

GOALS WITH SOUL - CHECK-IN

What do you think the obstacles are that are preventing you from achieving your goal? Brainstorm and write down anything that comes to mind...

Does your goal still feel meaningful to you? Is it something that you want to achieve? Why?

On a scale of 1-10, how important is to you to follow-through and achieve your goal?

For each of the obstacles that you have identified in Question 1, write an IF/THEN statement. Eg. If "this obstacle happens", then "I will do this".

GOALS WITH SOUL

Circle 2 or 3 areas of your life below that you want to make a positive change in or set a goal for:

- Physical health
- Friendships
- Family
- Creativity and hobbies
- Career and work
- Mental health
- Romantic relationship
- Home environment
- Learning and school
- Spirituality

Once you have a circled 2 or 3 areas above, choose the 1 area of your life that you're going to focus on first and write it below:

How do you want to FEEL in this area of your life? Choose 2 to 5 emotions or feelings.

What is your vision for this area of your life in 3 months from now? Can you describe your goal?

**Brainstorm all the reasons WHY this goal is important to you?
Why does it matter? What are all the benefits or advantages?**

**Brainstorm a list of things you will need to do, steps you will need
to take or habits you will need to form to achieve this goal.**

What's the smallest action or habit that you can commit to?

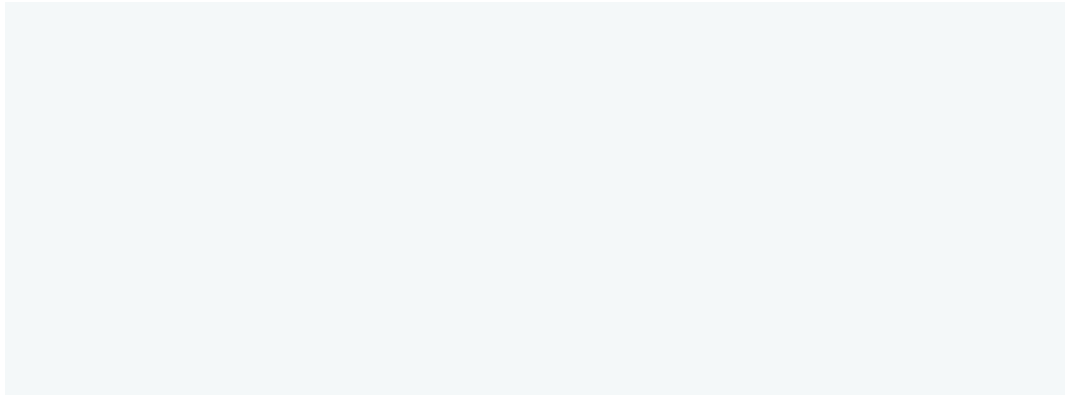
Who are the people on your team? Who are your cheerleaders?

**Who are the people on your team? Who are your co-strivers?
(Other people with the same or a similar goal to you)**

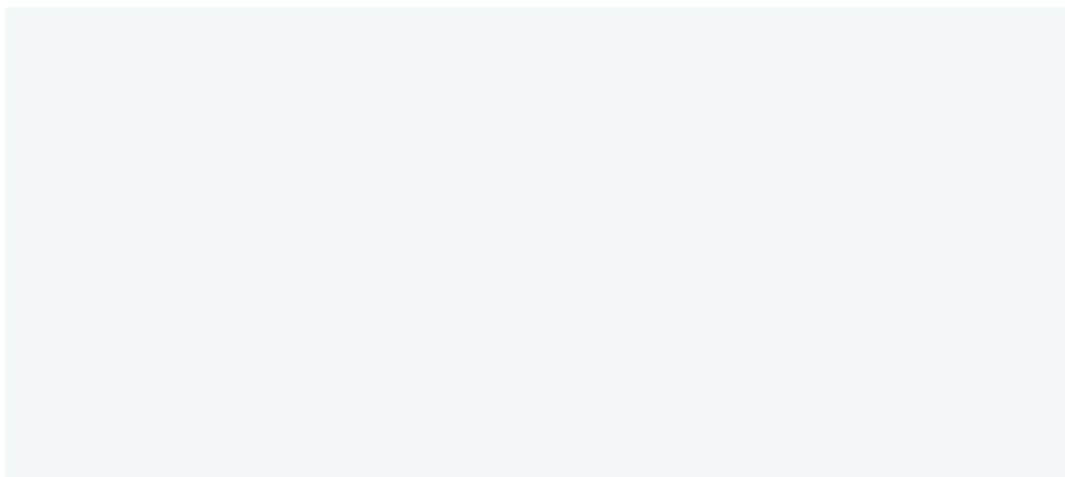
What's your first step towards achieving your goal?

GOAL ACTION PLANNER

WEEK 1 - ACTIONS AND HABITS TO FOCUS ON THIS WEEK:



WHAT DO I NEED TO HELP ME ACHIEVE THESE ACTIONS OR HABITS? ARE THERE RESOURCES OR PEOPLE THAT CAN HELP AND SUPPORT ME THIS WEEK?



WHAT WILL I DO TO CELEBRATE MY MINI WINS AND PROGRESS THIS WEEK?

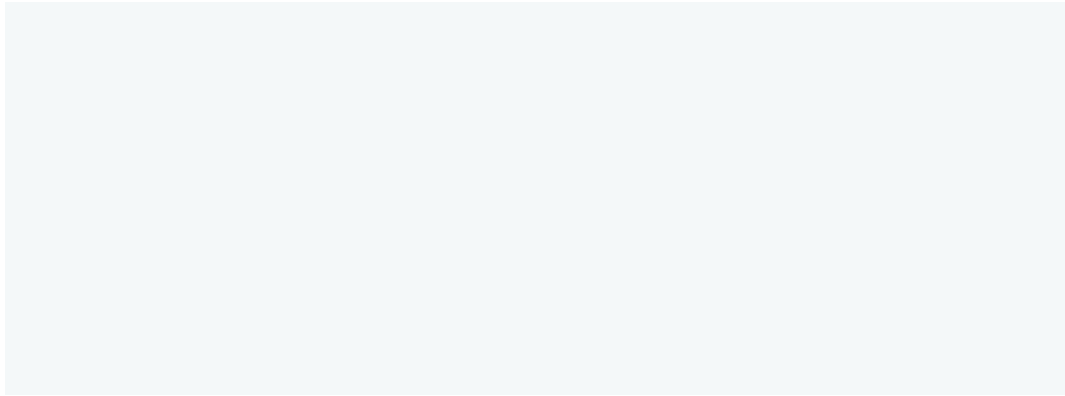


WHAT WILL I SAY TO MYSELF AND REMIND MYSELF IF THINGS GET HARD THIS WEEK?

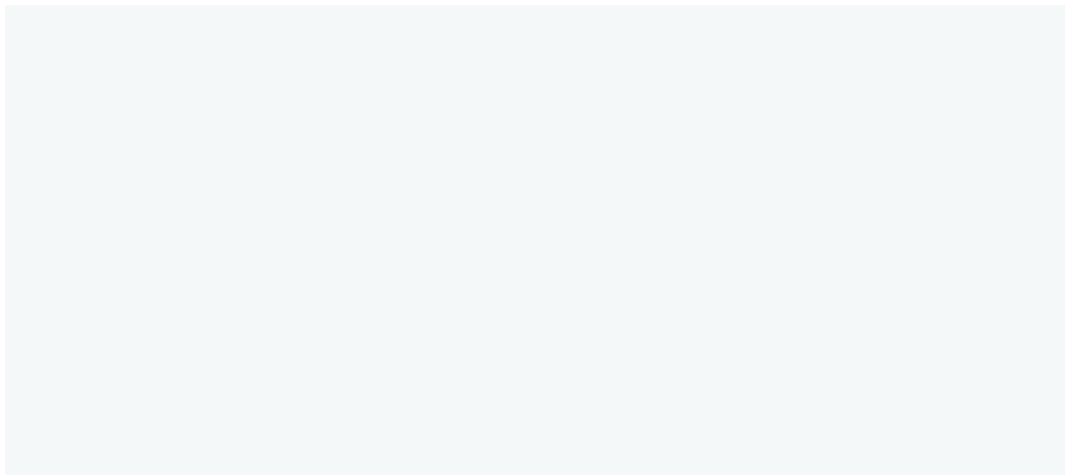


GOAL ACTION PLANNER

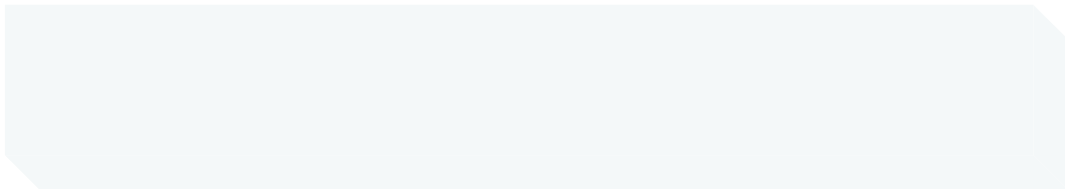
WEEK 2 - ACTIONS AND HABITS TO FOCUS ON THIS WEEK:



WHAT DO I NEED TO HELP ME ACHIEVE THESE ACTIONS OR HABITS? ARE THERE RESOURCES OR PEOPLE THAT CAN HELP AND SUPPORT ME THIS WEEK?



WHAT WILL I DO TO CELEBRATE MY MINI WINS AND PROGRESS THIS WEEK?



WHAT WILL I SAY TO MYSELF AND REMIND MYSELF IF THINGS GET HARD THIS WEEK?

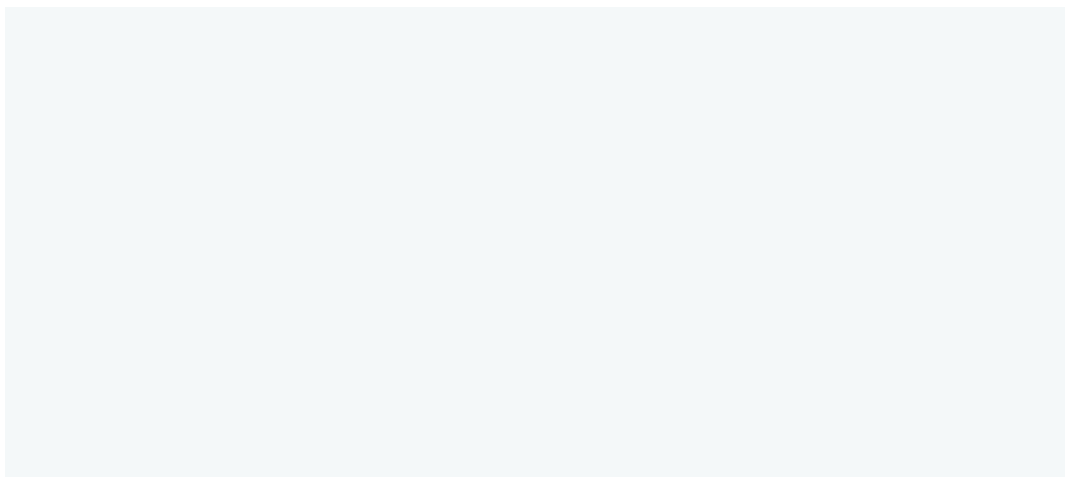


GOAL ACTION PLANNER

WEEK 3 - ACTIONS AND HABITS TO FOCUS ON THIS WEEK:



WHAT DO I NEED TO HELP ME ACHIEVE THESE ACTIONS OR HABITS? ARE THERE RESOURCES OR PEOPLE THAT CAN HELP AND SUPPORT ME THIS WEEK?



WHAT WILL I DO TO CELEBRATE MY MINI WINS AND PROGRESS THIS WEEK?



WHAT WILL I SAY TO MYSELF AND REMIND MYSELF IF THINGS GET HARD THIS WEEK?

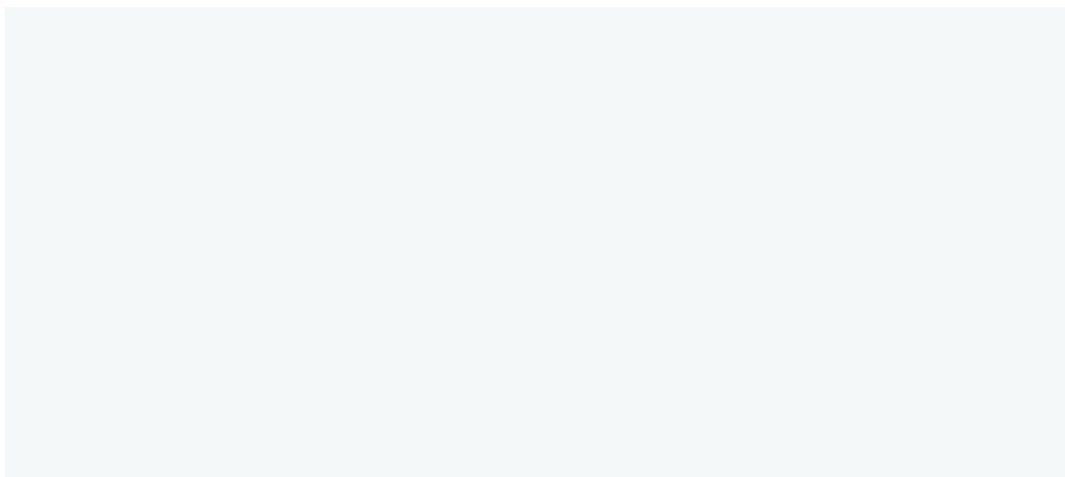


GOAL ACTION PLANNER

WEEK 4 - ACTIONS AND HABITS TO FOCUS ON THIS WEEK:



WHAT DO I NEED TO HELP ME ACHIEVE THESE ACTIONS OR HABITS? ARE THERE RESOURCES OR PEOPLE THAT CAN HELP AND SUPPORT ME THIS WEEK?



WHAT WILL I DO TO CELEBRATE MY MINI WINS AND PROGRESS THIS WEEK?



WHAT WILL I SAY TO MYSELF AND REMIND MYSELF IF THINGS GET HARD THIS WEEK?

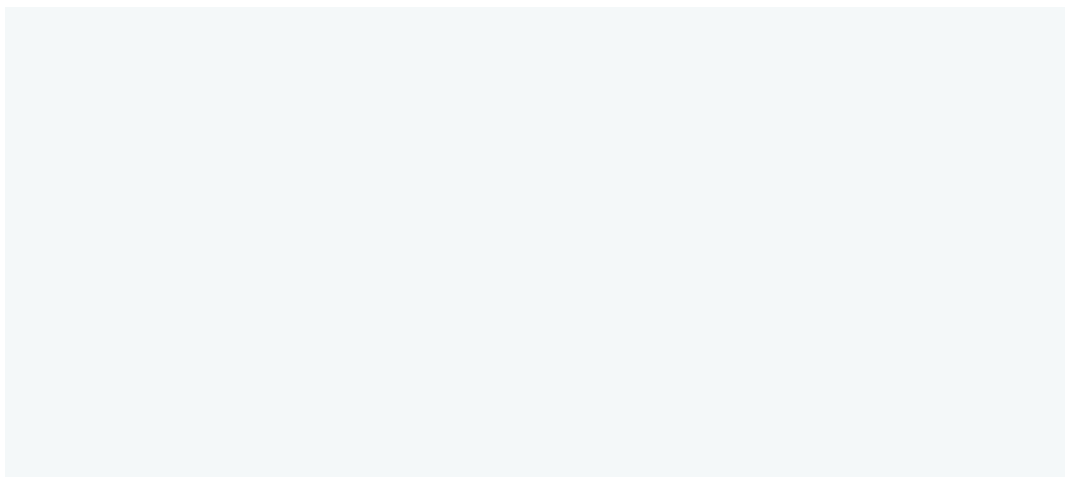


GOAL ACTION PLANNER

WEEK 5 - ACTIONS AND HABITS TO FOCUS ON THIS WEEK:



WHAT DO I NEED TO HELP ME ACHIEVE THESE ACTIONS OR HABITS? ARE THERE RESOURCES OR PEOPLE THAT CAN HELP AND SUPPORT ME THIS WEEK?



WHAT WILL I DO TO CELEBRATE MY MINI WINS AND PROGRESS THIS WEEK?



WHAT WILL I SAY TO MYSELF AND REMIND MYSELF IF THINGS GET HARD THIS WEEK?

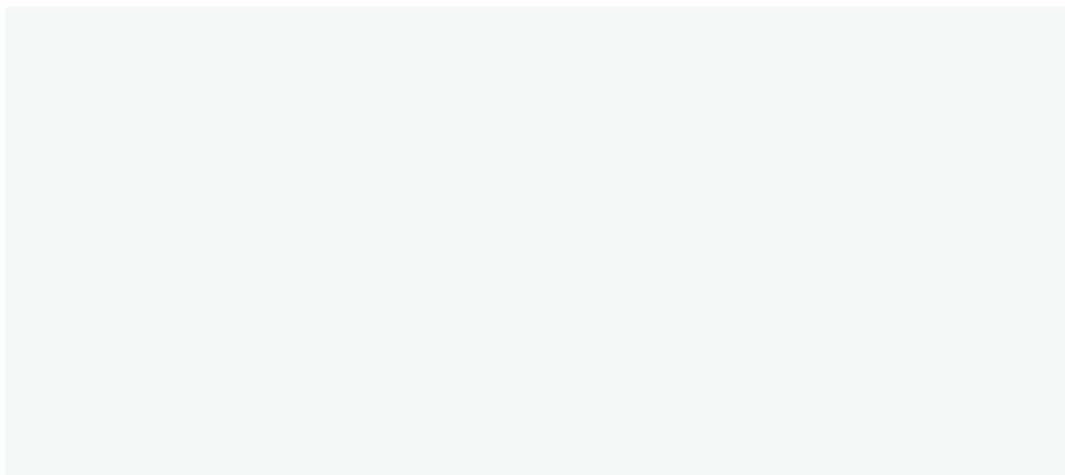


GOAL ACTION PLANNER

WEEK 6 - ACTIONS AND HABITS TO FOCUS ON THIS WEEK:



WHAT DO I NEED TO HELP ME ACHIEVE THESE ACTIONS OR HABITS? ARE THERE RESOURCES OR PEOPLE THAT CAN HELP AND SUPPORT ME THIS WEEK?



WHAT WILL I DO TO CELEBRATE MY MINI WINS AND PROGRESS THIS WEEK?



WHAT WILL I SAY TO MYSELF AND REMIND MYSELF IF THINGS GET HARD THIS WEEK?

