goal setting

JOURNAL
Goal setting - how many times have you heard about Goal Setting? How many times have you set goals and not achieved them? Or maybe not even started on them?! (that would be me!) And how many New Year's resolutions have you made and not kept?

It's not the setting of the goals that's the problem, it's all about the action we take, or don't take, in order to achieve them.

Setting goals can help us move forward in life. Goals give us a roadmap to follow and are a great way to hold ourselves accountable. It helps us become and stay organised, using our time and resources in alignment with our goals. Good goal setting allows us to find what we truly want to achieve in life. What we hold important to us. It helps us prioritise things and truly live our best life.

It doesn't matter if we don't achieve a particular goal – provided we are continually taking action heading in that direction. Being able to pivot and reset our goals is imperative. However, it doesn't mean living every minute of our lives planned out or to a schedule!

This workbook will provide you with the tips and tools you need to not only set awesome goals, but actually take the steps you need to take in order to make steady progress to achieve them.
WORKSHEET 1
LIFE VISION

HOW DO I WANT MY LIFE TO BE IN 3 MONTH'S TIME?

1. PERSONAL LIFE, HOME AND FAMILY

2. CAREER, WORK AND BUSINESS LIFE

3. HEALTH AND WELL-BEING

4. FINANCES

5. COMMUNITY, FRIENDSHIPS
HOW DO I WANT MY LIFE TO BE IN 3 MONTH'S TIME?

6. SPIRITUAL AND LEARNING

WHAT IF THERE WERE NO OBSTACLES?

WHO DO YOU NEED TO BE TO ACHIEVE THIS?

ONE IMPORTANT CHANGE YOU CAN MAKE OVER THE NEXT 3 MONTHS IS
Preparing For Success

i. Success Accelerators:
What can I start doing, stop doing, do more or less of that will help me achieve my goals?

ii. Smash those Obstacles:
What could get in the way? If you were going to sabotage yourself how would you do it?

iii. What is the best advice I could give myself to make sure I achieve these goals?

Taking Action

So, what ONE thing will you do for EACH goal in the next month? (Yes, you can start now!)
Write out ONE action you will complete towards EACH goal in the NEXT MONTH. This is the FIRST STEP. Break the action down into a smaller step or action until you can commit 100%. If you want to do more than one action, great, but there must be a minimum of ONE.

GOAL 1 Action ___________________________________________ by ______________________

GOAL 2 Action ___________________________________________ by ______________________

GOAL 3 Action ___________________________________________ by ______________________

And finally, what ONE action will I start tomorrow?

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ABOUT THE AUTHOR

Kylie Chapman

Kylie is passionate about helping others. With a background in Corporate Human Resources and finding Buddhism almost 20 years ago her natural desire to help others with kindness of spirit and compassion eventually led to a career in Life Coaching and Personal Development.

At 51 years of age she has overcome numerous challenging life experiences including IVF, multiple miscarriages, postnatal depression, overcoming and living with chronic illness, divorce, being a single parent, financial distress and business failure. Not to mention the everyday stressors of life we all experience! These many challenges have led to over 20 years of personal development and growth through counselling, therapy, psychology, psychiatric and medical intervention. All of which provides a first hand experience and understanding of the fragilities and strengths within us all.

When newly separated 10.5 years ago, she was in no mental state to return to the corporate world so cleaning houses and doing letterbox drops was the only way to earn an income. Within 12 months Kylie had discovered the online business world and so began her journey working for herself, from home. Some businesses were a great success, others not so much! She made money and lost money and learned an enormous amount, particularly about herself. This again cemented her desire to continue to work in Personal Development.

Kylie also mentors senior high school girls in the transition from school to employment.

Her Buddhist path has resulted in a long relationship with a Tibetan Buddhist Monastery in Bir, India. Through large personal donation she has been able to make a massive, tangible, everyday difference to the lives of the monks. Their extraordinary spirit is a never ending inspiration to herself and her teenage boys.

She is now in position to enjoy the lifestyle many people only dream of, having just spent 1 week at a very remote eco surf resort in the Fiji Islands with her teenage boys, and the next 2 holidays booked around the world. And of course the ability to give back - in her case, to the monastery.

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“IT IS NEVER TOO LATE TO BE WHO YOU MIGHT HAVE BEEN.”

GEORGE ELIOT