

GOAL SETTING – OPTIONAL EXERCISE



To help clarify what you want to achieve during the Workshops Done program, please use this document as a worksheet to record your goals. Writing your goals down is an optional activity of the program. If you do this exercise, please post your goals in our members-only Facebook group to help with accountability.

When we set effective and active goals, we achieve more and have faster results. We write down goals, to provide focus, enhance productivity, bolster self-esteem, and increase commitment. When you set a goal, clearly outline the series of steps to achieve it and to stay on track. Break down your goals into small, bite-sized pieces to help reduce any anxiety or overwhelm.

Make your goals S.M.A.R.T. – Specific, Measurable, Attainable, Realistic, and Timely. With practice, you will find that you can achieve more than you thought you could! Workshops Done is a beautiful place to believe in other coaches and to ask for support from others in the group. We are all the ripple effect of changing the health of the world. Together, we can have the business and life we always imagined.



You will see results when you take action and participate in these goals. The most important part is to do it; the key to success is action – a lot of action! Remember that failure teaches us what works and what does not work. Mistakes are a necessary step toward success when running a business. The key is to stay the course and get out of your own way. Everything you are searching for is on the other side of fear. Set clear priorities and focus on your most important task(s) each day. When you accomplish these big and important tasks, you feel like a winner. You have a surge of enthusiasm, self-esteem will rise, and you will become more creative, confident and powerful. You may feel a high from all of the endorphins!

Decide to be a successful health coach. Be disciplined and determined to achieve your goals. Working toward your goals is a continually evolving process that will involve some changes to your goals. I recommend blocking off time each week to evaluate your progress to hold yourself accountable. It may be helpful to schedule a weekly 30-minute check-in with yourself. Checking-in with yourself will be an ongoing practice until you make it a habit to make clear priorities and over-come any procrastination and negative beliefs. Resolve to do something every day to move toward your goals. Maybe set aside a certain number of minutes each day to review Workshops Done materials.



Come to a quiet place and meditate on what you want to accomplish in this lifetime? Visualize your business and your life, one month, two months, three and six months from now, a year, five years and even ten years from now. Connect to your soul and listen to your intuition for the direction of your business. See yourself as an action-oriented, successful health coach and wellness educator. You are free to create whatever you want in this world! Listen to your heart and soul with action for your business. Set deadlines to create urgency. The more specific you are, the easier it is to plan and see better results. This is your life; make it happen!

Have fun imagining being the best version of you and a successful health coach! I am excited to coach you on your journey to achieve your goals.

Name: _____

Short-Term Goals (target date could be in 2-4 weeks)

Target Date: _____

1. **Please delete this text and add your own goals here.** Add any support you may need to accomplish your goals. Be detailed to list everything you need to reach this goal and write precisely when you will work on this goal. — Mark the days and times on your calendar.
2. Example: Be “all in” for the Workshops Done course and stay current with all assignments. Work on my business development for 30-minutes each day from 12-12:30 am Monday – Saturday.
3. Example: Contact _____ venues/prospects to give workshops.

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Mid-Way Goals (target date should be a little over half-way in the program)

Target Date: _____

1. Example: Contact _____ venues/prospects to give workshops.
Follow up with prospects every ten days.
2. Add
3. Add

Final Goals (target date could be at the end of the Workshops Done Immersion Program or date beyond the program)

Target Date: _____

1. Example: Give _____ Wellness Workshops.
2. Example: Hire a virtual assistant to do _____.



Optional Exercise

What does your future hold? What do you really want to achieve in this lifetime? You are the only one that can make your dream into a reality. You may want to do this in a journal or use the space below.

What does your business and life look like six-months from now?

Date: _____ Age: _____

*do
something
today
that your
future self
will thank
you for.*

What does your business and life look like a year from now?

Date: _____ Age: _____

Ask yourself what you want to happen in the present moment. Fill in the blank for some example questions below. Where do you want to be a year from now?

1. I earn _____ a year from my health coaching business.
2. I give _____ Wellness Workshops per year.
3. I have _____ private health coaching clients.
4. I love what I do, and I do what I love!

What does your business and life look like five years from now?

Date: _____ Age: _____

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What does your business and life look like ten years from now?

Date: _____ Age: _____

THIS IS YOUR LIFE. YOU ARE THE ONLY ONE THAT CAN MAKE THESE GOALS HAPPEN!

QUESTIONS?

Post in our Facebook group at <https://www.facebook.com/groups/workshopsdone/>, and I will get right back to you.

To Access the Workshops Done Course, please go to <https://courses.workshopsdone.com/>

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