



WOLFPACK

Support Services

Welcome to Wolfpack Support Services Goal Setting Program Questionnaire!

Here, we believe in the power of vision, action, and transformation. This program is your roadmap to not only setting but achieving your most ambitious goals. From envisioning your future with the Rocking Chair exercise to setting SMART goals that light your path, each step is designed to elevate your clarity, motivation, and success. Your dreams are within reach, and together, we'll chart the course to make them your reality. Let's begin this journey towards achieving your greatest aspirations!

Personal Information

1. Name:
2. Preferred Contact Method (Email/Phone/Zoom):
3. What are your main reasons for joining the Goal Setting Program?

The Rocking Chair +2 Other Life Vision Exercises

4. Imagine yourself many years from now, looking back on your life. What achievements or experiences would you want to see?
5. Considering the life vision exercises, what three key areas of your life do you feel most inspired to change or focus on?

Get Perspective Worksheet

6. Where do you envision yourself 10 years from now? Please describe your life in terms of career, personal life, and any other relevant aspects.

3-Month Vision Worksheet

7. What specific goals do you want to achieve in the next three months? How do these goals align with your longer-term vision?

Wacky Wild Goal Brainstorming

8. List some of the most exciting goals you can think of for yourself. Which of these goals do you feel would bring the most balance and meaning to your life?

The WHY of Your Goals

9. Choose three key goals and explain why each is important to you. What drives you to achieve these goals?

Goal Motivator - Find Your Hidden Treasure

10. Select one goal to focus on. Why do you want to achieve this goal now? What makes it a priority?

Nail That Goal

11. For the goal selected above, make it SMART (Specific, Measurable, Achievable, Relevant, Time-bound). What obstacles might you encounter, and what resources will you need?

Annual Goal Setting Worksheet

12. Looking at the year ahead, what are three meaningful goals you want to set for yourself? What immediate action can you take for each goal to start moving forward?

Final Thoughts and Next Steps

13. Reflecting on the questionnaire, do you feel more prepared to tackle your goals?

14. Are there any areas where you feel you need more clarity or support to proceed?

15. What are your preferred days and times for our sessions, and do you have a preference between in-person and Zoom meetings?

This questionnaire aims to kickstart the Goal Setting Program by helping participants articulate a clear vision for their future, understand their motivations, and lay out a strategic plan for realizing their objectives, fostering a proactive and focused approach to personal and professional development.

Thank you for taking the time to complete this questionnaire. Your responses will help us create a more personalized and impactful Goal Setting Coaching for you. We look forward to supporting you on your journey to achieving Balance within!

Warm regards,
Jyee Byrne
Wolfpack Support Services
jyee@wolfpackwell-being.com

