



empowerment  
LIFE COACHING

# BE FAB

*wellness*

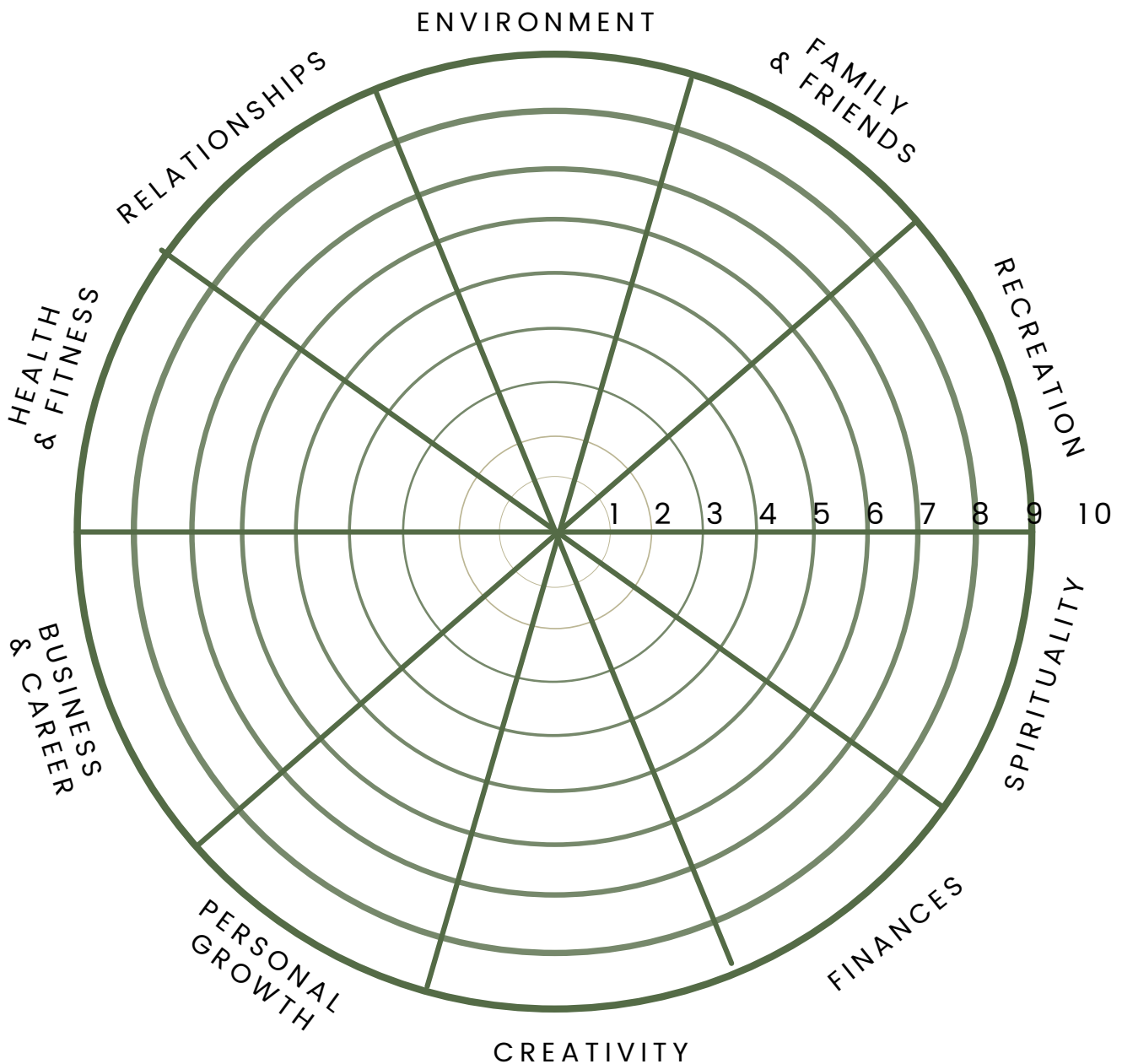


**GOAL SETTING  
WORKBOOK**

# WHEEL OF LIFE

Think about the 10 Wheel Categories and decide how satisfied you are with your life in each of these areas. Draw a line across each section to represent your satisfaction score out of 10. Join up the lines to see your Wheel of Life map.

MONTH \_\_\_\_\_



# WHEEL OF LIFE

To go deeper, consider each area on the wheel and write down a short statement to describe what a score of 10 would look like for each area.



## Family & Friends



## Recreation



## Spirituality



## Finances

# WHEEL OF LIFE

To go deeper, consider each area on the wheel and write down a short statement to describe what a score of 10 would look like for each area.



## Personal Growth



## Business and Career



## Health and Fitness



## Relationships

# WHEEL OF LIFE

To go deeper, consider each area on the wheel and write down a short statement to describe what a score of 10 would look like for each area.



Creativity



Environment

# WHEEL OF LIFE GOALS

Choose the areas you'd like to work on and think about the goals and next steps you'll need to take to get there.

RELATIONSHIPS

ENVIRONMENT

FAMILY & FRIENDS

RECREATION

SPIRITUALITY

FINANCES

# WHEEL OF LIFE GOALS

Choose the areas you'd like to work on and think about the goals and next steps you'll need to take to get there.

CREATIVITY

A large, empty rectangular box with a thin black border, intended for writing goals and next steps related to Creativity.

PERSONAL GROWTH

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BUSINESS & CAREER

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HEALTH & FITNESS

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# WHEEL OF LIFE

Using your Wheel of Life as a reference, answer the following questions to reflect on how you currently feel about these areas of your life.

Look at the balance in your wheel. How do you feel about your results?

What area are you most pleased with?

Which area surprised you the most?

Which area would you like to improve?

How will you improve in this area?



# WHEEL OF LIFE

Using your Wheel of Life as a reference, answer the following questions to reflect on how you currently feel about these areas of your life.

What will you need to improve?

What steps will you take to move closer to balance?

What help and support would you need to make these changes?

# LIFE GOALS

Plan out your 3 main goals and break these down into the action steps you need to take to achieve each goal.

## GOALS

## ACTION STEPS

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# Your BIG Why

Take some time out to journal as to why it's important for you to accomplish these goals and the price you'll pay for not accomplishing them.

Reasons why these goals are important to me, and the price of not accomplishing them.

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# SMART GOALS

When setting a goal, make sure it is SMART. You can use this worksheet to establish your smart goals.

## SPECIFIC

What is the goal?  
What do I want to accomplish?

## MEASURABLE

How will I know that I've accomplished the goal?

## ACHIEVABLE

Is this goal achievable? What will I need to do to achieve it?

## RELEVANT

How is the goal relevant to my life?

## Time-Bound

What is my deadline to accomplish the goal?

# GOAL SETTING

Describe the ideal work day.

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# GOAL SETTING

MY 3-MONTH GOAL

ACTION STEPS

MONTH 1 MILESTONE

MONTH 2 MILESTONE

MONTH 3 MILESTONE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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INCENTIVES

S M A R T

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# CARTESIAN QUESTIONS

Use these questions when you're trying to make a decision or work on a challenging goal. As you read the questions, notice the differences in each. They become more difficult and force you to think creatively. Your answers will give you with clarity on what will and won't happen in a variety of situations.

**ACTION:** Then dig or journal to release the resistance to taking the action.

Decision or Goal?

What would happen if you do?

What would happen if you don't?

What wouldn't happen if you do?

What wouldn't happen if you don't?

# 30-DAY CHALLENGE

DAY 1		DAY 16	
DAY 2		DAY 17	
DAY 3		DAY 18	
DAY 4		DAY 19	
DAY 5		DAY 20	
DAY 6		DAY 21	
DAY 7		DAY 22	
DAY 8		DAY 23	
DAY 9		DAY 24	
DAY 10		DAY 25	
DAY 11		DAY 26	
DAY 12		DAY 27	
DAY 13		DAY 28	
DAY 14		DAY 29	
DAY 15		DAY 30	