

Step 1...

DREAM



Queen Midas

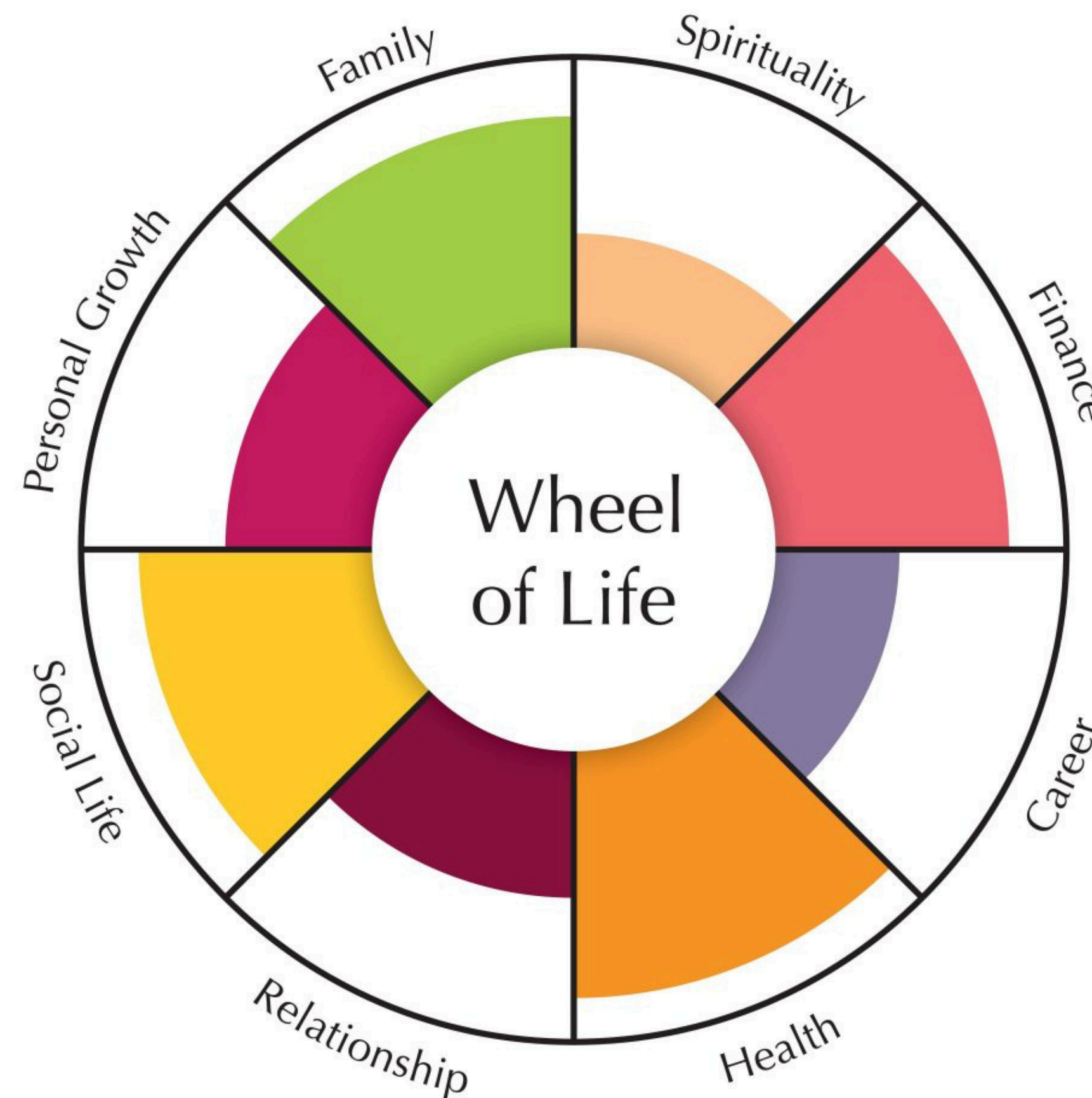
Create your personal Master Dream List and Vision Board. **DREAM BIG!**



Step 2: Take stock of your life in a balanced way looking at all areas...

What's your life like right now?

What are the things you want to change?



Which areas are you happy/unhappy about?

What is your hierarchy of values (highest vs lowest)?

Assess each area on a scale of 1 – 10 with 1 being least satisfied and 10 being most satisfied.

Step 3: Evaluate your strengths/ weaknesses/ opportunities per area

	Wheel of Life	Strengths	Opportunities for Growth/ Improvement	Personal Priorities	Personal Values
1	Family & Home				
2	Spirituality/ Ethics				
3	Finance/ Money				
4	Career/ Professional				
5	Health & Fitness				
6	Relationships				
7	Social Life				
8	Personal Growth				

Lead with your strengths. They can help build up the areas that need improvement.



Step 4: Design the FUTURE YOU!

1 year		
How old are you? How do you think and show up?	5 years	10 years+
	What is your life like? What do you have and do?	What's important to you? How have your personal, family, financial, and career circumstances changed?

What does your future in the near to long term? What's your next life destination? What to do you want to do, achieve, have and become? When do you want it?
NAME IT AND DESIGN IT!



Step 5: Create a Master List of Goals to become the Future YOU! This is your roadmap!

	Wheel of Life	Short Term (1 yr)	Medium Term (5 yrs)	Long-term (10 yrs+)
1	Family & Home			
2	Spirituality/ Ethics			
3	Finance/ Money			
4	Career/ Professional			
5	Health & Fitness			
6	Relationships			
7	Social Life			
8	Personal Growth			

Goal setting for next year (2025) but you still need keeping the FUTURE YOU in mind, working towards your ultimate destination. Organise your goals by timeframe (short, medium and long-term)

Goals must be...

S

SPECIFIC

Plan effectively
with specific
targets in mind.

G

M

MEASURABLE

Track your
progress and re-
evaluate along
the way.

O

A

ATTAINABLE

Set realistic
goals that are
challenging but
achievable.

A

R

RELEVANT

Ensure the goal
serves a
relevant
purpose.

L

T

TIME

Specify a
deadline,
monitor
progress and
reevaluate.

S

Step 6: Setting your self up for 2025 & beyond...SMART GOALS

Health & Fitness	Goal (SMART)	Actions Steps for Goal (Start/Stop/Continue)	When (Timeline)	Define Barriers/ Obstacles/ Limiting Beliefs	How will you overcome these? Who/ what will support you?	How will you measure success?
EXAMPLE	Lose 10kg in 10 weeks	<ul style="list-style-type: none"> • Eat clean 5x a week (home cooked meals) • Exercise 3x a week • Eat 1,200 calories per day • No carbs/ no sugar 	10 weeks When? 2 Dec 2024 to 24 Feb 2025 <i>Clearly define the period, don't use vague timelines/ establish clear start & end dates</i>	<ul style="list-style-type: none"> • Working late • Not preparing meals ahead of time • Family eating junk foods • Don't believe I can lose 10kg – tried and failed before (<i>limiting belief</i>) 	<ul style="list-style-type: none"> • Contract family to eat healthy • Join a weight-loss club to keep me accountable 	<ul style="list-style-type: none"> • Fitting into old clothes again • Losing 1 kg per week • More healthy lifestyle routines and less dieting

GOAL SETTING is more than just defining your goals. It’s important to consider the barriers/ obstacles/ limiting beliefs that may derail your plans and how you will over come them. What are the things you need to put in place to prevent or overcome these potential barriers? Who will support you in achieving your goals? What systems do you need to put in place to support your progress? How will you measure success? **Do this for each of your goals in each life area!**



DREAM

BELIEVE

ACHIEVE