

Goal Setting Exercise

On the following pages you will find a number of questions which relate to different aspects of your life: Your Physical Environment, Your Health and Well-being, Money, Relationships and Work.

Please take your time over completing this. **Be honest with yourself.**

This is an opportunity to take stock and re-evaluate where you are in your life and set some goals for change and improvement. You may find that you are tolerating too much, or that some things have slipped - possibly for very **good reasons**. ***Don't use this review as a reason to beat yourself up; instead see which of these things you want to change or put right***

Goal setting

The purpose of this exercise is to set some clear goals for moving forward on the issues you have identified for change.

Aim high and set goals which stretch you. As you clear up more and more of your unresolved issues you will begin to find you have more time and more energy. Instead of feeling anxiety about chasing things, you'll feel more in charge and that you are making choices about how you live rather than being carried along.

Changes are not easy to make, though some will be easier than others. Many will have a strong emotional element and it may be important for you to get some coaching to help address these.

Questionnaire

Physical Environment

True Statement

- My home is neat, clean, and in good repair.
- My appliances, machinery and equipment work well.
- I live in a home that I like.
- I live in the geographic area of my choice.
- I am not tolerating anything about my home environment
- My home/personal files, papers and receipts are well organised.
- My car is in good condition (doesn't need mechanical work, repairs or replacing).

Health & well-being

True Statement

- I look after my physical health through attention to diet and exercise.
- My blood pressure is healthy
- I don't drink alcohol excessively.
- I do not smoke tobacco or other substances.
- My weight is within my ideal range
- I give myself enough sleep and rest
- My teeth and gums are healthy. (I have seen my dentist in the last 6 months)
- I have no habits which I find to be unacceptable.
- I am aware of the emotional problems I have and I am taking steps to take care of them.
- I consistently take evenings, weekends and holidays off and take at least two weeks off for holiday each year.
- I walk or exercise at least three times per week.

Money

True Statement

- I currently save at least 10% of my income.
- I pay my bills on time, virtually always.
- I have 6 months' living expenses in an account.
- I live on a budget which allows me to save and not suffer.
- All my tax returns have been filed and all my taxes have been paid.
- I currently live well, and within my means.
- My assets -car, home, possessions, are well-insured.
- My will is up-to-date and accurate.
- My earnings are commensurate with the effort I put into my job.

Relationships

True Statement

- I have told my parents, in the last 3 months, that I love them (if they are still alive).
- I have told my children (if I have any) that I love them.
- I get along well with my siblings(s).
- There is no one who I would dread or feel uncomfortable "running across".
- I have let go of the relationships which drag me down or damage me.
- I have a circle of friends/family who love and appreciate me for who I am, more than just what I do for them.
- I am caught up with letters, calls and e-mails.
- I receive enough love from people around me to feel good.
- I live life on my terms, not by the rules or preferences of others.
- I am complete with past loves or spouses.
- I have a best friend or soul-mate.

Work

True Statement

- I am doing the kind of work I enjoy.
- I am content to continue doing what I do for a living.
- I am working at the level I should be to stretch and challenge myself.
- I am fulfilling my potential at work.
- I am earning what I feel I am worth.
- I work enough hours but not too many.
- My work environment is productive and enables me to work comfortably.
- I know how I am seen at work and get enough feedback.
- I am well enough organised at work.
- I am consistently early or on time.
- I get along with my manager.
- I get along with my peers.
- I get along with the staff who I manage.
- I have no unfinished business or baggage at work.

Now make a list:

Now create a list of the ten most important priorities for change across all five categories: Your Physical Environment, Your Health and Well-being, Money, Relationships and Work.