

Goal Setting

We can't get somewhere if we don't know where we're going.

Goal setting is an important part of this process.

Please take some time this week to write down your goals.

*"By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands – your own."
Mark Victor Hansen*

I took the attached vision and goal setting worksheets from lululemon. I really like them because they look at your health, your personal life, and your career.

You are not defined by your weight or what you lift in the gym.

At the same time, your health does affect your life.

What do you want your life to look like in 10 years?

Another powerful exercise... what will it look like in 10 years if you continue the trajectory you're currently on?



Vision & Goal Setting Worksheets*

The Practice of Setting your Vision & Goals

Setting a 10-year vision & the goals that support it allows you to create a clear picture of an ideal future and what it takes to get there. Jumping 10 years into the future inspires you to dream big because it removes the constraints of time, money, and knowledge. Creating goals from your vision allows you to make a plan for achieving your ideal life. Get ready to step into the world of possibility and create your future.

These Worksheets Will:

- Support you in getting clear on what you want in your life
- Assist you in determining how personal, health, and career show up in your life
- Allow you to create a picture of who you are and what you will have achieved in the next 10 years
- Invite you to write a draft of your vision – an exciting glimpse into your future
- Support you in writing goals that link up to your vision

Mind Map

This is a simple, yet powerful exercise. In order to set goals in health, personal, and career, it's helpful to know what each of these domains of your life mean to you. This will support you in clarifying what will be important to include in your vision & goals.

For Each Area of your life, Answer the Questions:

1. What is ideal in my health/personal life/career?
2. What does health/personal life/career mean to me?

Health

Personal

Career

* adapted from lululemon



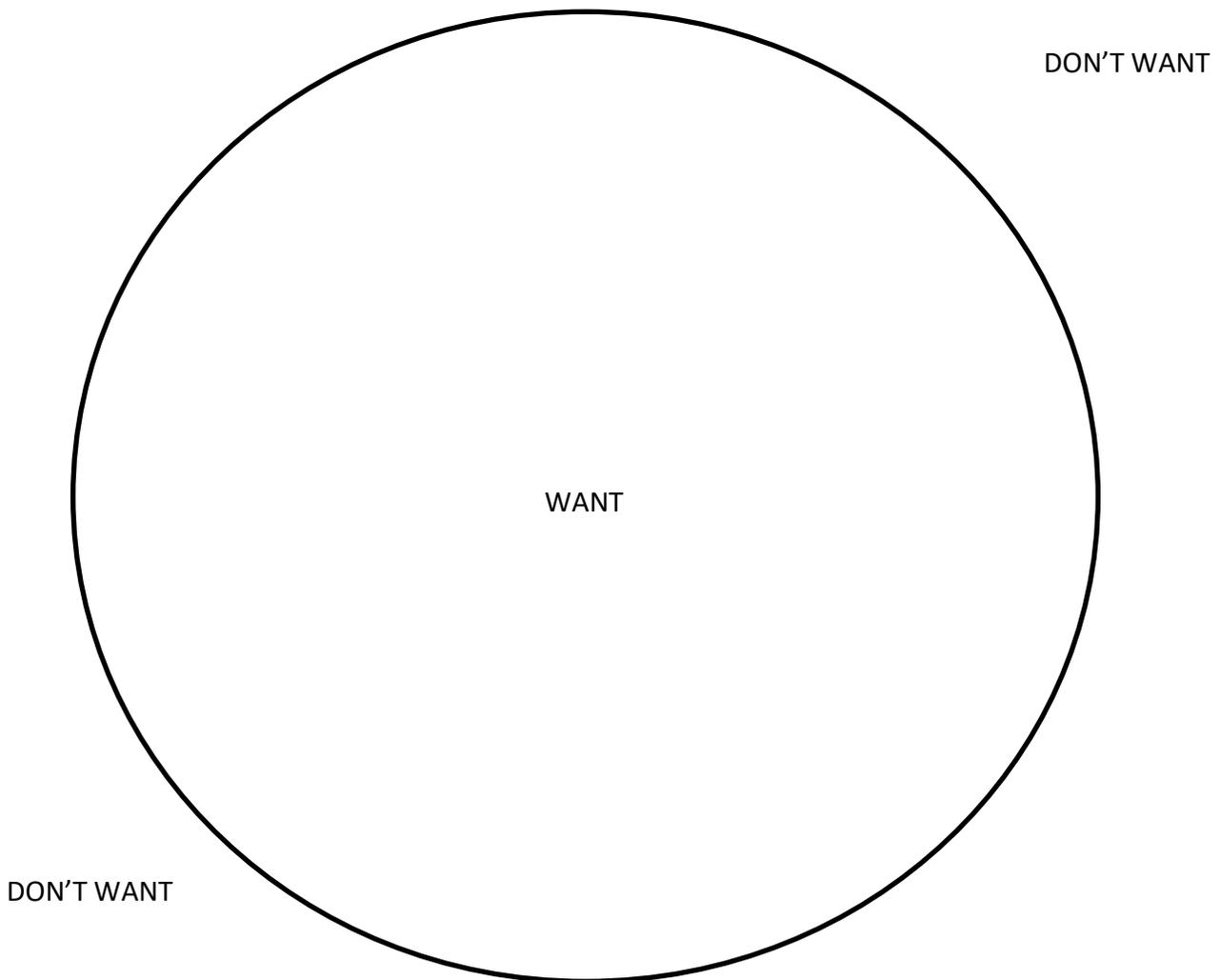
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What Do You Want?

The law of attraction causes us to attract the things we are thinking about into our lives – it is important to know what we want! Use this simple exercise to get clear.

Place what you want in life inside the circle. Place what you don't want outside of the circle.

This will help you focus on what is important for you to have in your vision & goals. Consider what you want in: health, career, contribution, family, relationships.



Who Am I In Ten Years?

In 10 years I am _____ years old.

In 10 years I feel _____.

In 10 years I am _____.

In 10 years I contribute by _____.

In 10 years my achievements include _____.

In 10 years I've experienced _____.

In 10 years I love _____.

In 10 years I'm surrounded by _____.

In 10 years I'm a point of inspiration and influence for _____.

In 10 years I'm helping to bring into the world _____.

Your 10-Year Vision

Writing a vision authentic to you takes time and practice, so be generous and let go of needing it to be perfect the first time. Try out different ways of writing your 10-year vision – just the facts, a story of your day 10 years in the future, a party where people are acknowledging you – there's no wrong way to write YOUR vision. You'll know that you're heading in the right direction when you are excited and nervous reading it. Don't forget to take a look at the work you've completed already on the previous worksheets. These exercises connect you to who you want to be and what's important for you 10 years in the future. Write your first draft on the next page.

Your Vision

- Is based on the idea that in 10 years, ANYTHING IS POSSIBLE
- Articulates your greatest ambition
- Supports you right now in making choices that lead you to your exciting future life
- Can be changed by you at any time. It's yours.
- Is not what other people want for you. It is what you want for you.



My Vision

What does your life look and feel like in 10 years?



Goal Worksheet

Now that you've written your vision, it's time to pull some 10-year goals from that vision and trickle them back. Choose a 10-year goal in either personal, career, or health and follow the steps below:

Your Goals:

- Trickle back: start with the end in mind. Set 10-year goals first, then move backwards to 5 years and then 1 year
- Use affirmative language. State what you want, not what you don't want.
- Use the present tense: I am, I have, I create...
- Are measurable, so that you can check them off. (Ex: I visit all 7 continents by December, 2028)
- Have a deadline – decide by when your goals will be completed, this helps to get you into action

Domain: _____

10-Year Goal:

In 5 years, to get to my 10-year goal, I will...

What will I need to do in 1 year to get to my 5-year goal

Choose one 10-year goal that is apparent from your work discovering your vision and place it into the worksheet. Repeat for all domains to complete the first draft of your goals.

Your Vision & Goals

Rewrite your vision – remember that it doesn't have to look the same as the first time you wrote it. Fill in your goals, working back from 10 years to 1 year in the future. Post this sheet where you can see it every day. Have it influence your choices. Remember you can change ANYTHING in your vision & goals ANY TIME you want.

