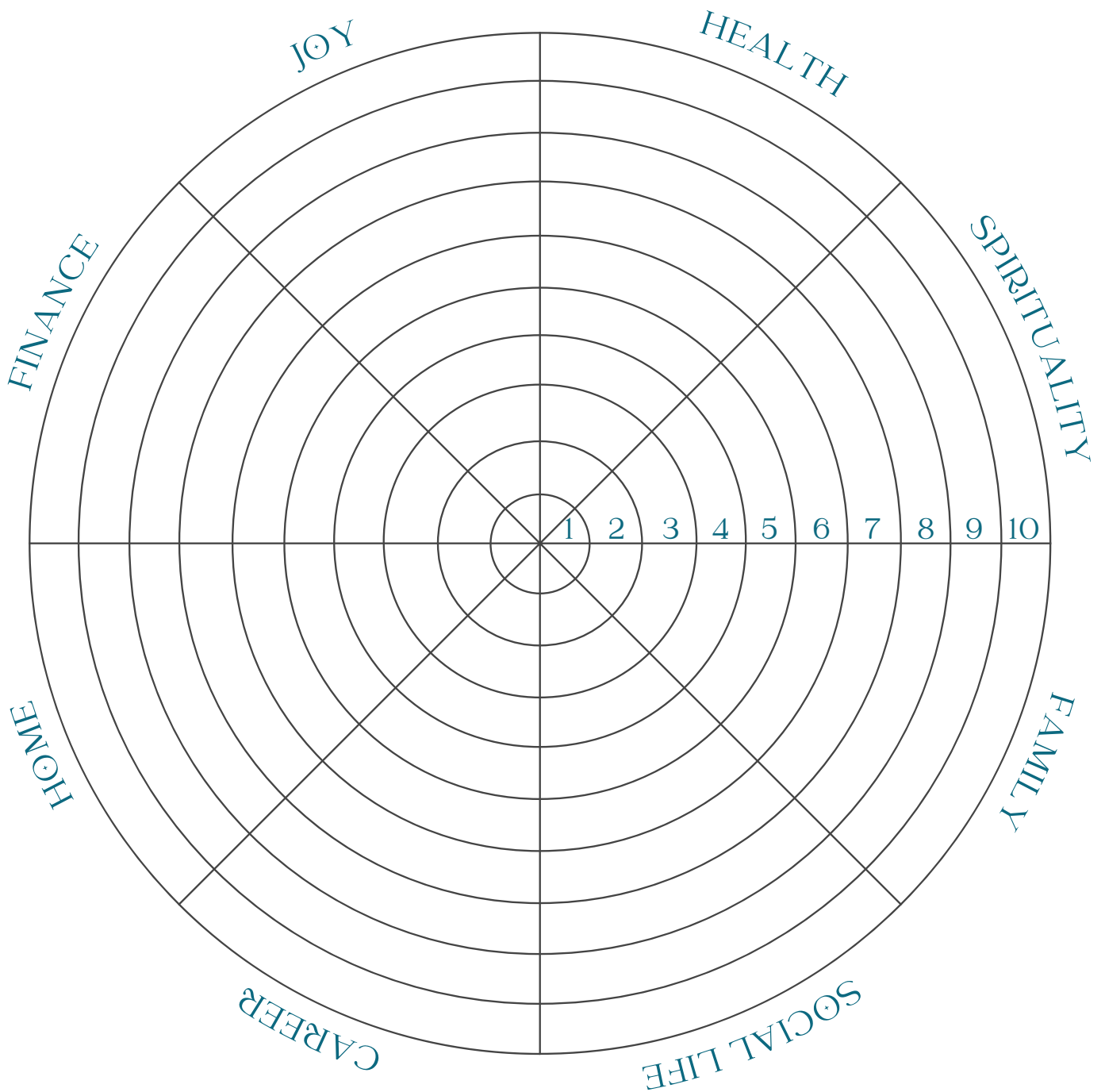

Love Your Life Well
GOAL SETTING



CIRCLE OF LIFE

The circle of life is a great tool that helps you better understand what you can do to make your life more balanced. Think about the 8 life categories below and rate them from 1 - 10. 1 being the most fulfilled and 10 being the least fulfilled



LIFE GOALS

Using the scale you applied to the wheel of life, For each of the categories below, write down things you are doing well and where you need improvement. Take the time to reflect on these, and write a goal for each category.

| CATEGORY | WHAT IM DOING WELL | WHERE I NEED IMPROVEMENT | MY GOALS |
|--------------|--------------------|--------------------------|----------|
| HEALTH | | | |
| SPIRITUALITY | | | |
| FAMILY | | | |
| SOCIAL LIFE | | | |
| CAREER | | | |
| HOME | | | |
| FINANCE | | | |
| JOY | | | |

My Goals

What will it take to love your life and yourself?
What are your goals and what are you doing to reach them?

GOAL #1

GOAL #2

GOAL #3

BRAINS TO REMIND

Action brainstorming can help identify what things are helping or stopping you from achieving your goals.

MY GOAL:

STOP
DOING

DO
LESS OF

KEEP
DOING

DO
MORE OF

START
DOING

BRAINS TO REMIND

Action brainstorming can help identify what things are helping or stopping you from achieving your goals.

MY GOAL:

STOP
DOING

DO
LESS OF

KEEP
DOING

DO
MORE OF

START
DOING

BRAINS TO REMIND

Action brainstorming can help identify what things are helping or stopping you from achieving your goals.

MY GOAL:

STOP
DOING

DO
LESS OF

KEEP
DOING

DO
MORE OF

START
DOING

SMART GOAL #1

When setting goals, make sure it follows the SMART structure. Use the questions below to create your goals.

| | | |
|---|--|--|
| S | <p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p> | |
| M | <p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p> | |
| A | <p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p> | |
| R | <p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p> | |
| T | <p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p> | |

SMART GOAL #2

When setting goals, make sure it follows the SMART structure. Use the questions below to create your goals.

| | | |
|---|--|--|
| S | <p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p> | |
| M | <p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p> | |
| A | <p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p> | |
| R | <p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p> | |
| T | <p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p> | |

SMART GOAL #3

When setting goals, make sure it follows the SMART structure. Use the questions below to create your goals.

| | | |
|---|--|--|
| S | <p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p> | |
| M | <p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p> | |
| A | <p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p> | |
| R | <p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p> | |
| T | <p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p> | |

Love Life Well

Set goals to help you love life and yourself again.

