



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?

What makes that life area a priority?

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).

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).

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 - **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).

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 - **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

Let's Write Goals ...

Life Area - FAMILY / FRIENDS

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).

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 - 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).

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

Let's Write Goals ...

Life Area - FINANCIAL

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).

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 - **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).

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
Spiritual	1	2	3	4	5	6	7	8	9	10
Romance	1	2	3	4	5	6	7	8	9	10
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NOTES



Setting Goals ... Planning and Action Goals

Now that you have completed this worksheet, think about which life area you want to focus on immediately (this could be more than one), and work with your coach on the goals you have selected. Your coach will help you set proper goals, broken down into OUTCOME (absolute end result), PERFORMANCE and PROCESS goals.

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, through your personal coaching sessions.

Remember that achieving anything you desire is done by setting inspiring, meaningful and powerful goals, with a strong sense of 'WHY' (why the goal is important to you). The goal must be broken down into small, progressive and achievable steps.

In the space below, write the action goals are you going implement to help you prepare to develop mental strength and effective strategies to achieve your goals. Ask your coach if you need help with the BE UNSTOPPABLE DRIVERS, which are a collection of foundational universal wisdom, proven through centuries of application and decades of psychological and behavioural studies, designed to strengthen an individuals mindset, behaviour and outcomes (performance goals).

ACTION GOALS ... STEPS TO BEGIN PROGRESS TOWARDS ACHIEVING GOALS