

GOAL SETTING

- Why do you want to change?
- Why do you want to be successful?
- I'm so happy now that...
- What do you believe is your purpose?
- My core values
- How I measure success in my life?
- How are your relationships with your family and friends?
- Where are you in your career pathway?
- What work are you doing?
- How are your finances?

MY DREAM LIFE

- How much time are you spending on yourself?
- How is your health?
- What hobbies do you actively participate in?
- What community involvement do you have?
- What does an average day in your life look like?
- How do others see you and your life?
- How do you see yourself?
- How do your core values influence your daily life?



IT STARTS NOW

- What are the more important changes that need to happen in order to achieve your dream life and how long will they take?
- What is one small change you can make right now to get started?
- What resources will you need? Money or materials? What is your budget?
- Do you need help from anyone to achieve your dream life?
Work colleagues, family, friends, personal trainer, coach or mentor?
Write down anyone who can help you achieve your dream life and how they can help.
- Do you need any extra qualifications, experience or knowledge to get to your dream life? Do you need to book into a course or teach yourself extra skills?

