





# WORKBOOK god setting guide

Your complete guide for intention setting, planning and brainstorming for the next quarter.

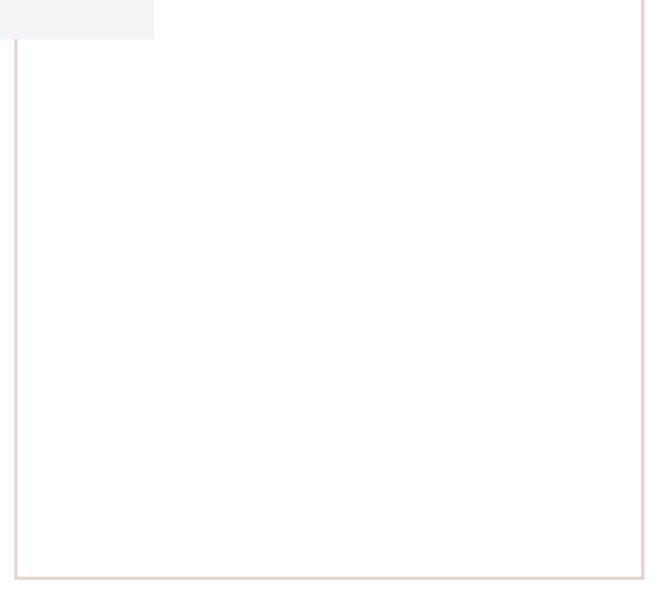


# Always go with your passions. Never ask yourself if it's realistic or not.

Deepak Chopra









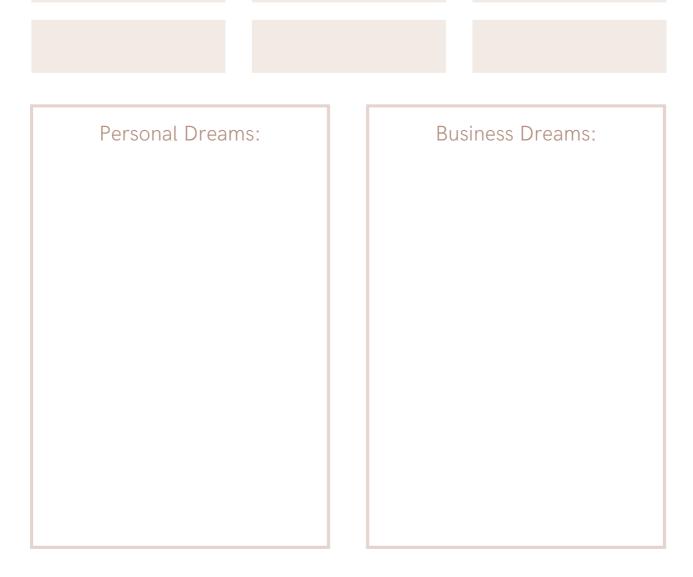
What amazing things have I accomplished?

What progress did I make that made me proud?

How did my life evolve?

How do I feel now?





### I am grateful for:



Goal #1

Goal #2

Goal #3

Setting goals is the first step in turning the invisible into the visible.

66

Tony Robbins



My Goal:

Purpose & Motivation:	Challenges ahead:





Financial Goal:

Time Frame:

Actions to take:

To Invest: To Save: To Spend:



January	February	March
April	Мау	June
July	August	September
October	November	December

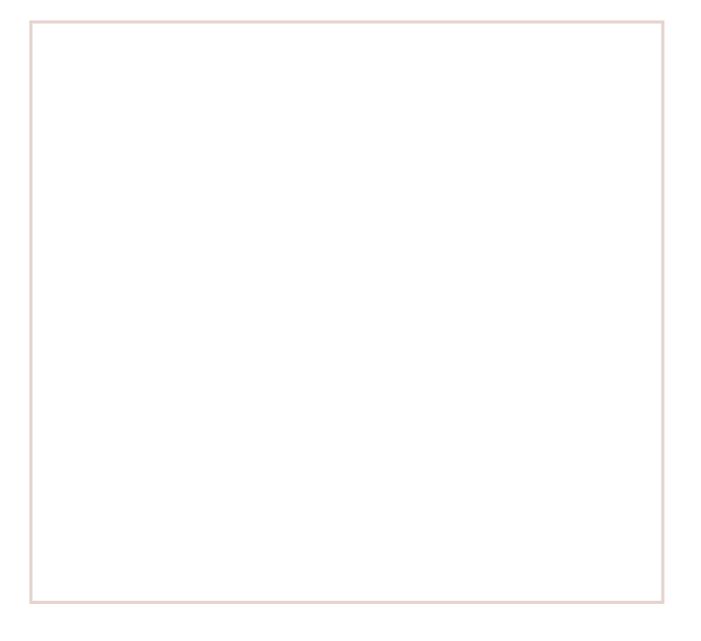


Mon	Week:
Tue	Priorities:
Wed	
Thu	
	Ta da list
Fri	To do list:
Sat	
Sun	



# Set your goals high enough to inspire you & low enough to encourage you....





Priorite

Urgent	Not Urgent
Important	
Not Important	

Notes



My big vision for \_\_\_\_\_

Health	Relationship
Spiritual	Career



#### Build a new habit by adding it to your current routine

Morning Routine Habits:	Nightly Routine Habits:

### Weekly Habits:

Inde

Morning Gratitude

What I love about myself

l am fortunate because...

I am appreciative of...

The best part of my day is...





My name is Dolores and I am a Sacred Guide Facilitator who Guides Women To Follow Their Heart and Lead With Their Wisdom through many different lenses to look through life; specifically your life!

Through my own journey I have studied many different alternative therapies and different spiritual teachings and I have found that expanding your awareness of how to access a vast number of tools for improving your life; leads to a shift into your perceptions of your own personal patterns.

If you enjoyed this journal and would like to explore more; you might be interested in my Soul Alignment Coaching.

Stay Connected