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GOAL GETTERS
E-WORKBOOK

Hey there Go Getter!

Welcome to my goal setting workbook. Do you have something that you have always wanted to achieve but haven't said it out loud?

It's now time to make some of those dreams a reality. In this E-workbook, I am going to share with you the secrets to finding your inner drive and smashing your goals.

Are you with me? Yes?!
Awesome, let's get stuck in!

We are only limited by the beliefs we have in our head, so it's time now to take action and set those juicy goals that makes your tummy do a jump, makes you feel slightly nervous and takes you out of your comfort zone.

The first thing is to choose one big goal that you are going to work towards. Want to write a book? Change career? Find your dream partner? Run a marathon? Think big. You want it to be something that you will be proud of, be emotionally invested in and most importantly YOURS.

I have got your back and am here for you!
Go get it!

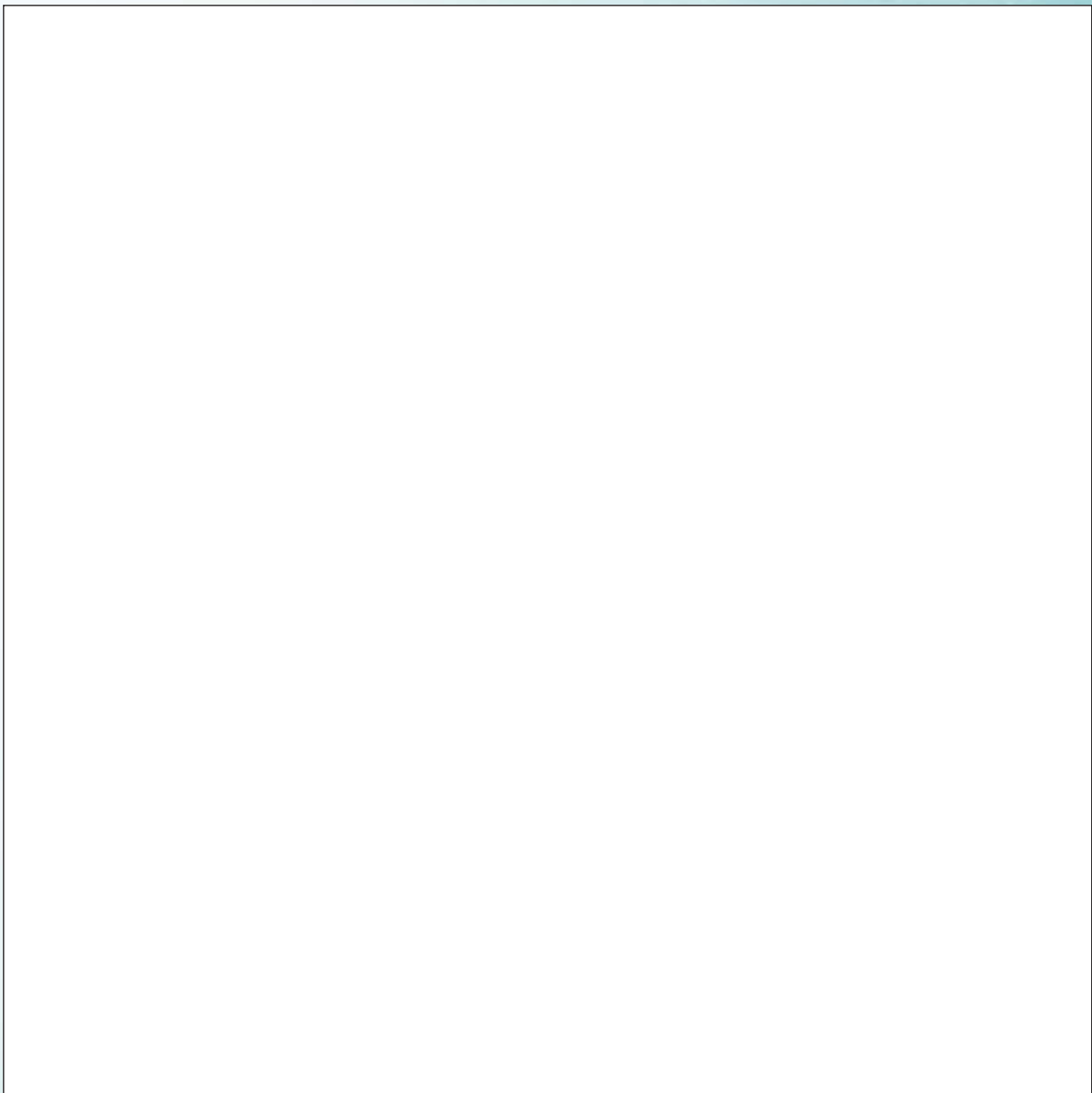
Anna

xx



My big juicy goal!

Write or draw your goal here (and I would LOVE to see what it is so if you want to share your dreams with me send me an email so I can cheer you on). **Be specific. Bring it to life.** Just writing 'lose weight' 'feel confident' 'change jobs' isn't going to cut it here. The eye is in the detail! Get it all down.




Now.. it's time to find your why

When you can **align your goal with your values** it will make you more inclined to keep going when your motivation wears off (spoiler alert - motivation doesn't last! Good news though, values and discipline do!)

Click on this link and find some words that resonate with you and you currently live by or would like to live by - choose up to 10,

<https://scottjeffrey.com/core-values-list/> 

Write down your values here:



My
Why

Start thinking about how these values will align with your goal setting to keep you on the straight and narrow.

I'm simplifying things for the sake of this E-workbook, so if you want to dig deeper in to values and how they have a major effect on the quality of life get in touch to discuss your Coaching options.)

Ohhh are you getting excited? You're getting close now! Next is the...

How and the When!

So, you have now set your goal, found your why, now its time to get your head down for the HOW. Write down what daily, weekly and monthly action you will take in order to achieve success.

My Day

A large white circle with a thin black outline, intended for writing daily actions.

My Week

A large white circle with a thin black outline, intended for writing weekly actions.

My Month

A large white circle with a thin black outline, intended for writing monthly actions.

My Year

A large white circle with a thin black outline, intended for writing yearly actions.

I will achieve my goal by (date):

A white rectangular box with a thin black outline, intended for writing the date of goal achievement.

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Climb over the wall!

Remember, if it was easy everyone would be doing it!

There ARE going to be barriers. You ARE going to feel uncomfortable and want to quit. You ARE going to want to stay safe. You ARE going to have days where you feel like you haven't got it in you. And then there's the external setbacks too- injury, time constraints, money barriers. The list of reasons to quit could quite easily outweigh the pros of continuing but I can tell you now. NOTHING compares to achieving the juicy goals. NOTHING.

Use this space to write the potential barriers that you are going to overcome and how you are going to climb the wall if they arise:

“
Individually we are one
drop. Together we are
an ocean
”

Who do you have in your corner to keep you going when you are finding things tough? Who is going to be there at the finish line, the first one to celebrate your success?

Write a list of these special people here

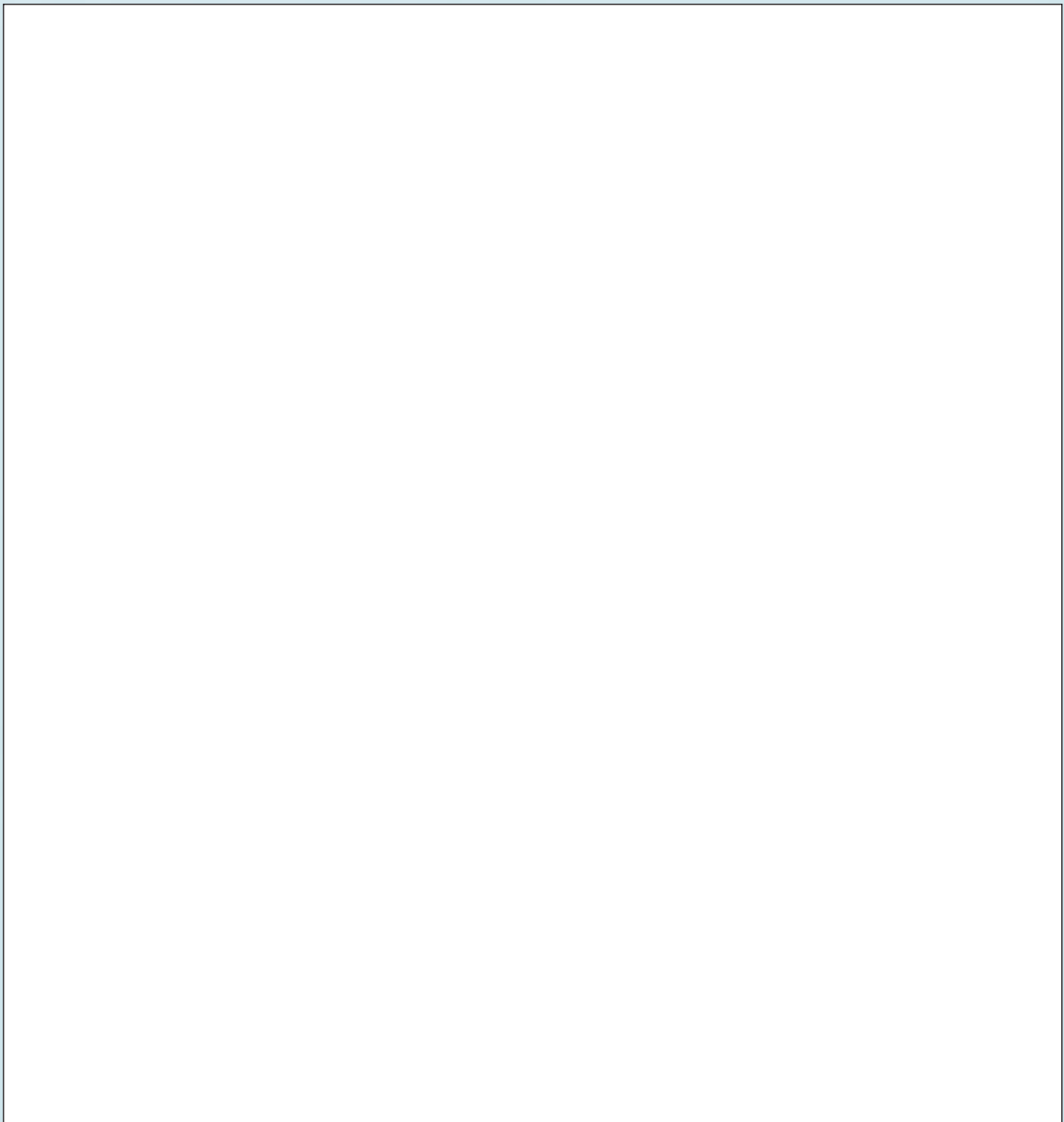


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How do you feel?

How are you going to FEEL when you accomplish this goal?

There is nothing like it, the emotion of reaching the goal. Write or draw how you will feel, how you will acknowledge your success and how it will change you as a person.



Your contract to yourself

Possibly the most important part of the process is the commitment to yourself. This contract is the promise you are making to yourself that you are worth the effort, the fight, the discipline and the success.

You can use the one I have written for you on the next page or use your own words.

Fill in the blanks, print it off and have it somewhere you can see it every day (by your vision board would be a good place)

Read it with intention every morning.

It will seem silly at first, even pointless but this is YOUR TIME and it starts with you. Every morning is your chance to take a step closer to your dreams so start the day with positive intentions. The contract is a perfect tool to set yourself up and get your head in the game from the get-go.



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My 'Go Getter' Contract

I _____ have made a promise to myself
to remain disciplined and focused in achieving my goal of:

I give myself permission to succeed and have faith in my ability. During this time,
I will treat myself with compassion and fully commit to taking steps every day to
bring me closer to goal.

I am surrounded by people who support me.

I deserve this success.

I AM READY. THIS IS MY TIME

Signed: _____

Date: _____

