

G.E.M. goals

Goal Setter Workbook
Growth. Empowered. Motivation

This is a workbook to help you get focused and organized by completing a long-term goal plan. Get to a quiet place where you can think. This can be at the dining room table, your desk, or even sitting on the edge of your bed. Just relax. Listen to some good music. Sip some tea. Take a DEEP breath. Set the mood for comfort and productivity. Clear your mind from any noise or negativity that may be clouding your thoughts. Complete this workbook. Be honest with yourself. Remember, nobody will see it but you. Being honest with yourself is what will help move you to the next level. Some things you write will make your smile. Some might make you cringe. Write them anyway. Recognize and work through your emotions as you complete this workbook. What you're experiencing is the journey to healing. It's a beautiful road worth taking.

reflection Complete the following sentences:

When I think about my life I am ...

I am most fearful of:

I am most proud of:

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goals

Long-term goals are objectives that you plan to achieve over a long period of time. Long-term goals usually take at least a year to achieve. To conquer a long-term goal, you must have short-term goals to push you toward completion.

A **short-term** goal is something you can achieve in a short period of time. Ideally, a few weeks to a month. Short-term goals consist of immediate goals.

Immediate goals are objectives that need to happen right away. Usually these happen within 1-2 days.

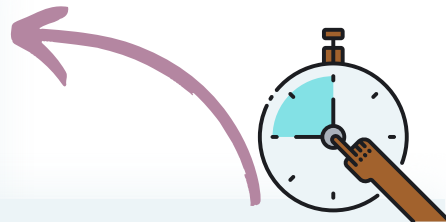
Collectively, your **immediate, short-term, and long-term** goals work together to help you achieve the things you want in life. Make sure your goals are always detailed and specific.

Example



Long-term Goal:

Lose 100 lbs. in a year.



Short-term Goals:

Lose 8lbs. in a month
Consult with my doctor



Immediate Goals:

Remove sugar from diet
Call doctor & make appointment today
Drink a half gallon of water by 5pm, daily.

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Once your research is complete, it is time to set the short term goals that will get you to your long term goal. These goals are **specific** and **direct**.

Example:



Lose some weight
(not specific. too broad)



Lose 8 lbs. this month.
(Specific. Includes amount and
timeframe.)

Having details make the goals attainable for you. Your short term goals should be good enough to challenge you but not overwhelm you.

List your short-term goals

1.

2.

3.

4.

5.

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Lastly, lets work on your immediate goals. These goals are things you can start doing right away! They help you reach your short-term goals!

Example:



Increase water intake
(not specific. too broad)



Drink a half gallon of
water by 5pm, daily.
(Specific. Gives amount
and timeframe)

To climb a mountain, you don't do it with one giant leap. You take small steady steps until you reach the top. Achieving your life's goals are the same way!

List your immediate goals

1.

2.

3.

4.

5.

6.

7.

8.

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Congratulations! You've searched within yourself to find the desires of your heart! You've taken the time to write them down and make an action plan for them. The only thing left for you to do is THE WORK!

Remember, you can write down as many thoughts and plans as you like but until you take action, nothing changes. Everything remains the same. Make the decision that you are NOT going to remain the same. Decide that you ARE making POSITIVE, LIFE-ALTERING, IMPACTFUL changes that will benefit you and generations to come!



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