

My Goal Setting Workbook



The motivation equation

Setting a goal can be a hard to do. After all "goal" is a 4 letter word. Sometimes the hardest part of a goal is discovering your motivation. This workbook will help you set a goal that fits the motivation equation.

Ownership + Benefits = Motivation

If you have ownership of the goal. If you feel that the goal is yours, not something someone told you to do or something you think you "should" do, you will have an emotional connection to the goal. The goal becomes a part of your chosen identity.

You must be able to see the benefit of the goal from your perspective. You will be willing to layout the time, the effort, the money or take the risk if you feel there will be a benefit on the other side.

This workbook will support you to explore what things are important to you.

Step 1 - What things are important in your life?

Step 2 - What things would you like to strengthen?

Step 3 - Select the three things most important to you.

Step 4 - Take a close look at each.

Step 5 - Select the goal you want to work on.

Step 6 - Plan the steps you need to take to reach your goal.

Worksheet

This worksheet contains a list of things that most people find important in some way to their life. The worksheet can be used to clarify what things you feel you have or don't have. You can also determine how important those things may be to you.

Step 1 –After each statement mark Yes or No if it describes your life. Then circle the number that best measures how important that statement is to you.

| | Yes | No | Level of Importance | | | | | No opinion |
|--|-----|----|---------------------|---|---|------|---|------------|
| | | | Not | | | Very | | |
| My living situation feels like a safe home to me. | | | 1 | 2 | 3 | 4 | 5 | |
| I have people I trust whom I can turn to for help. | | | 1 | 2 | 3 | 4 | 5 | |
| I have at least one close mutual relationship. | | | 1 | 2 | 3 | 4 | 5 | |
| I am involved in activities I find meaningful. | | | 1 | 2 | 3 | 4 | 5 | |
| I have enough money to meet my needs. | | | 1 | 2 | 3 | 4 | 5 | |
| I am learning new things that are important to me. | | | 1 | 2 | 3 | 4 | 5 | |
| I am in good physical health. | | | 1 | 2 | 3 | 4 | 5 | |
| I have a positive connection to a higher power. | | | 1 | 2 | 3 | 4 | 5 | |
| I like and respect myself. | | | 1 | 2 | 3 | 4 | 5 | |
| I'm using my personal strengths, skills and talents. | | | 1 | 2 | 3 | 4 | 5 | |
| I have goals that I am working to achieve. | | | 1 | 2 | 3 | 4 | 5 | |
| I have reasons to get out of bed in the morning. | | | 1 | 2 | 3 | 4 | 5 | |
| I have more good days than bad. | | | 1 | 2 | 3 | 4 | 5 | |
| I have a decent quality of life. | | | 1 | 2 | 3 | 4 | 5 | |
| I control the important decisions in my life. | | | 1 | 2 | 3 | 4 | 5 | |
| I contribute to my community. | | | 1 | 2 | 3 | 4 | 5 | |
| I am growing as a person. | | | 1 | 2 | 3 | 4 | 5 | |
| I have a sense of belonging. | | | 1 | 2 | 3 | 4 | 5 | |
| I feel alert and alive. | | | 1 | 2 | 3 | 4 | 5 | |
| I feel hopeful about my future. | | | 1 | 2 | 3 | 4 | 5 | |
| I am able to deal with stress. | | | 1 | 2 | 3 | 4 | 5 | |
| I believe I can make positive changes in my life. | | | 1 | 2 | 3 | 4 | 5 | |

Step 2 - Looking at your answers above, place a check mark in the first column of the areas you would like to strengthen.

Step 3 – List your top 3 areas you would like to strengthen.

- 1) _____
- 2) _____
- 3) _____

Step 4 - Fill out the following worksheet for each area selected.

Step 4 - Let's take a closer look at each area you selected. Use a separate sheet for each area in step 3

Area 1

| |
|---|
| One area in my life I would like to strengthen is: |
| |
| Reasons why this is important to me: |
| |
| |
| |
| If this area of my life was stronger I could: |
| |
| |
| |
| The benefits would be: |
| |
| |
| |
| If I don't do this: |
| |
| |
| |
| Some of the things I think I need do some of these things to get started: |
| |
| |
| |
| I think I can do these things: |
| |
| |
| |
| I think I will face these challenges: |
| |
| |
| I will need help with these things: |
| |
| |
| |
| These things may get in the way: |
| |
| |
| |
| These people may not support me: |
| |
| |
| |
| These are people who will support me: |
| |
| |
| |
| This is an area I would like to work on because: |
| |
| |
| |

Step 4 - Let's take a closer look at each area you selected. Use a separate sheet for each area in step 3

Area 2

| |
|---|
| One area in my life I would like to strengthen is: |
| |
| Reasons why this is important to me: |
| |
| |
| |
| If this area of my life was stronger I could: |
| |
| |
| |
| The benefits would be: |
| |
| |
| |
| If I don't do this: |
| |
| |
| |
| Some of the things I think I need do some of these things to get started: |
| |
| |
| |
| I think I can do these things: |
| |
| |
| |
| I think I will face these challenges: |
| |
| |
| I will need help with these things: |
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| |
| |
| These things may get in the way: |
| |
| |
| |
| These people may not support me: |
| |
| |
| |
| These are people who will support me: |
| |
| |
| |
| This is an area I would like to work on because: |
| |
| |
| |

Step 4 - Let's take a closer look at each area you selected. Use a separate sheet for each area in step 3

Area 3

| |
|---|
| One area in my life I would like to strengthen is: |
| |
| Reasons why this is important to me: |
| |
| |
| |
| If this area of my life was stronger I could: |
| |
| |
| |
| The benefits would be: |
| |
| |
| |
| If I don't do this: |
| |
| |
| |
| Some of the things I think I need do some of these things to get started: |
| |
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| |
| I think I can do these things: |
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| I think I will face these challenges: |
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| I will need help with these things: |
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| These things may get in the way: |
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| These people may not support me: |
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| |
| These are people who will support me: |
| |
| |
| |
| This is an area I would like to work on because: |
| |
| |
| |

Step 5 –Steps to accomplish my goal - Choose the Step 4 area most important to you.

My Goal Is: _____

Step 6 - Plan some of the steps you need to accomplish to reach your goal.

| |
|---|
| One things I need to do, learn or get is : |
| |
| |
| Target date to finish this step: |
| I need the following supports to accomplish this step: |
| |
| |
| I will need the following people to support me in the following ways: |
| |
| |
| I need the following skills to accomplish this step: |
| |
| |
| I need the following resources to accomplish this step: |
| |
| |
| Other things I may need to accomplish step: |
| |
| |
| Date step was finished: |

| |
|---|
| One things I need to do, learn or get is : |
| |
| |
| Target date to finish this step: |
| I need the following supports to accomplish this step: |
| |
| |
| I will need the following people to support me in the following ways: |
| |
| |
| I need the following skills to accomplish this step: |
| |
| |
| I need the following resources to accomplish this step: |
| |
| |
| Other things I may need to accomplish step: |
| |
| |
| Date step was finished: |

Use as many pages as needed. Additional pages can be added anytime.