

# 2023 GOAL DESIGN WORKSHOP

## WORKBOOK



### PART 1: WHAT DO YOU WANT?

Within each of the following categories of your life, write down what you hope to one day achieve within that category. You can be specific, or general, and you can write down more than one. Feel free to add more categories relevant to you, too!

EMOTIONAL

Text

INTELLECTUAL

PHYSICAL

RELATIONAL

BUSINESS

HOBBIES

FINANCIAL

(ADD YOUR OWN!)

### PART 2: WHY DO YOU WANT IT?

For each of the aspirations above, think about why it's important to you?  
What's motivating you to achieve that?

To help, add a "so that" to each and lead into your root level WHY behind it.

## PART 3: CREATE YOUR TOP 3 GOALS FOR 2023

Out of your list of aspirations and motivations, choose 3 (from 3 different categories) to focus on for the rest of this workshop.

For each one that you choose, convert each one into a clearly defined SMART goal to achieve or SMART habit to form.

GOAL/HABIT #1

GOAL/HABIT #2

GOAL/HABIT #3

## PART 4: NEXT STEPS

For each Goal/Habit above, write down the first steps you'll need to take from here. What might be the next thing to do to get the ball rolling, or who might you need to reach out to to make things happen from here?

GOAL/HABIT #1

GOAL/HABIT #2

GOAL/HABIT #3

## PART 5: WHAT'S THE TRIGGER?

For each goal/habit that you wrote down, also write down a trigger that will activate you to continue to do what you need to do to make sure you keep going/or are reminded to take action.

GOAL/HABIT #1

GOAL/HABIT #2

GOAL/HABIT #3

## PART 6: WHO WILL SUPPORT YOU?

Finally, find someone you trust to share your goal with who may be there to hold you accountable. Write down a person who comes to mind for each of the goals/habits you have in mind.

GOAL/HABIT #1

GOAL/HABIT #2

GOAL/HABIT #3

## NOTE TAKING SPACE