

Goal Setting Guide



Starting with where you are now, what do you desire most?

In what areas of your life do you set most of your goals?

- Work / Career / Business
- Personal Development
- Relationships
- Finances
- Health / Fitness
- Spiritual / Faith
- Family / Friends
- Getting Organized
- Adventure / Creativity

If you could do anything now with your life, what would it be?

What do you want to do most?

If you could change anything about your future, what would it be?

When you were growing up, what was your greatest dream?

What is your greatest dream, now?

If you could to do any one thing with the rest of your life, what would it be?

What are the goals you want to achieve first?

What are some goals you'd like to achieve after that?

What is the goal or intention you'd like explore further during our session?

Goal Setting Guide



Now that you've narrowed down your goal or intention, create a sentence that expresses what you would like to see happen in your life. Make sure your sentence is positive and in the present tense. The more narrow your statement, the better. If you're creating a goal statement, make sure it has a deadline.
