

# GOAL SETTING

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"A dream written down with a DATE becomes a goal. A goal broken down into STEPS becomes a plan. A plan backed by ACTION makes your dreams come true." Greg S. Reid

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Goal setting is more than just writing down your dreams. It's about reflection on what's currently going on in your life, it's about taking time to think about what you want in your life, and how to create fulfillment and balance in all aspects of your life.

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## REFLECTION

Here are some questions to consider. Write down your answers to each of them below.

1. What is going well in your life? What's working?

2. What isn't working out well in your life? What challenges have you been facing this year?

3. What recent lessons have you learned?

4. What is your ideal vision for this year?

5. What are you grateful for?

## Word of the Year

A word of the year is a great way to simplify your focus. What is a theme you want to remember throughout the year? Brainstorm different words that encompass that theme or feeling and write that down here.

My word is:

## Wholistic Goal Setting Areas of Life

Family	Friends	School
Career	Personal Growth	Hobbies
Faith/Spirituality	Health	Finances
Travel	Leisure	Anything Else?

## Goals

'Determination is the prerequisite for Motivation.  
Keep pressing on towards your goal.'

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My goal is to:\_\_\_\_\_

Area of life focus: \_\_\_\_\_

Why is this important? \_\_\_\_\_

What feeling will you get from accomplishing this? \_\_\_\_\_

Complete By Date:

What are the first 3 steps to take?

Step 1:\_\_\_\_\_ Complete By:

Step 2:\_\_\_\_\_ Complete By:

Step 3:\_\_\_\_\_ Complete By:

My goal is to:\_\_\_\_\_

Area of life focus: \_\_\_\_\_

Why is this important? \_\_\_\_\_

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Complete By Date:

What are the first 3 steps to take?

Step 1:\_\_\_\_\_ Complete By:

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Step 3:\_\_\_\_\_ Complete By:

## Goals

CONTINUED...

My goal is to:-----

Area of life focus:                     

Why is this important? -----

What feeling will you get from accomplishing this? ----

Complete By Date:

What are the first 3 steps to take?

Step 1:----- Complete By:

Step 2:----- Complete By:

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My goal is to:-----

Area of life focus: -----

Why is this important? -----

What feeling will you get from accomplishing this? ----

Complete By Date:

What are the first 3 steps to take?

Step 1:----- Complete By:

Step 2:----- Complete By:

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## Goals

CONTINUED...

My goal is to:\_\_\_\_\_

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Why is this important? \_\_\_\_\_

What feeling will you get from accomplishing this? \_\_\_\_\_

Complete By Date:

What are the first 3 steps to take?

Step 1:\_\_\_\_\_ Complete By:

Step 2:\_\_\_\_\_ Complete By:

Step 3:\_\_\_\_\_ Complete By:

Sign Here: \_\_\_\_\_ Date:



### ABOUT AMANDA

Amanda Beilke is a Performance & Life Design Coach. She coaches ambitious women in helping them identify their core values and purpose, in order to align those with meaningful work in a fantastic career so that they can feel authentic, confident, empowered, and full of joy in how they are living their lives.