



## Goal Setting Worksheet

### Episode 46: Ten tips for creating change in your life

**1. Take a personal inventory. Assess where you are.** Think about the different areas of your life and give yourself a grade of where you feel you are right now. Take notes!

**Health:**

**Relationships:**

**Work:**

**Money:**

**Spirituality:**

**2. Offer yourself some understanding. Change is hard!**

**Write a statement to yourself that shows some understanding:**

**3. Narrow down to one area that you would like to change. What is your first priority right now?**

**What area does your gut say you should focus on first?**



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#### 4. Cultivate inspiration from others. Who motivates you?

Write down 5 ways you can surround yourself with inspiring people. Think outside the box! (social media, books, podcasts, groups, movies, blogs, etc).

1.

2.

3.

4.

5.

#### 5. Explore possible barriers and how to pivot around them.

What could get in your way? How might you plan for those things?



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#### 6. Make a realistic plan for yourself. Think it through!

Write your *specific* plan here for the week. What will likely work for you? What feels realistic right now?

#### 7. Commit to the plan. Keep your promise to yourself!

Write your statement of commitment here:

#### 8. Reflect and assess how it went.

What did you learn about yourself? What did/did not work?



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#### 9. Celebrate every little win. Positivity breeds positivity!

Name at least 5 wins that happened this week, no matter how small:

1.

2.

3.

4.

5.

#### 10. Adjust your plan based on what worked/didn't work and commit again!

Write your revised plan here:

**Remember, it's time to Fight for Yourself. You are worth the effort!**