

My Goals Short and Long

PRE-WORKSHEET

A quick question, do you have a Bucket List?

I am not sure if you are also a bucket lister like me, if so make sure those bucket list items make it on my goals list too. At least the ones you would like to honor in the next year or so. This tends to ensure there is some adventuring on this list too (if there is not already).

Two other things to consider when setting a goal:

#1 The SMART Goal acronym

Specific: Narrow your goal down, so you clearly know what you are focusing on

Measurable: What would be the evidence that you are obtaining your goal

Attainable: Now I would always encourage that you stretch yourself, but I have been guilty myself of setting unrealistic expectations to make it easier for me to fail. So, stress test your goal, does it feel like a good stretch without pulling yourself down? A good stretch can still feel scary without pulling you down.

Relevant: This goal should align with your bigger reason, your why in life. Does it jive with your values and purpose?

Values Defined: A set of standards or principles that you live by

Purpose Defined: The reason for why you do what you do

(I have workshops on these if you ever want to clarify your own)

Timely: Set a specific date for your goal that is ambitious and motivating. For example, if you choose three months from now, that is not clear enough. Three months can easily stay three months away but when suddenly you apply a date like March 31st that date will be an automatic count down for you.

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#2 How Do These Goals Make You Feel?

This is one thing that the Smart Goal Acronym does not tap into but can be the most important motivator for you. So, take some time to go through and daydream about how each of these goals feel to you now. Then, how will you feel as your future self obtains them too.

Below is an example of how you can capture both the SMART goal aspects and your desired feelings. Put them into words or pictures so you can go back to them and relive them as often as you need.

Get my farm girl house

<p>Specific <i>Build a tiny house on land</i></p>	<p>Measurable <i>X amount in savings to buy land</i></p>	<p>Attainable <i>Save X amount monthly</i></p>
<p>Relevant <i>Live the simple country life</i></p>	<p>Timely <i>March 31, 20xx (5 years)</i></p>	<p>Feelings <i>Freedom, happy, excitement, grounding</i></p>



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The Mindful Goal Setting Journal

#1

Specific	Measurable	Attainable
Relevant	Timely	Feelings

#2

Specific	Measurable	Attainable
Relevant	Timely	Feelings



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#3

Specific	Measurable	Attainable
Relevant	Timely	Feelings

#4

Specific	Measurable	Attainable
Relevant	Timely	Feelings



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#5

Specific	Measurable	Attainable
Relevant	Timely	Feelings

#6

Specific	Measurable	Attainable
Relevant	Timely	Feelings



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#7 _____

Goal

Specific	Measurable	Attainable
Relevant	Timely	Feelings

#8 _____

Goal

Specific	Measurable	Attainable
Relevant	Timely	Feelings



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#9

Specific	Measurable	Attainable
Relevant	Timely	Feelings

#10

Specific	Measurable	Attainable
Relevant	Timely	Feelings



