



DREAM LIFE GOAL

THIS IS NOT THE MAIN ACTIVITY. THIS IS YOUR OPPORTUNITY TO DREAM A LITTLE.

TAKE SOME TIME TO WRITE YOUR DREAM LIFE.

IMAGINE YOU ARE LIVING THAT LIFE RIGHT NOW. WRITE DOWN THE DETAIL OF THAT DREAM LIFE.

WHAT DO YOU SEE? WHAT ARE YOU DOING? WHO ARE YOU DOING IT WITH?

WHERE ARE YOU? WHAT ARE YOU SAYING TO YOURSELF? WHAT ARE OTHERS SAYING ABOUT YOU?

HOW ARE YOU FEELING? WHAT ARE YOU THINKING? HOW DO YOU LOOK?

WHAT ARE YOU NOTICING?

MY DREAM LIFE IS....



5 BIG GOALS

WHAT ARE THE 5 BIG GOALS THAT ONCE ACHIEVED, WILL LEAD YOU TO YOUR DREAM LIFE GOAL?

GOAL ONE:

GOAL TWO:

GOAL THREE:

GOAL FOUR:

GOAL FIVE:



3 MINI GOALS (PER MASSIVE GOAL)

THIS IS AN OPPORTUNITY TO BREAK THE BIG GOALS DOWN IN TO SMALLER MANAGEABLE ACTIONS

BIG GOAL ONE:

- 1.
- 2.
- 3.

BIG GOAL TWO:

- 1.
- 2.
- 3.

BIG GOAL THREE:

- 1.
- 2.
- 3.

BIG GOAL FOUR:

- 1.
- 2.
- 3.

BIG GOAL FIVE:

- 1.
- 2.
- 3.



SELF COACHING QUESTIONS

GROW

GOAL (+ USE WELL FORMED OUTCOMES)

- WHAT DO YOU WANT?
- WHAT WILL ACHIEVING THIS DO FOR YOU?
- HOW WILL YOU KNOW WHEN YOU'VE ACHIEVED IT?
- HOW COMMITTED ARE YOU TOWARDS ACHIEVING THIS GOAL (OUT OF 10)?

REALITY

- WHAT HAVE YOU DONE SO FAR?
- WHAT HAS HELD YOU BACK?
- WHO CAN SUPPORT YOU?
- WHAT DOES IT TAKE FOR YOU TO REMAIN NON-JUDGMENTAL, ENCOURAGING AND SUPPORTIVE OF YOURSELF?

OPTIONS

- WHAT IDEAS DO YOU HAVE TO ACHIEVE YOUR GOAL?
- WHAT COULD YOU DO TO MOVE ONE STEP CLOSER TO YOUR GOAL?
- WHAT OBSTACLES MIGHT GET IN THE WAY?
- HOW WILL YOU OVERCOME THESE?
- WHAT CONVERSATIONS MIGHT NEED TO HAPPEN?
- WHAT ADVICE WOULD YOU GIVE TO SOMEONE IN YOUR SITUATION?

WAY-FORWARD

- WHAT EXACTLY WILL YOU DO?
- WHICH OF YOUR OPTIONS WILL MOST EFFECTIVELY MOVE YOU TOWARDS YOUR GOAL?
- WHAT COULD YOU BE DOING RIGHT NOW THAT WOULD HAVE AN IMPACT?
- HOW CERTAIN ARE YOU THAT YOU WILL ACHIEVE THIS (OUT OF 10)?
- WHAT PREVENTS IT FROM BEING A 10?
- HOW CAN YOU RAISE YOUR COMMITMENT TO A 10?

CARTESIAN QUESTIONS

- WHAT WILL HAPPEN IF I DO IT
- WHAT WON'T HAPPEN IF I DO IT
- WHAT WILL HAPPEN IF I DON'T DO IT
- WHAT WON'T HAPPEN IF I DON'T DO IT



WELL FORMED OUTCOMES

1. WHAT DO YOU WANT TO SEE?
2. WHAT DO YOU WANT TO HEAD?
3. WHAT DO YOU WANT TO FEEL?
4. HOW WILL YOU KNOW WHEN YOU'VE GOT IT?
5. WHERE, WHEN AND WITH WHOM DO YOU WANT TO DO THIS?
6. WHAT RESOURCES DO YOU NEED TO GET IT?
7. WHAT WILL HAPPEN WHEN YOU GET IT?
8. HOW WILL GETTING IT BENEFIT YOU?
9. HOW WILL DOING THIS AFFECT OTHER ASPECTS OF YOUR LIFE?
10. ACTING AS IF YOU HAVE ACHIEVED YOUR DESIRED STATE, WHAT WOULD YOU BE DOING OR DOING MORE OF?
11. WHAT ARE SOME IMPORTANT QUALITIES AND CHARACTERISTICS YOU WANT TO MANIFEST?
12. WHAT DO YOU WANT? IF YOU WERE ALREADY DOING THIS, HOW WOULD YOU BE ACTING?
13. HOW DOES THIS RELATE TO YOUR HEARTWORK?
14. WHAT IS IMPORTANT TO YOU ABOUT ACHIEVING THIS GOAL?
15. HOW IS THIS GOAL AN EXPRESSION OF YOUR HEARTSET? (VALUES AND PURPOSE)
16. WHO HAS DONE THIS BEFORE?
17. WHO CAN HELP YOU?
18. WHAT BARRIERS OR CHALLENGES MIGHT YOU NEED TO OVERCOME?
19. HOW STRONG IS YOUR COMMITMENT TO THIS GOAL?
20. WHAT WILL YOU NEED TO LEARN?



SMART & PURE GOALS

SMART

- **SPECIFIC** – BRING FOCUS TO WHAT YOU ARE TRYING TO ACHIEVE AT WHAT NEEDS TO BE DONE TO MAKE THAT HAPPEN. THIS IS THE HEART OF WHAT YOU WANT.
- **MEASUREABLE** – HOW WILL YOU KNOW WHEN YOU'VE ACHIEVED IT AND HOW CAN YOU MEASURE PROGRESS?
- **ACHIEVABLE** – IS THIS SOMETHING YOU CAN REASONABLY ACCOMPLISH? THIS WILL PREVENT US FROM SETTING OUT OF REACH GOALS.
- **REALISTIC** – THIS IS ABOUT BUILDING GOOD AND CONSISTENT HABITS. IF IT IS UNREALISTIC, WE EVENTUALLY WON'T SHOW UP.
- **TIME-BASED** – THIS GIVES US FOCUS, TIME TO ACHIEVE THE GOAL AND THE ABILITY TO TRACK PROGRESS.

PURE

- **POSITIVELY STATED** – WE WANT OUR GOALS TO BE WRITTEN IN THE FORM OF WHAT WE **DO** WANT AND WHO WE **DO** WANT TO BECOME RATHER THAN WHAT WE DON'T WANT OR WHAT WE WANT TO STOP DOING.
- **UNDER YOUR CONTROL** – WE WANT OUR GOALS TO BE SELF-INITIATED, MAINTAINED AND ACHIEVED. THIS REMOVES BARRIERS AND EXCUSES.
- **RELEVANT** – DOES YOUR GOAL RELATE TO WHO YOU WANT TO BE AND WHAT'S IMPORTANT TO YOU? IS THIS GOAL IMPORTANT IN ACHIEVING YOUR OVERALL LIFE MISSION AND GOAL? WE WANT THIS GOAL TO BE AN OPPORTUNITY TO EXPAND AND EXPRESS OUR HEARTSET AND HEARTWORK.
- **ECOLOGY** – WHO OR WHAT WILL BE AFFECTED BY YOU ACHIEVING THIS GOAL? THIS COULD BE POSITIVELY OR NEGATIVELY.



MOVING FORWARD

VISIBILITY – PLACE YOUR GOALS SOMEWHERE YOU WILL SEE THEM DAILY

I WILL PLACE A VISUAL REMINDER OF MY GOALS _____.

ACCOUNTABILITY – MAKE A COMMITMENT TO YOUR GOALS BY BEING ACCOUNTABLE TO YOUR FUTURE SELF

I WILL SHARE MY GOALS WITH THESE THREE PEOPLE:

- 1.
- 2.
- 3.

I WANT THEM TO REMIND ME OF _____ IF I START TO STRUGGLE.

I WILL REMIND MYSELF _____ IF I START TO STRUGGLE.

I WILL ASK _____ FOR HELP WHEN I NEED IT.

I WILL GIVE PROGRESS CHECK-INS EVERY _____ DAYS/WEEKS WITH _____.

COMMITMENT

MY COMMITMENT TO MY FUTURE SELF AND THOSE WHO NEED ME AND MY HEARTWORK IS ____ / 10.

TO KEEP THIS AS HIGH AS POSSIBLE, I WILL REMIND MYSELF _____.

I AM PROUD OF MYSELF FOR SETTING THESE GOALS BECAUSE _____

_____.