



Goal Setting *Workbook*





WORKBOOK

goal setting guide

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

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

Deepak Chopra



My Vision

A large, empty rectangular box with a thin brown border, intended for writing the user's vision.

Reflection on your *growth*

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?

What are your core values?

Personal Dreams:

Business Dreams:

I am grateful for:

What are my main *goals?*

Goal #1

Goal #2

Goal #3



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

Tony Robbins

Goal setting

My Goal:

Purpose & Motivation:

Challenges ahead:

Actions to take:

Financial Goals



Financial Goal:

Time Frame:

Actions to take:

To Invest:

To Save:

To Spend:

Monthly Goals



January

February

March

April

May

June

July

August

September

October

November

December

Weekly Planner



Mon
Tue
Wed
Thu
Fri
Sat
Sun

Week:

Priorities:

To do list:



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



My daily
Affirmations

A large, empty rectangular box with a thin brown border, intended for writing daily affirmations.

Priority matrix

	Urgent	Not Urgent
Important		
Not Important		

Notes

My Big *Vision*



My big vision for -----

Health	Relationship
Spiritual	Career

Committing to *habits*

Build a new habit by adding it to your current routine

Morning Routine Habits:

Nightly Routine Habits:

Weekly Habits:

Gratitude journal

Morning Gratitude

What I love about myself

I am fortunate because...

I am appreciative of...

The best part of my day is...



Thank You



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

