



BE UNSTOPPABLE

COACHING



Setting Goals

Tool and Worksheet





Setting Goals

Holistic Goal Setting in All Life Areas

In order to live a truly fulfilled life, one needs to attend to and achieve goals in all life areas. Having a good understanding of where you are now, in relation to each life area, and where you would like to be, is a starting point to consider when setting goals.

Refer to the life areas specified below and indicate on the chart your rating from 1 (not satisfied) to 10 (highly satisfied) for each life area, based on how you feel you are achieving right now. Mark your selection with an 'X'.

Not Satisfied Highly Satisfied

Health	1	2	3	4	5	6	7	8	9	10
Spiritual	1	2	3	4	5	6	7	8	9	10
Romance	1	2	3	4	5	6	7	8	9	10
Family / Friends	1	2	3	4	5	6	7	8	9	10
Professional	1	2	3	4	5	6	7	8	9	10
Financial	1	2	3	4	5	6	7	8	9	10
Recreational	1	2	3	4	5	6	7	8	9	10

Which life area or areas do you want to focus on for improvement?

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What makes that life area a priority?

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What has stopped you from achieving more from each life area in the past?

Health

Spiritual

Romance

Family / Friends

Professional

Financial

Recreational



Let's Write Goals ...

Life Area - **HEALTH**

Write a minimum of 10 goals for absolutely anything that you want within that category.
Note next to each goal the time-frame you would like to achieve it (1, 3, 5 10 years).

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Group and Prioritise Goals ... The goals above will go into groups of: Must Do – Should Do – Like to Do, in priority of what to work on first, by placing most important goal within that group in position 1, then next important in position 2, etc... in the table below.

Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			



Life Area - **HEALTH**

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

Once you have selected your top three goals, write one paragraph to describe how achieving this goal will impact your life and why you are so committed to making this happen.

HEALTH - Goal 1

HEALTH - Goal 2

HEALTH - Goal 3



Let's Write Goals ...

Life Area - **SPIRITUAL**

Write a minimum of 10 goals for absolutely anything that you want within that category.
Note next to each goal the time-frame you would like to achieve it (1, 3, 5 10 years).

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Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			



Life Area - SPIRITUAL

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

Once you have selected your top three goals, write one paragraph to describe how achieving this goal will impact your life and why you are so committed to making this happen.

SPIRITUAL - Goal 1

SPIRITUAL - Goal 2

SPIRITUAL - Goal 3



Let's Write Goals ...

Life Area - **ROMANCE**

Write a minimum of 10 goals for absolutely anything that you want within that category.
Note next to each goal the time-frame you would like to achieve it (1, 3, 5 10 years).

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Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			



Life Area - ROMANCE

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

Once you have selected your top three goals, write one paragraph to describe how achieving this goal will impact your life and why you are so committed to making this happen.

ROMANCE - Goal 1

ROMANCE - Goal 2

ROMANCE - Goal 3



Life Area - FAMILY / FRIENDS

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

Once you have selected your top three goals, write one paragraph to describe how achieving this goal will impact your life and why you are so committed to making this happen.

FAMILY / FRIENDS - Goal 1

FAMILY / FRIENDS - Goal 2

FAMILY / FRIENDS - Goal 3



Let's Write Goals ...

Life Area - **PROFESSIONAL**

Write a minimum of 10 goals for absolutely anything that you want within that category.
Note next to each goal the time-frame you would like to achieve it (1, 3, 5 10 years).

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Group and Prioritise Goals ... The goals above will go into groups of: Must Do – Should Do – Like to Do, in priority of what to work on first, by placing most important goal within that group in position 1, then next important in position 2, etc... in the table below.

Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			



Life Area - PROFESSIONAL

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

Once you have selected your top three goals, write one paragraph to describe how achieving this goal will impact your life and why you are so committed to making this happen.

PROFESSIONAL - Goal 1

PROFESSIONAL - Goal 2

PROFESSIONAL - Goal 3



Life Area - **FINANCIAL**

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

Once you have selected your top three goals, write one paragraph to describe how achieving this goal will impact your life and why you are so committed to making this happen.

FINANCIAL - Goal 1

FINANCIAL - Goal 2

FINANCIAL - Goal 3



Let's Write Goals ...

Life Area - **RECREATIONAL**

Write a minimum of 10 goals for absolutely anything that you want within that category.
Note next to each goal the time-frame you would like to achieve it (1, 3, 5 10 years).

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Group and Prioritise Goals ... The goals above will go into groups of: Must Do – Should Do – Like to Do, in priority of what to work on first, by placing most important goal within that group in position 1, then next important in position 2, etc... in the table below.

Priority	MUST DO	SHOULD DO	LIKE TO DO
1			
2			
3			
4			



Life Area - RECREATIONAL

What are the top three goals to begin working on from your table? These could be 'priority one' goals from 'must do or should do' or all from one group like 'must do'.

Once you have selected your top three goals, write one paragraph to describe how achieving this goal will impact your life and why you are so committed to making this happen.

RECREATIONAL - Goal 1

RECREATIONAL - Goal 2

RECREATIONAL - Goal 3



Achieving Goals ... Next Steps

Once this worksheet is completed in full, work with your coach on the goals you set for each life area. Your coach will help you work on ideas, discuss strategies and put a plan in place to achieve the goals. Your coach will also discuss possible challenges you may face during the journey of goal achievement and how you can overcome them, helping you D-R-I-V-E to your own destination of success and life fulfillment.

Targets to Aim For ... Improvement in Life Areas

Refer to the life areas specified below and indicate on the chart your rating from 1 (not satisfied) to 10 (highly satisfied) for each life area, based on the TARGET you wish to achieve over the coming months or year, as a result of working on, making progress and achieving your goals. Mark your selection with an 'X'.

Not Satisfied Highly Satisfied

Health	1	2	3	4	5	6	7	8	9	10
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Romance	1	2	3	4	5	6	7	8	9	10
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