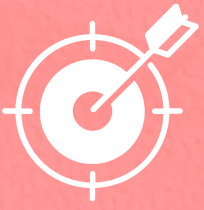




GOAL SETTING

2023





Why SETTING A GOAL



- Clarity
- Productivity
- Reduce stress
 - Work-Life-Balance
- Accountability
- Celebration
- Action plan



notes

A large, empty white rectangular area intended for writing notes, positioned below a horizontal line.



Having the

RIGHT MINDSET

Do I deserve to achieve this goal?



1

Do I really want to achieve this goal?



2

Is this really my goal or somebody else's

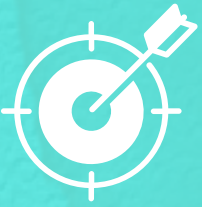


3



notes

A large, empty white rectangular area intended for writing notes, positioned below a horizontal line.



notes

A large, empty white rectangular area intended for writing notes, positioned below a horizontal line.



Setting goals

ACHIEVE FORMULA

AS IF NOW

CLEAR AND SPECIFIC, VERIFIABLE

HITTABLE

IN A POSITIVE DIRECTION



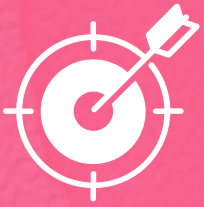
Setting goals

ACHIEVE FORMULA

EXCITING

VALUES

ECOLOGICAL

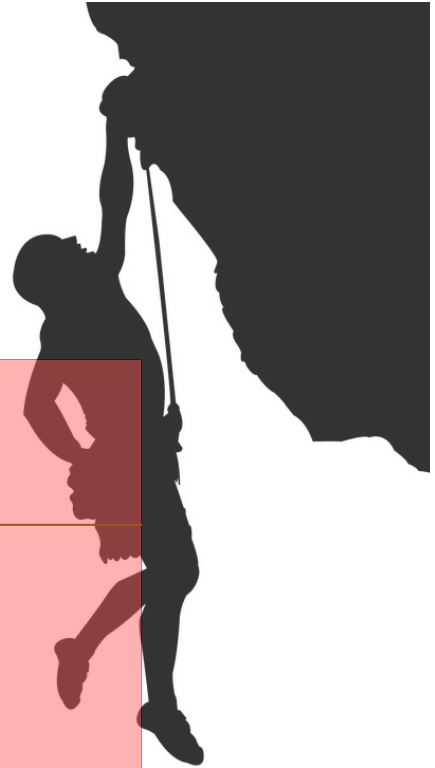


Your goal

A large, empty white rectangular area intended for writing or drawing, representing the space for defining the goal.

Staying motivated

ACTIVITES



Here is what you can do

- Break it down
- Who can help
- What can help
- Planning
- Your why
- Vision boarding
- Check your goal regularly
- Report to someone
- Feedback scrapbook
- Review your system



Staying motivated



ACTION STEPS

1

Write down your short term goal

.....

.....

.....

2

Write down your medium term goal

.....

.....

.....

3

Who can help you?

.....

.....

.....



Staying motivated



ACTION STEPS

4

What can help you?

.....

.....

.....

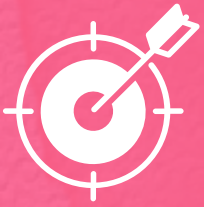
5

Your why

.....

.....

.....



Goal Bucket list

A large, empty white rectangular area intended for writing a goal bucket list.



Your perfect day

A large, empty white rectangular area intended for writing or drawing, set against a red background.