

# 2024 LIFE GOALS

What is your big overarching goal for 2024. Who do you want to be at the end of 2024? What do you want to have achieved?

Not sure what to write? Consider the following domains of life, Family, Friends, Health, Finances, Career, Education, Spirituality

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What is your why? Consider why this goal matters. continue to ask yourself why it matters until you reach your big why.

An example: My goal is to lose weight. Why? Because I want to fit into my clothes? Why? Because I feel uncomfortable buying bigger sizes in clothing? Why? Because I don't feel secure in my self. Why does that matter? Because I want to feel confident, secure and safe.

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What does this look like? Consider The person who achieves this goal, What daily actions and behaviours do they have?

An example: If your goal is to reduce anxiety, a less anxious person would socialise more, meet friends in a public place for coffee, join a walking group or book club etc.

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Out of the actions and behaviours above, which ones seems the most achievable or can you break one down further to help you step toward your goal?

An example: If your goal is to reduce anxiety, and going into a coffee shop with a friend seems to out of reach, going with a friend a grabbing a take away coffee might be more achievable. Or if your goal is weight loss, a 1200 calorie diet may be a bit unrealistic and far fetched, so why not aim for a more balanced approach and just track your meals for one week as the first step

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Now it is decision time. list the actions you will commit to taking toward your goals. next to each one, write down what the Likelihood (%) that you will be able to carry these tasks out.

An example: I will run 6 runs every single week. 50% Likelihood  
I will go to that party next week 30% Likelihood

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Now we get picky. If you estimated an action to have less than an 80% likelihood of achievement throw it in the bin my friend. Reverse engineer these actions until you are sure you have an 80% or above chance of making it happen.

An example: I will run twice per week and do two lunch time walks per week 85% Likelihood.  
I will spend time with a friend next week doing something I enjoy 90% Likelihood.

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Life's curve balls. Often we can have the best laid plans, but life will throw a curve ball our way, like a sick child, a bad cold, or an injury. What challenges might get in the way of you sticking to your action plan? How will you counteract these and know you are still moving toward your goal?

An example: Challenges that might get in the way of me spending time with my friend could be; my baby sitter might fall through. In this case I will take my child with me or I will catch up my friend via a phone call or zoom.

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