

# Goal Setting

PERSONAL GOALS: WHAT DO YOU HOPE TO ACHIEVE OR IMPROVE UPON IN YOUR DAY TO DAY LIFE?

Step 1:

Make a list of all the daily habits that you currently have.

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Step 2:

Considering the list of habits you made above, what about these habits do you value and why?

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"I have learned that champions aren't just born; champions can be made when they embrace and commit to life-changing positive habits." —LewisHowes

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## Step 3:

From your list in step 1, are there habits that are no longer serving you? List these habits below and try to expand on why they no longer serve you.

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## Step 4:

Make a list of new habits that you would like to incorporate into your life and what value you will gain from them.

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“You leave old habits behind by starting out with the thought, ‘I release the need for this in my life.’ ”

- Wayne Dyer

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DAILY HABITS: WE CAN ADOPT A NEW HABIT BY PRACTICING IT FOR 21 DAYS IN A ROW

Step 5:

Choose one of your new habits and make a plan of how you will incorporate it into your day to day life. How can you carve out time each day for this new habit?

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"If you pick the right small behavior and sequence it right, then you won't have to motivate yourself to have it grow. It will just happen naturally, like a good seed planted in a good spot." —BJ Fogg