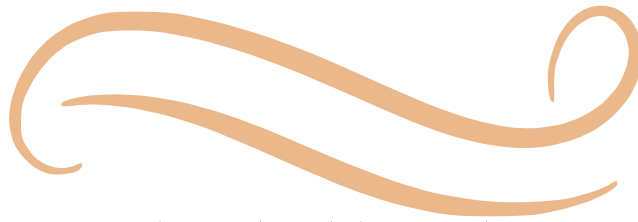


SETTING GOALS LIKE A

B.O.S.S.



CREATING.....

B
R
E
A
K
T
H
R
O
U
G
H

O
W
N
E
R
S
H
I
P

S
Y
N
E
R
G
Y

S
I
G
N
I
F
I
C
A
N
C
E



6 STEP GOAL PROCESS

01

STEP ONE

GET BRUTALLY HONEST & ASSESS

02

STEP TWO

ACTION STEP BRAINSTORMING & SWOT

03

STEP THREE

SET YOUR 90 DAY SMART GOAL & WHY

04

STEP FOUR

ACTION PRIORITY & OUTSOURCE MATRIX

05

STEP FIVE

SET YOUR DALY INTENTIONS

06

STEP SIX

FOLLOW-UP & EVALUATE



WHEEL OF LIFE

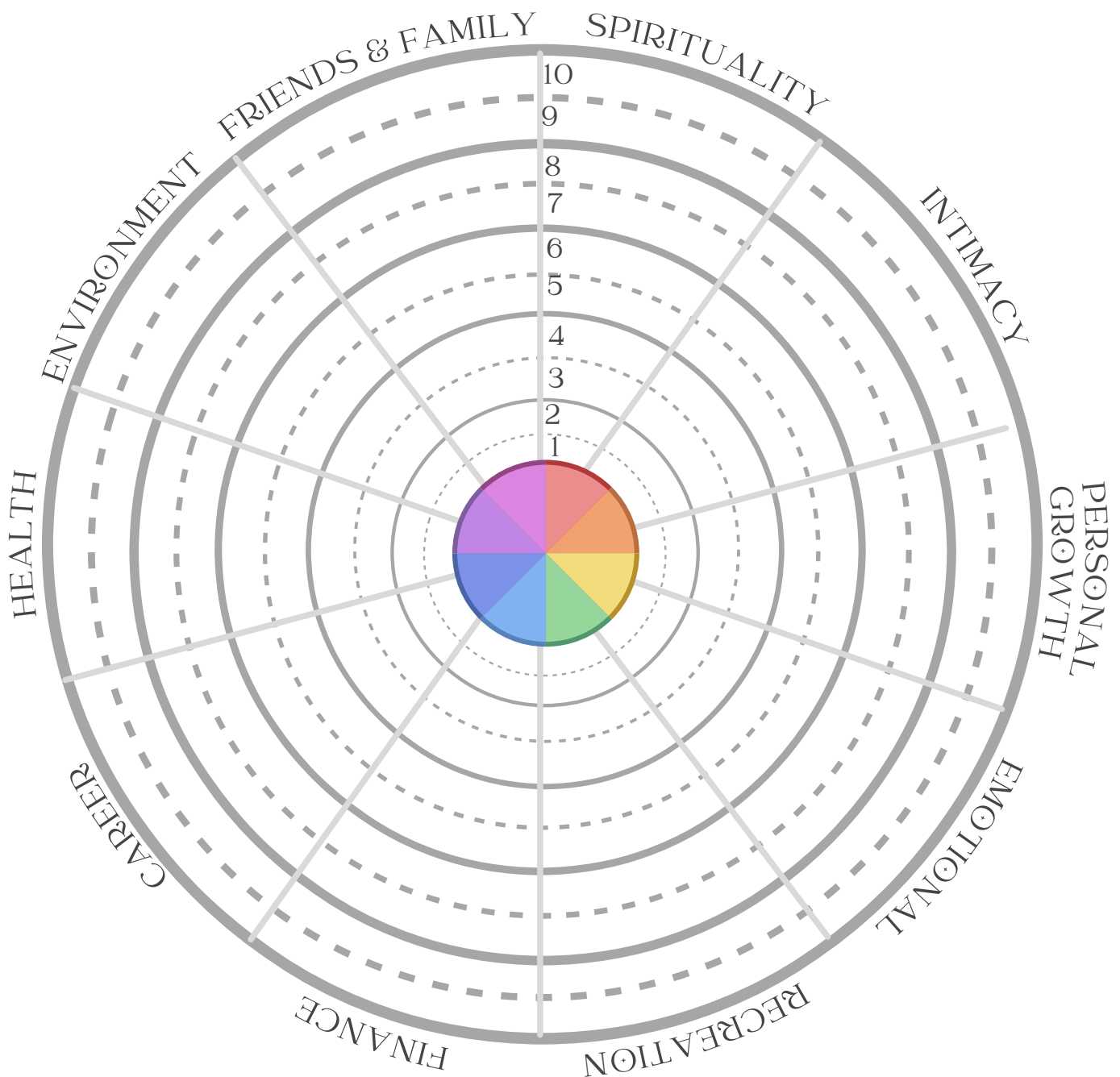
THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO KEEP YOUR LIFE HEALTHY AND BALANCED.

THINK ABOUT THE 10 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10.

***OPTION 1** - TRANSFER YOUR AVERAGED W.O.L. RESULTS FROM THE MARRIAGE W.O.L. WORKBOOK

(I.E. - IF YOU MARKED A 2 AND YOUR SPOUSE AN 8 IN A CATEGORY, THE AVG IS 5)

***OPTION 2** - THINK OF A PARTICULAR MARRIAGE GOAL AND RATE HOW EACH AREA OF YOUR LIFE IS DIRECTLY IMPACTING THAT GOAL



WHEEL

ASSESSMENT

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT ARE WE DOING WELL	WHERE WE NEED IMPROVEMENT	OUR GOALS
<i>SPIRITUALITY</i>			
<i>INTIMACY</i>			
<i>PERSONAL GROWTH</i>			
<i>EMOTIONAL</i>			
<i>RECREATION</i>			



WHEEL

ASSESSMENT

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT WE ARE DOING WELL	WHERE WE NEED IMPROVEMENT	OUR GOALS
FINANCE			
CAREER			
HEALTH			
ENVIRONMENT			
FRIENDS & FAMILY			



ACTION BRAINSTORMING

ACTION BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE HELPING
OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

OUR 1 GOAL:

STOP
DOING

DO
LESS OF

KEEP
DOING

DO
MORE OF

START
DOING



SWOT ANALYSIS

THE SWOT ANALYSIS IS A GREAT WAY TO TO IDENTIFY YOUR STRENGTHS, WEAKNESSES, WHAT YOU HAVE CONTROL OVER, AND WHAT POTENTIAL DISTRACTIONS OR THREATS MAY TRY TO GET IN THE WAY OF ACHIEVING YOUR GOAL.

	<u>STRENGTHS</u>	<u>WEAKNESSES</u>
HIS:		
HERS:		
	<u>OPPORTUNITIES</u>	<u>THREATS</u>



SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE.
USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<u>SPECIFIC</u> WHAT DO WE WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL WE KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	



UNDERSTANDING THE 'WHY' BEHIND MY GOALS

GOAL:

WHY IS THIS IMPORTANT?



WHY IS THIS IMPORTANT?



WHY IS THIS IMPORTANT?



WHY IS THIS IMPORTANT?



WHY IS THIS IMPORTANT?

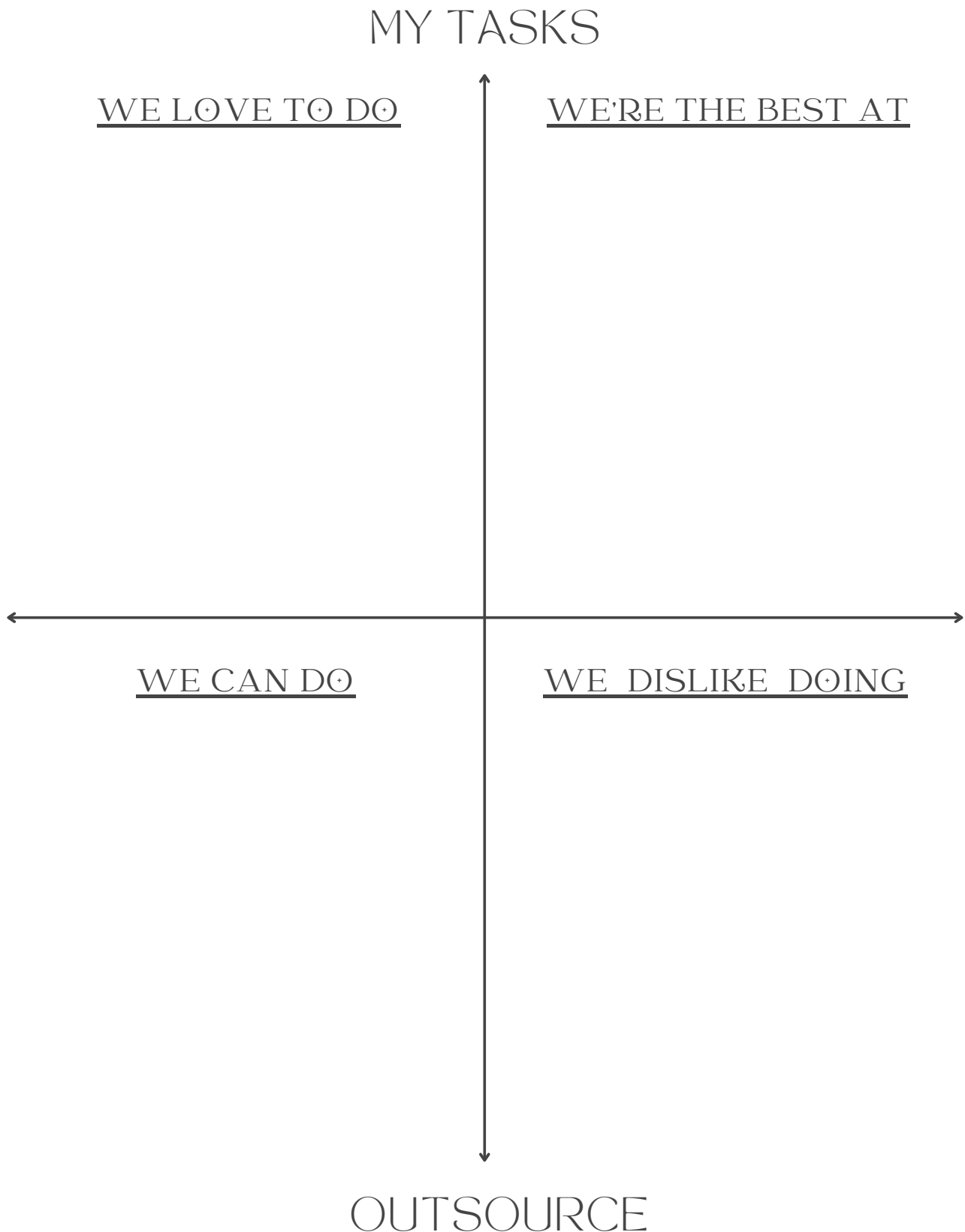


WHY IS THIS IMPORTANT?



ACTION PRIORITY & OUTSOURCE MATRIX

THE ACTION PRIORITY MATRIX IS A GREAT WAY TO VISUALISE WHAT TASKS TAKE PRIORITY OVER OTHERS, AND HOW TO BEST ALLOCATE YOUR TIME TOWARDS THEM.



SET YOUR INTENSIONS

WEEKLY GOAL AFFIRMATION

I AM GRATEFUL FOR

THIS WEEK'S TOP NEEDLE MOVERS

MIN.

01	
02	
03	
04	
05	

DAY

TIME

SCHEDULE

ATOMIC HABITS

01

02

03

04

05

06

(S)	(M)	(T)	(W)	(T)	(F)	(S)
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐



SET YOUR INTENSIONS

WEEKLY GOAL AFFIRMATION

I AM GRATEFUL FOR

THIS WEEK'S TOP NEEDLE MOVERS

MIN.

01

02

03

04

05

DAY

TIME

SCHEDULE

ATOMIC HABITS

01

02

03

04

05

06

S	M	T	W	T	F	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐



SET YOUR INTENSIONS

WEEKLY GOAL AFFIRMATION

I AM GRATEFUL FOR

THIS WEEK'S TOP NEEDLE MOVERS

MIN.

01

02

03

04

05

DAY

TIME

SCHEDULE

ATOMIC HABITS

01

02

03

04

05

06

(S)	(M)	(T)	(W)	(T)	(F)	(S)
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐



SET YOUR INTENSIONS

WEEKLY GOAL AFFIRMATION

I AM GRATEFUL FOR

THIS WEEK'S TOP NEEDLE MOVERS

MIN.

01

02

03

04

05

DAY

TIME

SCHEDULE

ATOMIC HABITS

01

02

03

04

05

06

S	M	T	W	T	F	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐



SET YOUR INTENSIONS

WEEKLY GOAL AFFIRMATION

I AM GRATEFUL FOR

THIS WEEK'S TOP NEEDLE MOVERS

MIN.

01

02

03

04

05

DAY

TIME

SCHEDULE

ATOMIC HABITS

01

02

03

04

05

06

S	M	T	W	T	F	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐



SET YOUR INTENSIONS

WEEKLY GOAL AFFIRMATION

I AM GRATEFUL FOR

THIS WEEK'S TOP NEEDLE MOVERS

MIN.

01	
02	
03	
04	
05	

DAY

TIME

SCHEDULE

ATOMIC HABITS

01

02

03

04

05

06

(S)	(M)	(T)	(W)	(T)	(F)	(S)
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐



SET YOUR INTENSIONS

WEEKLY GOAL AFFIRMATION

I AM GRATEFUL FOR

THIS WEEK'S TOP NEEDLE MOVERS

MIN.

01

02

03

04

05

DAY

TIME

SCHEDULE

ATOMIC HABITS

01

02

03

04

05

06

S	M	T	W	T	F	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐



SET YOUR INTENSIONS

WEEKLY GOAL AFFIRMATION

I AM GRATEFUL FOR

THIS WEEK'S TOP NEEDLE MOVERS

MIN.

01	
02	
03	
04	
05	

DAY

TIME

SCHEDULE

ATOMIC HABITS

01

02

03

04

05

06

(S)	(M)	(T)	(W)	(T)	(F)	(S)
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐



SET YOUR INTENSIONS

WEEKLY GOAL AFFIRMATION

I AM GRATEFUL FOR

THIS WEEK'S TOP NEEDLE MOVERS

MIN.

01

02

03

04

05

DAY

TIME

SCHEDULE

ATOMIC HABITS

01

02

03

04

05

06

S	M	T	W	T	F	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐



SET YOUR INTENSIONS

WEEKLY GOAL AFFIRMATION

I AM GRATEFUL FOR

THIS WEEK'S TOP NEEDLE MOVERS

MIN.

01	
02	
03	
04	
05	

DAY

TIME

SCHEDULE

ATOMIC HABITS

01

02

03

04

05

06

(S)	(M)	(T)	(W)	(T)	(F)	(S)
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐



SET YOUR INTENSIONS

WEEKLY GOAL AFFIRMATION

I AM GRATEFUL FOR

THIS WEEK'S TOP NEEDLE MOVERS

MIN.

01	
02	
03	
04	
05	

DAY

TIME

SCHEDULE

ATOMIC HABITS

01

02

03

04

05

06

(S)	(M)	(T)	(W)	(T)	(F)	(S)
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐



SET YOUR INTENSIONS

WEEKLY GOAL AFFIRMATION

I AM GRATEFUL FOR

THIS WEEK'S TOP NEEDLE MOVERS

MIN.

01

02

03

04

05

DAY

TIME

SCHEDULE

ATOMIC HABITS

01

02

03

04

05

06

S	M	T	W	T	F	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐



90 DAY

FOLLOW-UP

WHAT I DID WELL

WHERE I STILL NEED TO IMPROVE

SIGNATURE

DATE

COACH SIGNATURE

DATE

