



GOAL SETTING WORKBOOK

Use this goal setting guide in
conjunction with Episode #111



1. What 3-5 values are most important to you as we go into 2025?

(Use the below for inspiration if you like!)

<i>acceptance</i>	<i>freedom</i>	<i>reciprocity</i>
<i>accomplishment</i>	<i>friendliness</i>	<i>relationships</i>
<i>adventure</i>	<i>forgiveness</i>	<i>respect</i>
<i>assertiveness</i>	<i>fun</i>	<i>resourcefulness</i>
<i>authenticity</i>	<i>generosity</i>	<i>responsibility</i>
<i>balance</i>	<i>gratitude</i>	<i>romance</i>
<i>beauty</i>	<i>home</i>	<i>safety</i>
<i>caring</i>	<i>honesty</i>	<i>self-awareness</i>
<i>challenge</i>	<i>humor</i>	<i>self-care</i>
<i>collaboration</i>	<i>humility</i>	<i>self-control</i>
<i>community</i>	<i>independence</i>	<i>self-discipline</i>
<i>compassion</i>	<i>integrity</i>	<i>self-expression</i>
<i>connection</i>	<i>intimacy</i>	<i>self-respect</i>
<i>contribution</i>	<i>joy</i>	<i>service</i>
<i>cooperation</i>	<i>justice</i>	<i>status</i>
<i>courage</i>	<i>kindness</i>	<i>stewardship</i>
<i>creativity</i>	<i>knowledge</i>	<i>spirituality</i>
<i>curiosity</i>	<i>leadership</i>	<i>skillfulness</i>
<i>design</i>	<i>learning</i>	<i>supportiveness</i>
<i>dignity</i>	<i>love</i>	<i>teamwork</i>
<i>diversity</i>	<i>loyalty</i>	<i>travel</i>
<i>encouragement</i>	<i>mindfulness</i>	<i>tradition</i>
<i>equality</i>	<i>order</i>	<i>trustworthiness</i>
<i>ethics</i>	<i>open-mindedness</i>	<i>understanding</i>
<i>excitement</i>	<i>optimism</i>	<i>uniqueness</i>
<i>fairness</i>	<i>patience</i>	<i>usefulness</i>
<i>faith</i>	<i>peace</i>	<i>vision</i>
<i>family</i>	<i>persistence</i>	<i>vulnerability</i>
<i>fitness</i>	<i>personal development</i>	<i>well-being</i>
<i>flexibility</i>	<i>power</i>	<i>wholeheartedness</i>
		<i>wisdom</i>

2. With these in mind:

What would you like to do more of in 2025?

What would you like to do less of in 2025?

4. How does this connect with your values?

5. Are there any conflicts between your goal and your values?

6. Are there any conflicts between your goal and your other commitments?

7. What systems, habits and routines will help you make progress towards your goal?

8. Set 1-3 implementation intentions here:

(Eg During the next week, I will partake in at least 20 minutes of vigorous exercise on [DAY] at [TIME OF DAY] at/in [PLACE])

SMART GOALS

9. Now, write out your SMART goals for the next month, which will act as a stepping stone towards your 3-month goal.

Specific goal

Make sure this is a realistic and measurable outcome!

Meaning

Why is this important to you / how does it help you connect with your values?

Actions

List 3-4 specific actions that you're confident will lead you to your goal

Reward

How will you celebrate when you reach your goal?

Timeline

What date will you review your progress?
