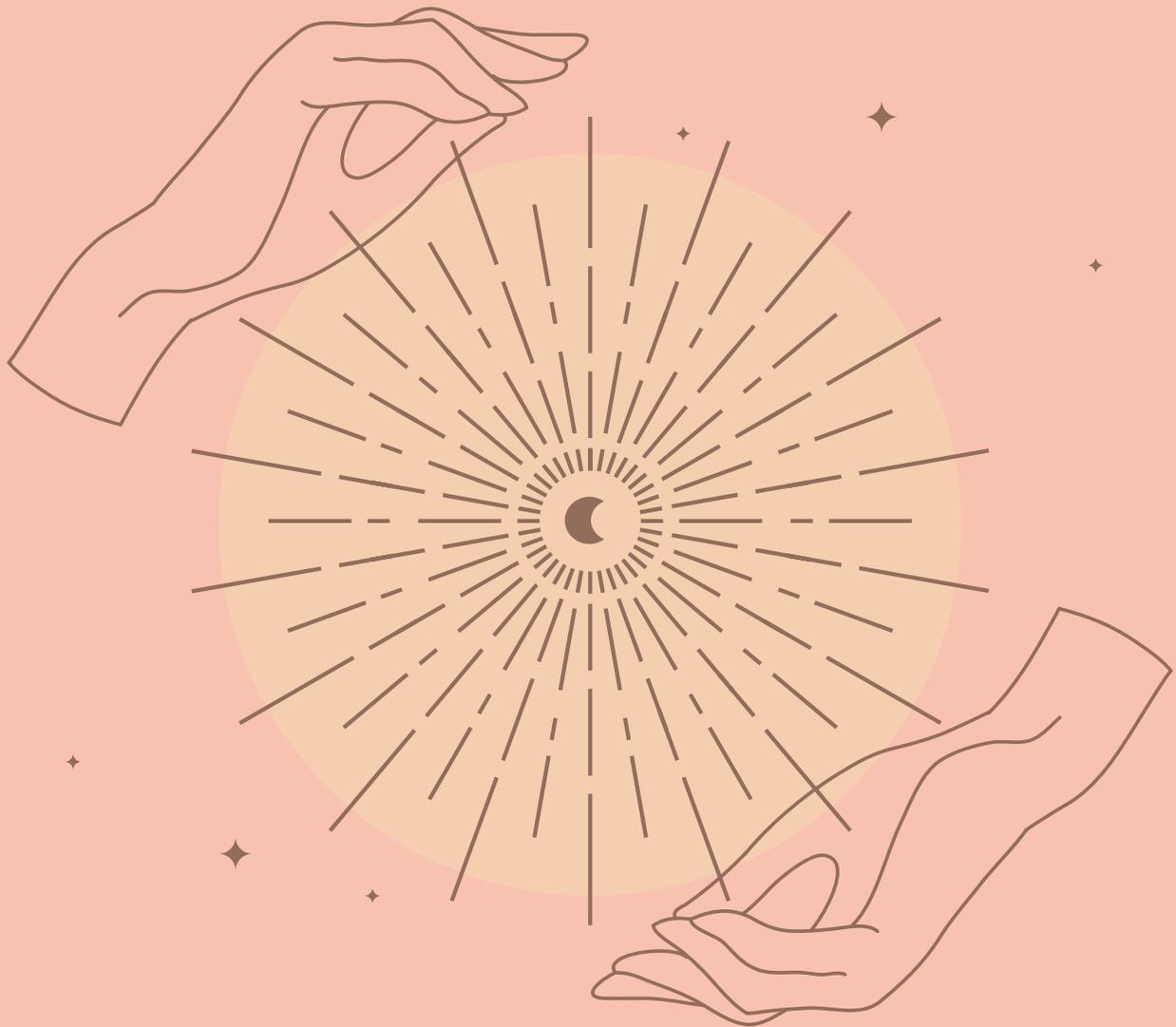


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GOAL SETTING WORKBOOK

by: Dalia Halabi



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Welcome



In order to create the life you want, you have to know what you want in the first place. That's why I prepared this workbook. You'll learn about the different types of goals, the GROW model for achieving your goals, and some prompts to help you flesh out a plan. Friendly manifestation tip is to constantly feel the feelings you will feel once you've achieved all those goals. Remember the universe responds to vibrations, so if you're vibrating from a space of 'I've already achieved these goals' you're more likely to call them into your reality. You're more powerful than you think ;) Now go get em tiger

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Setting Achievable Goals



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Types of Goals

There are different types of goals that you may want to achieve, and the type of goal you choose will impact your approach to achieving it



Outcome Goal

These goal involves striving to be the very best at something
I'm going to be the best public speaker in the world



Performance Goal

These goals involve trying to improve or be better at something
I'm going to improve my public speaking skills



Process Goals

These involves training or practicing to do something
I'm going to train to become a public speaker



Delivery-focused goals

These involve delivering a change, such as setting up a business
I'm going to start a public speaking practice



Moving outside your comfort zone

To challenge yourself and achieve growth, it can be helpful to embrace discomfort and move outside of your comfort zone. This may require a change in mindset and the willingness to take on new challenges. It's important to recognize and acknowledge your fears and negative emotions, but also to consider whether the potential rewards of achieving your goal outweigh those fears. It's also important not to get bogged down in overthinking or analysis paralysis, and to be willing to take action even when the end goal is not yet clear.

Grow Model

The GROW model is a tool that can help you set and achieve your goals. It involves four steps: **setting a Goal, recognizing your current Reality, identifying Options for overcoming obstacles, and creating a Way forward.** By following these steps, you can clarify your goals, assess your current situation, explore different options for achieving your goals, and develop a plan for moving forward. (Whitmore, 2014).

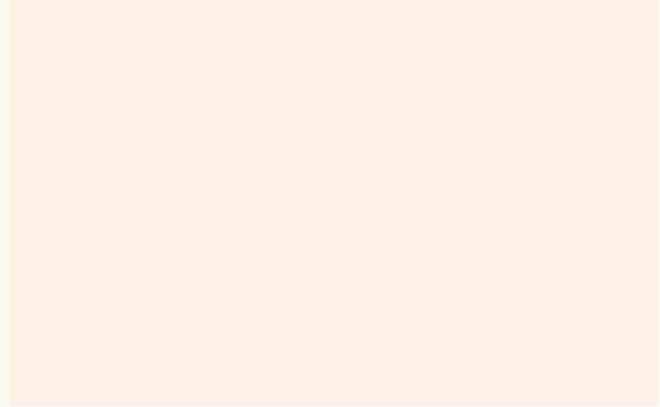


Setting Goals

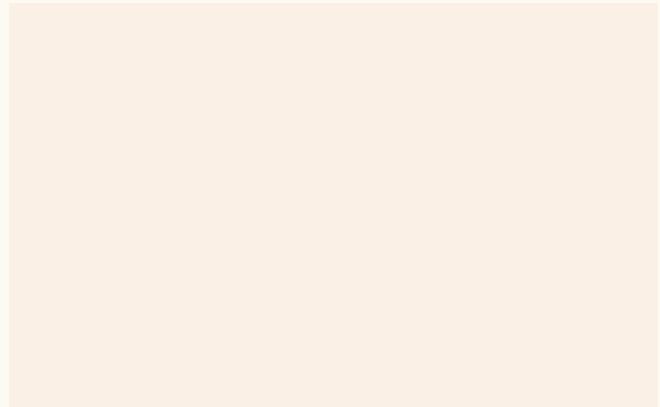
Where do you want to be?

Describe your goal in detail

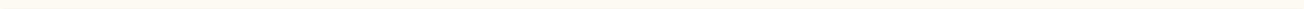
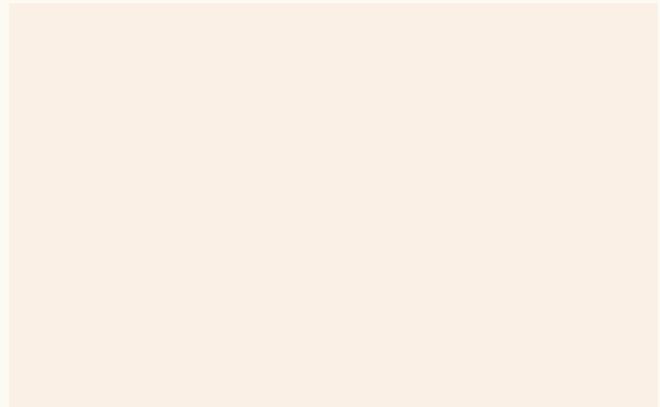
On a scale of 1 to 10 (10 being the best), how hopeful that you can reach that end point?



What are some sub goals to help you achieve your bigger goals?

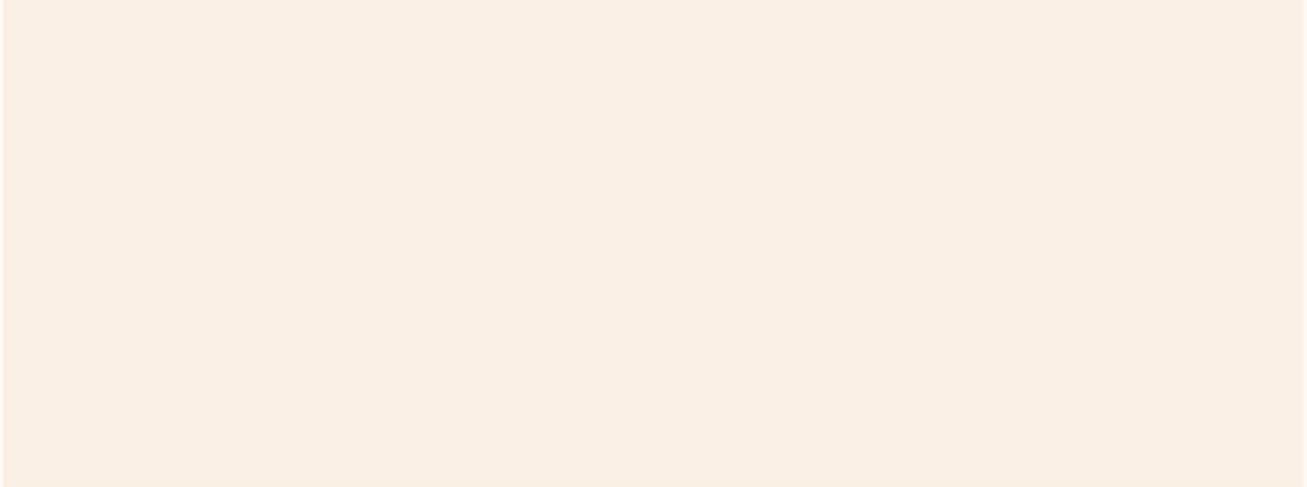


What other goals will achieving this goal lead you to?

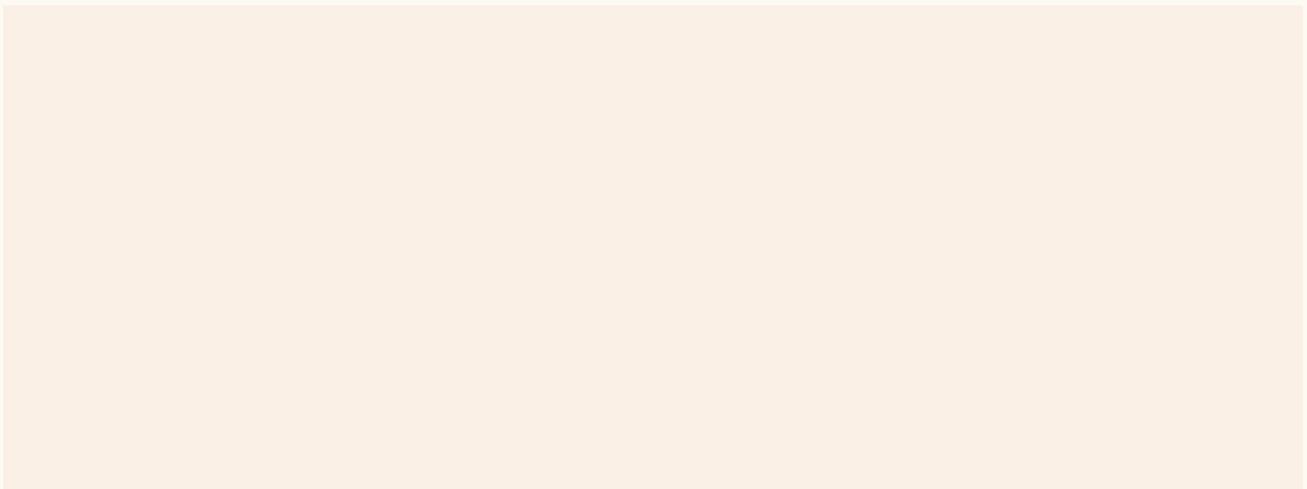


Recognizing your Reality

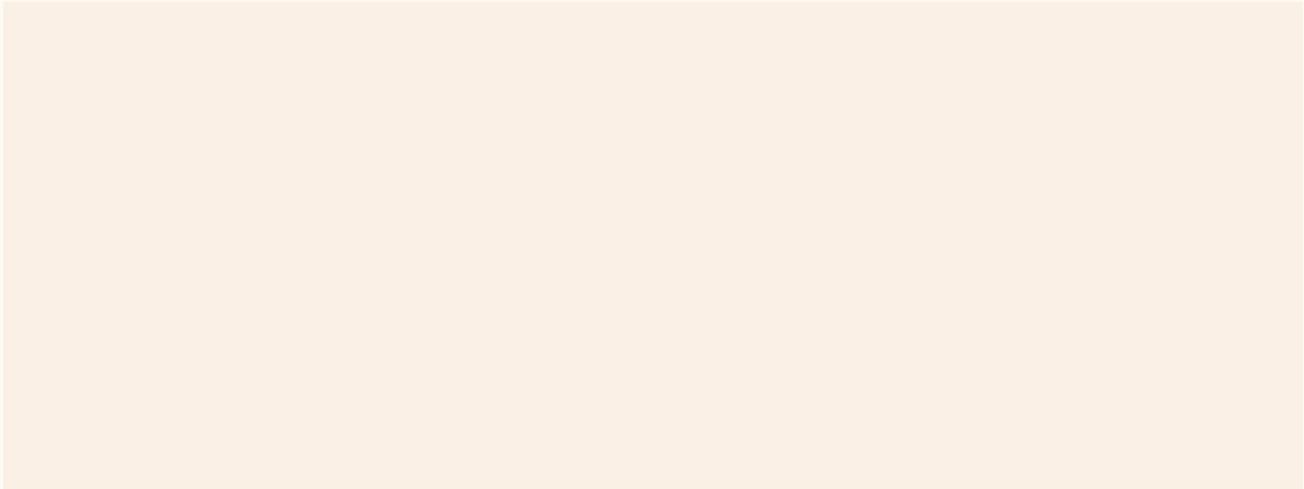
Where are you right now when it comes to your goal?



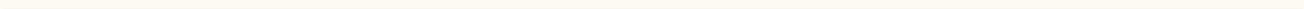
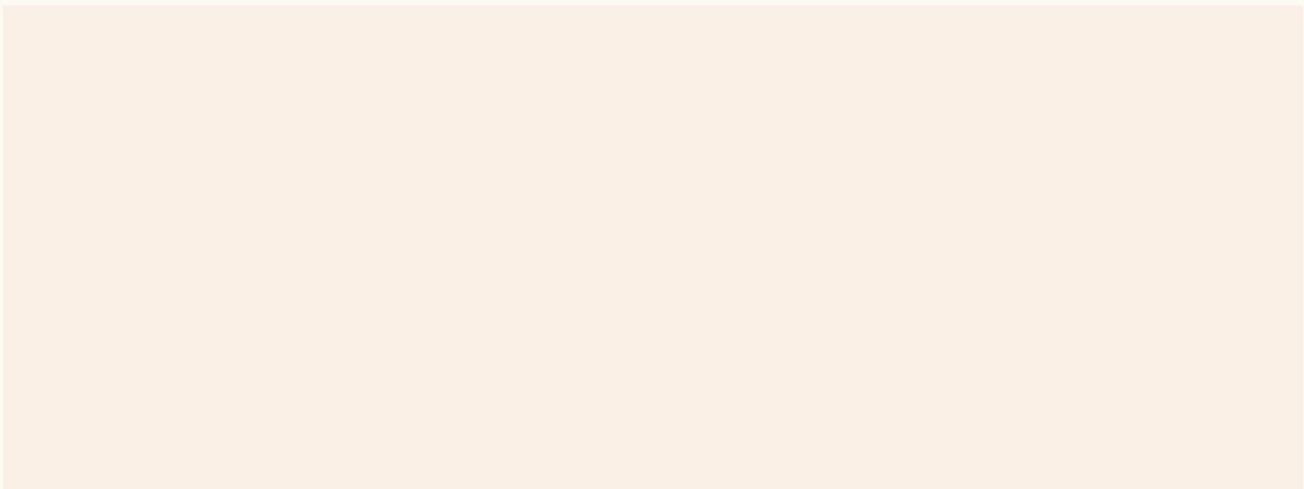
What obstacles are you currently facing?



What are your beliefs about achieving this goal?

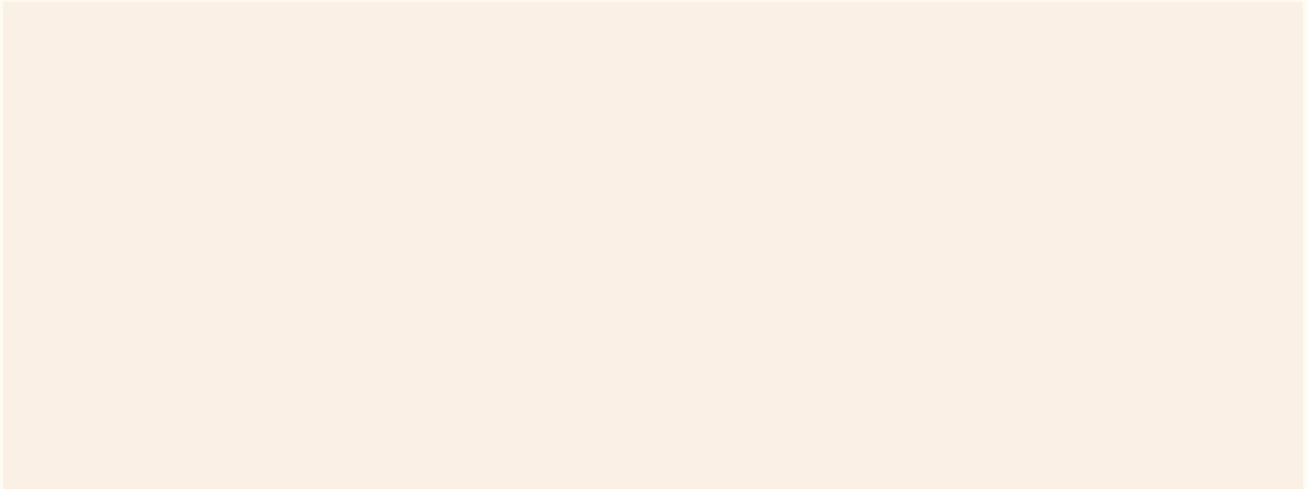


List the strengths you have that will help you achieve this goal

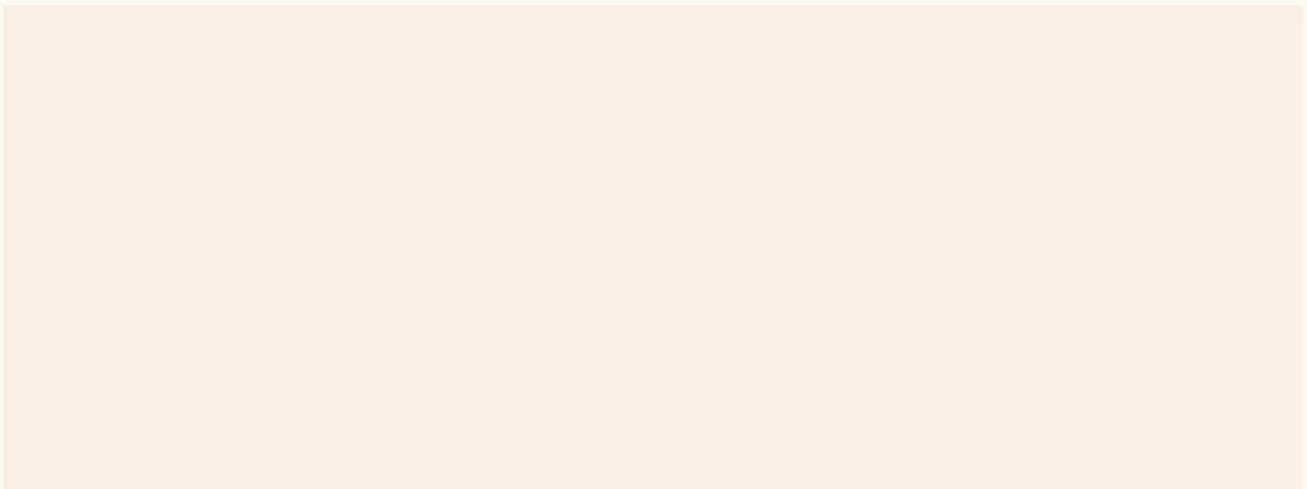


Identifying options

What are some choices you can make today to bring you closer to your goal?

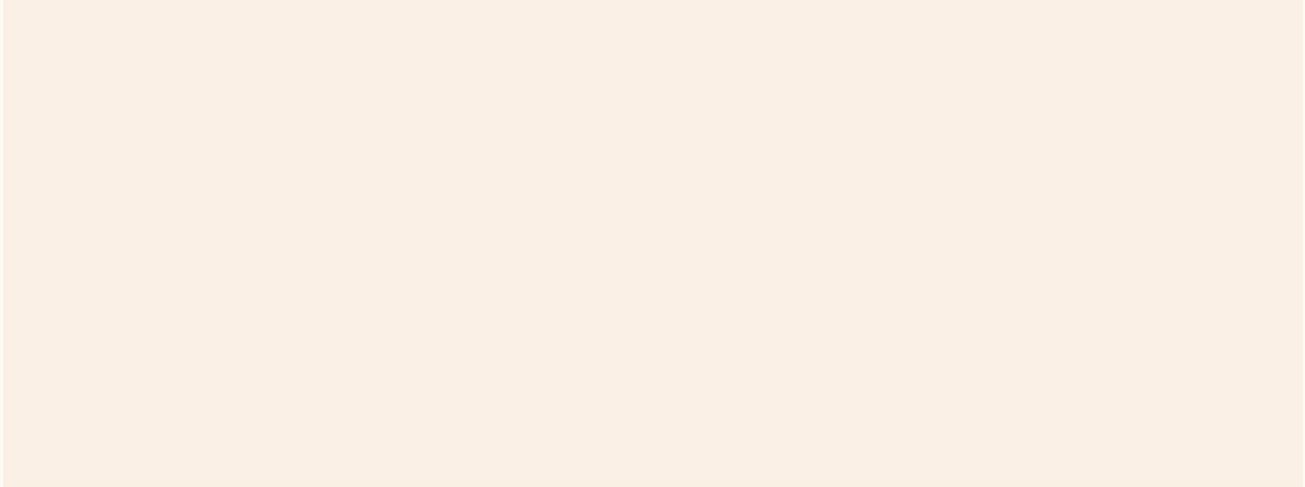


How do you want to progress?

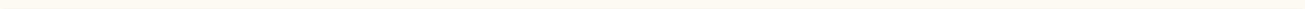
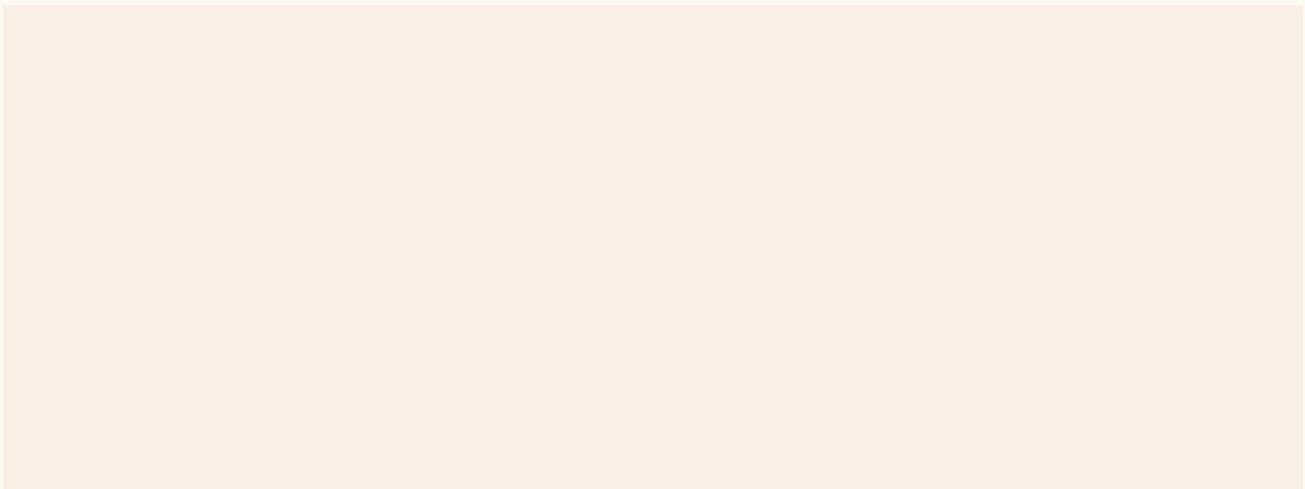


Way forward

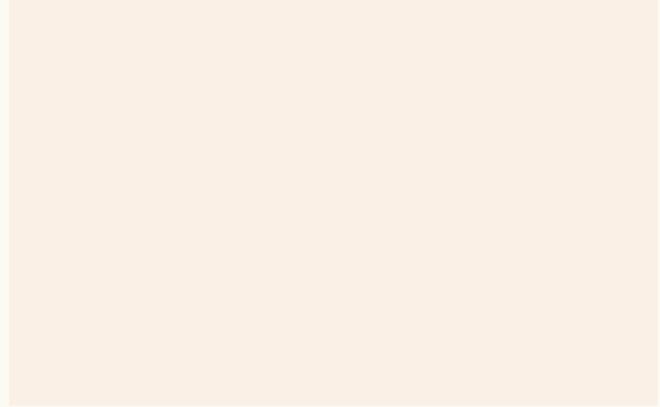
What is your first step forward?



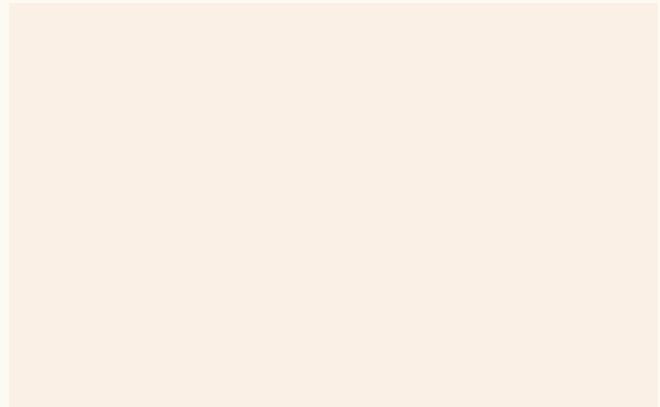
How will you know that you have achieved your goal?



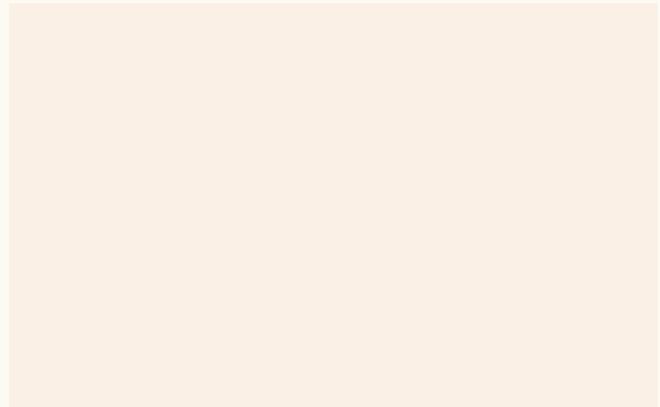
How will you take
accountability?



Will you involve others in
your process?



How will you celebrate
achieving this goal?



Staying Motivated



Intrinsic motivation is a type of motivation that comes from within an individual, rather than from external factors such as rewards or incentives. It is driven by personal interests, values, and goals, and can be a powerful force in helping individuals to achieve their goals.

To connect with the motivation behind a goal, it is important to identify your "why" – the underlying reason why the goal is important to you. This may involve thinking about your values and what is most important to you, as well as your personal interests and passions.

Aligning your goals with your values can be a strong intrinsic motivator, as it allows you to pursue something that is personally meaningful and rewarding.

It may also involve considering the potential rewards of achieving the goal – not just extrinsic rewards like money or recognition, but also intrinsic rewards such as personal growth, a sense of accomplishment, or the opportunity to contribute to something greater than yourself.

It can also be helpful to build a team of people who can support you in achieving your goal.

Overall, connecting with the motivation behind a goal is an important step in achieving success and achieving your desired outcomes.

"Setting goals is the first step
in turning the invisible into
the visible."

-Tony Robbins



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Notes

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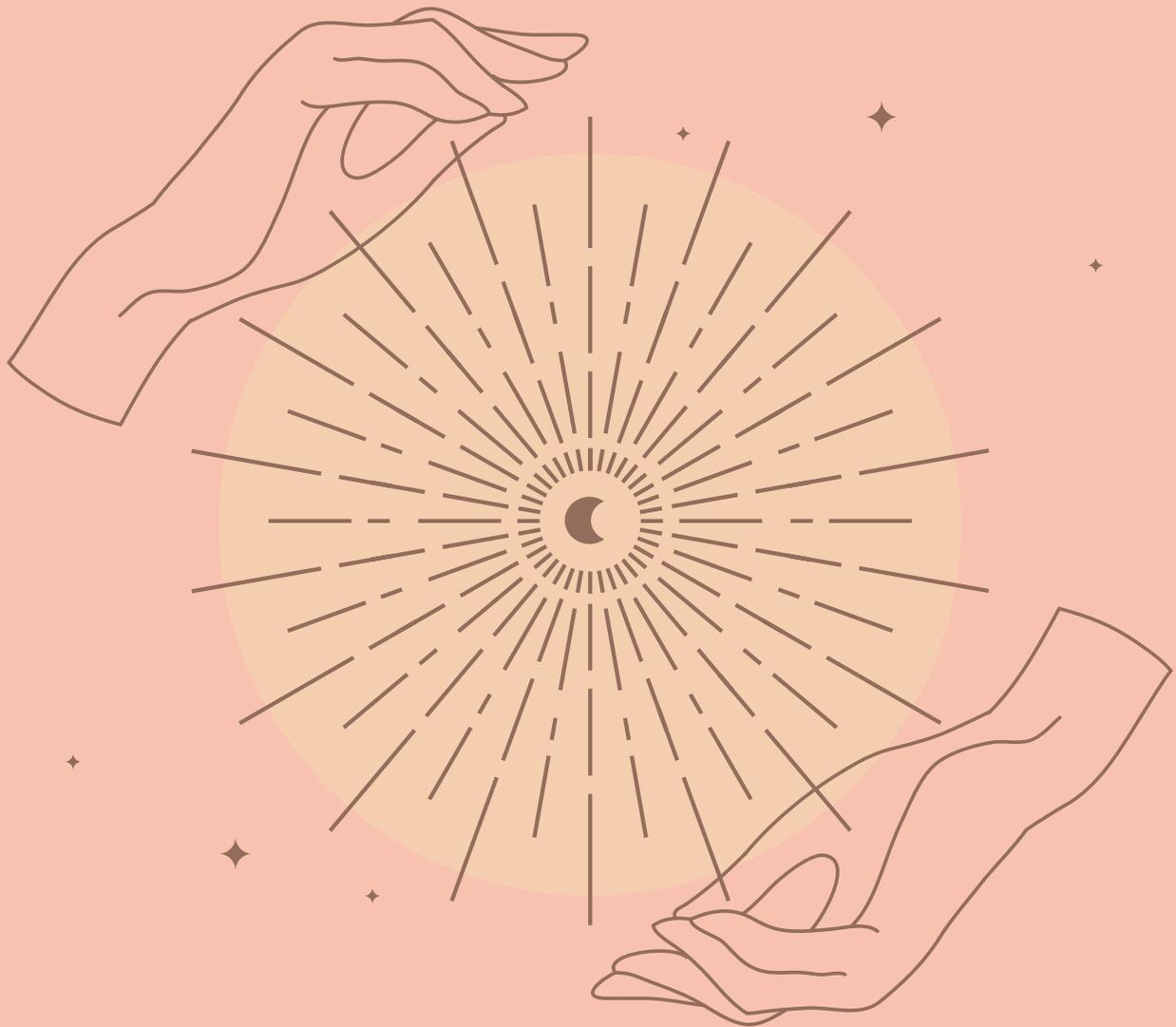
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