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Setting Yearly Goals

How often do you really take some quiet time to ponder the qualities, skills, and items you want to attract into your life?

If you're like most of us, chances are that you're so busy with the day-to-day that you haven't had time to plan your next week, much less the entire year!

Truth be told, it's so much easier to set goals and move toward accomplishing them if you take time to think about what you want to attract into your life. By setting goals in the areas of health, wealth, and relationships, we subconsciously work toward achieving them. Our minds open up to possibilities and we start making important strides forward.

We also *consciously* strive toward goals once we have them in mind, taking small, medium, and large steps each day.

In this exercise, you'll identify your yearly goals and how you will move toward them on both a daily and seasonal basis.

Setting The Stage

1. Create a space for some "me time" in your busy schedule. I suggest literally writing this activity in your day planner (or entering it in your digital calendar) as an important appointment not to be missed!

2. Find a quiet spot— maybe your own kitchen before everyone wakes up or a nice cozy coffee shop where you know you won't be interrupted.

3. Take some time to read through and complete the following activities while you sip some calming herbal tea or a steaming mug of coffee. Really try to enjoy yourself and the process of reflecting on your own life and goals.

Brainstorming Directions:

The purpose of this exercise is to identify 5 ideas that you can turn into yearlong goals.

- 1.** For each of the questions below, list every idea that comes to you. You may write these in the space provided, in a loose-leaf notebook, or on your smartphone—whatever is most comfortable for your process.
- 2.** Then read over your responses to the questions and circle 5 of your ideas that might work well as goals—the first 5 things that grab your attention or make you feel inspired are perfect for this exercise!
- 3.** Identify a larger goal for the areas of health, wealth, and relationships for each season of the coming year. Then come up with a task to start bringing you closer to achieving your dreams today.

Brainstorming Questions:

How do you picture yourself with perfect health? What do you look and feel like?

What types of foods do you eat and what types of exercise do you do in this ideal version of your life?

How do you picture your perfect financial situation?

How much money do you make and what type of spender and saver are you?

How do you picture your ideal marriage/relationship?

What does the “space” between you and your spouse look like? (Loving, competitive, filled with fun activities, calm, etc.)

Setting Seasonal Goals:

Looking back on your brainstorming responses, identify some short-term goals for your health, wealth, and relationships that can help you move toward the ideal version of your life.

<u>Fall Goals</u> Health: Wealth: Relationships:	<u>Winter Goals</u> Health: Wealth: Relationships:
<u>Spring Goals</u> Health: Wealth: Relationships:	<u>Summer Goals</u> Health: Wealth: Relationships:

Action Items:

Each day, you can take a big “frog” leap, a medium advancement stride, and a tiny baby step toward the ideal version of your life. By conquering these daily action steps, you will continuously move toward your goals while simultaneously attracting success toward you.

Print multiple versions of this sheet to fill out each morning or night. This will help you stay focused on your bigger and smaller goals on a daily basis.

My big frog leap today is:

My medium, momentum-building stride toward my long-term goal is:

My baby step that will help lift my vibration is:

Affirmations:

Let’s wrap up this exercise with some affirmations that can inspire us to make daily movement forward. Think of your vision and how worthy you are of achieving it, then write down a positive statement about yourself and your ability to realize your dreams.

I am worthy of my ideal life, so my action step today is:

Debriefing:

Ask yourself tomorrow morning: Was my action planning reasonable? What got in the way if I was unable to take these steps? What improvements can I make with my planning next time?