:

One month:

7 days from today:

Why is this goal important?

Who will you mimic?

Potential roadblocks and where you may need help:

Accountability Partner(s):

Daily/Weekly Tasks:

Other Notes:

Health and Fitness:

Long Term Goal:

Intermediate Goals:

One year:

Six months:

One month:

7 days from today:

Why is this goal important?

Who will you mimic?

Potential roadblocks and where you may need help:

Accountability Partner(s):

Daily/Weekly Tasks:

Other Notes:

Giving/Charity/Philanthropy/Service:

Long Term Goal:

Intermediate Goals:

One year:

Six months:

One month:

7 days from today:

Why is this goal important?

Who will you mimic?

Potential roadblocks and where you may need help:

Accountability Partner(s):

Daily/Weekly Tasks:

Other Notes:

MAKING THE DREAM WORK: TODAY CREATES TOMORROW

Check yourself for habits that could prove detrimental to the achievement of your goals. List these habits below and the steps you can take to change them:

MAKING A DESIRE STATEMENT FOR LIFETIME GOALS

Visualize the outcome of your goals regularly to give them an added impetus. Imagine the scenario of your dream and put it into words:

ENTHUSIASM COUNTS

Each goal should be one that motivates you to push through challenges, so you maintain your enthusiasm through the finish line. Remember to reward yourself whenever you reach a milestone.

LET OTHERS KNOW AND BE PREPARED FOR SETBACKS

The more people you inform about a goal, the more likely you will achieve it. While you will be putting yourself out on a limb because you do not want to look bad in front of those you care about, this is just another step to declaring to the world your bold statement of future achievement. Be prepared to encounter discouragement and jealousy from others. As Marianne Williamson has said, “There is nothing enlightened about shrinking so that other people won't feel insecure around you.” Overcome negative thoughts and experiences by regularly visualizing the success you are after. You should be spending your time with people who are cheering you on and want to celebrate your successes. When you are falling behind or having trouble with certain goals, ask for help. If the goal is something worthwhile, it probably will not be easy to achieve so find allies to support you along the way whether it be for practical help, encouragement or both.

TAKE YOUR TIME

Take it slowly so you have time for other important things in your life. You'll be more stress-free and you'll have the time to make adjustments if required. Plus, you'll be able to savor each little victory along the way.

ALWAYS KEEP YOUR GOALS IN SIGHT

On your heroic journey of achievement, you might find yourself going off track. See these moments as feedback that invites you to change your course. All heroes must pass their tests.

AVOID TEMPTATION

Remain focused on your goals, no matter what situations you face. If you do yield to temptation, get back on track quickly and learn from your mistakes. Write down the situations likely to distract you from your goals, and how you can overcome them:

ENJOY THE PROCESS

Life is a journey and make sure you remember to enjoy every moment!