GOAL SETTING FOR 2016

HEART-CENTERED WORKSHEETS TO PLANNING HAPPINESS AND WORK+LIFE BALANCE

Goal-setting to live a work+life balance centered around the sweet spot between time for you, your family and your work/purpose.

"IT'S IMPOSSIBLE" SAID PRIDE. "IT'S RISKY" SAID EXPERIENCE. "IT'S POINTLESS" SAID REASON. "GIVE IT A TRY" WHISPERED THE HEART.
**HOW DO YOU WANT TO FEEL?**

1. **HOW YOU FEEL NOW**
   On each line, fill in the words that complete this sentence,
   "Lately, I’ve been feeling _____________________________."
   
   **Example:** Busy

   1. _____________________________.
   2. _____________________________.
   3. _____________________________.
   4. _____________________________.
   5. _____________________________.
   6. _____________________________.
   7. _____________________________.
   8. _____________________________.
   9. _____________________________.
   10. _____________________________.
   11. _____________________________.
   12. _____________________________.

2. **HOW YOU WANT TO FEEL**
   If you’d like to feel differently, on each line, describe how you’d prefer to feel related to each negative feeling. Where you’ve listed positive feelings, you can add to those feelings or leave those lines blank.
   
   **Example:** Relaxed

   1. _____________________________.
   2. _____________________________.
   3. _____________________________.
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3. **ACTION**
   On each line, write a few changes you can make to help you feel how you’d like to. What do you know you need to start, or stop, to improve how you feel? When was the last time you felt the way you want to & what contributed to that feeling that you can put in place again?
   
   **Example:** More downtime

   1. _____________________________.
   2. _____________________________.
   3. _____________________________.
   4. _____________________________.
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4. **PRIORITIZATION AND DETAILS**
   Which three feelings are most important for you to feel? Circle those.
   
   Now, go through each of your actions listed in the third column and determine if these actions are best done on a daily (D), weekly (W), or monthly (M) basis. Write a D, W, or M next to each.

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"I’VE LEARNED THAT PEOPLE WILL FORGET WHAT YOU SAID, PEOPLE WILL FORGET WHAT YOU DID, BUT PEOPLE WILL NEVER FORGET HOW YOU MADE THEM FEEL." - MAYA ANGELOU
WHAT ARE YOUR BIG DREAMS?

FREEWRITE EXERCISE

When you are 80 years old, what do you want to look back and know you put your all into?
What would make you be able to say “I had a good life”?

If you could have, be or do anything, what would it be?
What would you do if you knew you couldn’t fail?
INSPIRATION & ENERGY
YOUR CREATIVE SOUL NEEDS FUEL TO GIVE YOUR BEST TO ALL YOU DO

1. LIST TWENTY THINGS YOU ENJOY DOING

List things you enjoy doing just for you - perhaps it’s rock climbing, roller-skating, baking pies, making soup, riding a bike, going for a run, travel, playing with your kids, reading poetry.. what do you love?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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________________________________________________________________________

2. NOW, AS QUICKLY AS YOU CAN, LIST:

Five hobbies you miss doing | Five classes you’d take if you had enough free time | Five things you’d like to do while your kids are young or before you are too old

1. __________________________ | 1. __________________________ | 1. __________________________
2. __________________________ | 2. __________________________ | 2. __________________________
3. __________________________ | 3. __________________________ | 3. __________________________
4. __________________________ | 4. __________________________ | 4. __________________________
5. __________________________ | 5. __________________________ | 5. __________________________

3. WHICH OF THESE SHOULD BE INCLUDED IN YOUR 2016

From the list(s) above, circle at least two things that you’d like to add to your 2016 goals. It could be as small as taking some time to get your nails done or go to the thrift store. Look for windows of time just for you, and use them in small creative acts. Stop looking for big blocks of time when you will be free. Find small bits of time instead.

"HAVE THE COURAGE TO FOLLOW YOUR HEART AND INTUITION. THEY SOMEHOW ALREADY KNOW WHAT YOU TRULY WANT TO BECOME. EVERYTHING ELSE IS SECONDARY." - STEVE JOBS
"BELIEVE WITH ALL OF YOUR HEART THAT YOU WILL DO WHAT YOU WERE MADE TO DO."
- ORISON SWETT MARDEN
"SET ME A TASK IN WHICH I CAN PUT SOMETHING OF MY VERY SELF, AND IT IS A TASK NO LONGER; IT IS JOY; IT IS ART." - BLISS CARMAN
**Dreams and Desires Written Down Become Goals. Goals Broken into Parts Becomes a Plan. A Plan with Feelings Attached Has Meaning. Actioned Meaning Brings Your Dream & Desires to Life.**  - Samantha Hannah

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**THEME FOR YEAR**

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**THEME**

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**STEP 6: CHOOSE A THEME FOR EACH MONTH OF THE YEAR. THE SAME THEME MAY SPAN SEVERAL MONTHS. THE KEY IS TO FOCUS ON ONE MAIN AREA AT A TIME. LAST: CHOOSE A THEME FOR THE YEAR BONUS: TAPE THIS UP AT YOUR DESK OR WHERE YOU WILL SEE IT ALL YEAR TIME: 5 MINUTES**
GET IT ON YOUR CALENDAR: GOALS & PLANS

FIRST THEME (ONE MONTH OR MORE):

1. GOALS:

2. WHAT WILL YOU DO TO FUEL YOUR ENERGY (IF NOT ALREADY LISTED AS A GOAL IN AND OF ITSELF)?

3. WHO CAN SUPPORT YOU OR KEEP YOU ACCOUNTABLE?

4. WHAT ARE YOU WILLING TO GIVE UP TO MAKE TIME FOR YOUR GOALS?

5. WHEN WILL YOU (RE)EVALUATE YOUR GOALS?

SCHEDULE TIME FOR INSPIRATION / YOUR ENERGY

SCHEDULE A TIME FOR EVALUATING SUCCESS AND SETTING SPECIFIC GOALS FOR THE NEXT TIME PERIOD

SCHEDULE IT IN

IT IS BEST TO USE YOUR OWN PERSONAL CALENDAR OR PLANNER – IF YOU USE THIS, MAKE SURE TO TRANSFER AS SOON AS POSSIBLE

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"DON'T BE PUSHED BY YOUR PROBLEMS. BE LED BY YOUR DREAMS" -RALPH WALDO EMERSON
LIVING AN INSPIRED LIFE

My hope for you, is that when all it’s all said and done, you can say,

“Yes, I didn’t just live my life, I lived an inspired life.

I didn’t just visit the mountain, I climbed it. I didn’t just read about the jungle, I trekked through it. I didn’t just admire what was beautiful, I created it. I didn’t just read about amazing lives, I built my own.

I consumed with passion the beauty around me.
I shared the vision that life is an open world to explore with my children.
I taught the lesson of gratitude and happiness through my actions, not just my words.
I followed my dreams, opened my heart, and faced my fears because the best way I can pass that love of life on to my children is to show them I lived it myself.”

Kathy Pine
kathy@thischerishedlife.com
www.thischerishedlife.com

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