



My End Goal

1.

2.

3.

4.

5.



The 5 Year/ 3 Year Vision Exercise

Financial/ Income/Debt Reduction/Investments/Net Worth/ purchases:

Business/Profession/Career:

Relationships/Family/Friends/ travel:

Happiness/ Learnings/ self-love/self-care:

Contribution/Service/Community/Legacy:

Health/Fitness:



The One-Year Vision Exercise

Financial/ Income/Debt Reduction/Investments/Net Worth/ purchases:

Business/Profession/Career:

Relationships/Family/Friends/ travel:

Happiness/ Learnings/ self-love/self-care:

Contribution/Service/Community/Legacy:

Health/Fitness:



My Goals Summary Sheet

What are your Top 3 Goals in EACH of the 4 areas that you want to achieve by _____

Financial/ Income/ Debt Reduction/ Net Worth / Possessions

1. _____
2. _____
3. _____

Business/ Professional/ Career/ Job

1. _____
2. _____
3. _____

Relationships/ family/ friends/ travel

1. _____
2. _____
3. _____

Health/ Fitness/ Appearance

1. _____
2. _____
3. _____

Happiness/ learnings/ joys

1. _____
2. _____
3. _____

Contribution/ Service/ Legacy

1. _____
2. _____
3. _____



My Breakthrough Goal: Worksheet

1. Whether you believe you can achieve it or not, what one single goal in your career, business, lifestyle or relationships would quantum leap you to the next level? Is it landing a promotion, meeting a sales goal, changing jobs, expanding your business, finding romance, qualify for an award, going back to study, writing a book, creating a killer website, getting your license, having your own podcast, losing 10 kilograms, or some other goal? Write your breakthrough goal below:

2. Now visualize how your life would change as a result of accomplishing this goal. What would you be doing, seeing and feeling?



My Vision and Goals

Financial

My One-Year Vision

Goals and Objectives (How much... by when)

1.

2.

3.

My Affirmations (Ideal Scene)

In all aspects, in the highest good all concerned, I'm Happy, Blessed and Grateful that I now...

My Action Steps



My Vision and Goals Career

My One-Year Vision

Goals and Objectives (How much... by when)

1.

2.

3.

My Affirmations (Ideal Scene)

In all aspects, in the highest good all concerned, I'm Happy, Blessed and Grateful that I now...

My Action Steps



My Vision and Goals Relationships

My One-Year Vision

Goals and Objectives (How much... by when)

1.

2.

3.

My Affirmations (Ideal Scene)

In all aspects, in the highest good all concerned, I'm Happy, Blessed and Grateful that I now...

My Action Steps



My Vision and Goals Happiness

My One-Year Vision

Goals and Objectives (How much... by when)

1.

2.

3.

My Affirmations (Ideal Scene)

In all aspects, in the highest good all concerned, I'm Happy, Blessed and Grateful that I now...

My Action Steps



My Vision and Goals Contributions

My One-Year Vision

Goals and Objectives (How much... by when)

1.

2.

3.

My Affirmations (Ideal Scene)

In all aspects, in the highest good all concerned, I'm Happy, Blessed and Grateful that I now...

My Action Steps



Goal-Setting Worksheet

Goals & Objectives. Result Goals How Much, by When?	Process Goals For The Year
Health & Fitness	
Financial	
Career	
Relationships	
Happiness	
Contribution	



Strategic Planning Form

Goal:

Strategy:

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Weakness: _____

Solution: _____

Weakness: _____

Solution: _____

Weakness: _____

Solution: _____

Next Action Steps (Actions, Requests, Offers)

	Due date	Delegate	Done
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			



Feedback: What Did You Learn?

From the perspective of a participant:

1. Reflecting on this entire module of Vision & Goals, what was your most significant learning?
(It is important to understand the impact it has on you before you facilitate it with others.)

2. How did this module increase your self-awareness?

3. Which activity, demonstration, or exercise provided the most significant learning?

4. Why does this matter?

5. What difference could this insight make in your life?

6. Did you notice any internal blocks that stopped you from fully participating in any of the exercise?

7. What, if anything, are you still wondering about?