

LIZWATT

GOALS WITH SOUL

Goal Setting From The Inside-Out

workbook



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How To Do This Process

- Take a journal or print out this document.
 - Print extra pages if you need them.
 - Try to write by hand rather than type - it's better to free up your mind.
- Set aside about 30 minutes for this process.
- Creating goals that really resonate can take time and shift and change as you test things out. Don't expect to get "the answer" the first go. Take the pressure off and treat this as a first draft.

Step 01 | What Do You Want?

Step 01 | Brainstorm

Brainstorm what you want across one or more of the twelve areas of life. Think about who you want to **BE**, what you want to **DO**, things you want to **HAVE**, and what you want to **FEEL** and **EXPERIENCE**.

01 | Physical

02 | Emotional

03 | Mental

04 | Self

05 | Relational/ Social

Step 01 | Brainstorm continued

06 | *Soul*

07 | *Vocational*

08 | *Spirituality*

09 | *Quality Of Life*

10 | *Financial*

11 | *Vision*

12 | *Creativity/ Productivity*

Step 01b | Narrow It Down

Narrow it down to one core intention in each area of life - if you had them, and they were all you could achieve, you would be living your ideal life.

Examples of this include:

- To work in a business of my own earning a minimum \$100,000 a year.
- To be in a loving, committed and aware relationship.
- To have a healthy, energized and fit body of ## kg.

These can change over time. You're not committing for the rest of your life. But they are things that you can aspire towards for now.

Note that you are not considering how or when you will get there and there is no specific detail. This leaves it completely open for how and when these things will appear in your life.

01 | *Physical*

02 | *Emotional*

03 | *Mental*

04 | *Self*

05 | *Relational/ Social*

06 | *Soul*

07 | *Vocational*

08 | *Spirituality*

09 | *Quality Of Life*

10 | *Financial*

11 | *Vision*

12 | *Creativity/ Productivity*

Step 01c | Top Three Goals

While you can constantly hold an intention for each area of life, if we try to create too many things at once we lose focus and can spread ourselves too thin. When we

Narrow it down to the top three things, that if you had them now, you would be very satisfied. Consider the top three most important areas of your life.

01

02

03

Step 02 | How Will You Feel When You Get There?

Ultimately, we are not chasing goals for the outcome or thing itself but for the feeling or emotion, we experience when we reach or achieve it.

So, for each of your top three high-level goals, how will you feel when you reach them? What are the emotions you expect to experience when you achieve these goals?

01

02

03

Step 04 | Actions

Consider what type of actions you can take now?

- Action towards your higher intentions and what you want.
- Actions that make you feel the way you want to feel - now.

For each of your highest intentions, list 2-3 actions to move you towards each of your desired goals that feel good, AND 2-3 actions to create your desired feeling or emotion now.

Consider the little things you can do every day to move closer towards your overall intention.

	<i>2-3 Actions Towards Your Top 3 Intentions</i>	<i>2-3 Actions To Create Your Desired Feelings</i>
01		
02		
03		

Step 05 | Track, Measure, Review

As you take action and move forward, consider:

- What works and what does not work?
- What to keep and what to change?
- What feels good and what doesn't feel good?
- Is your main goal still relevant? Does it need to change?

Don't use tracking as a way to berate and punish yourself. Find the things that feel good and work for you to help move you forward and evolve.

Be open and flexible to things that present themselves to you to show you where to go and how to get there. The people you meet, the article that drops into your inbox, and the invitation to a social event.

The things that come easily are gifts from you. They are your higher self and your soul showing you the way.

thank you for completing this workbook!!

I hope you found this process helpful in setting some high-level goals that relate more to who you really are and come from the heart and soul.

You're probably wondering what your next steps are.

Head to my website to learn more about how you can continue to delve deeper, explore who you are at a soul level and answer some of the big questions...

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Who are you?

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LIFE PURPOSE PATH

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LIFE DESIGN STUDIO

What do you want?

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