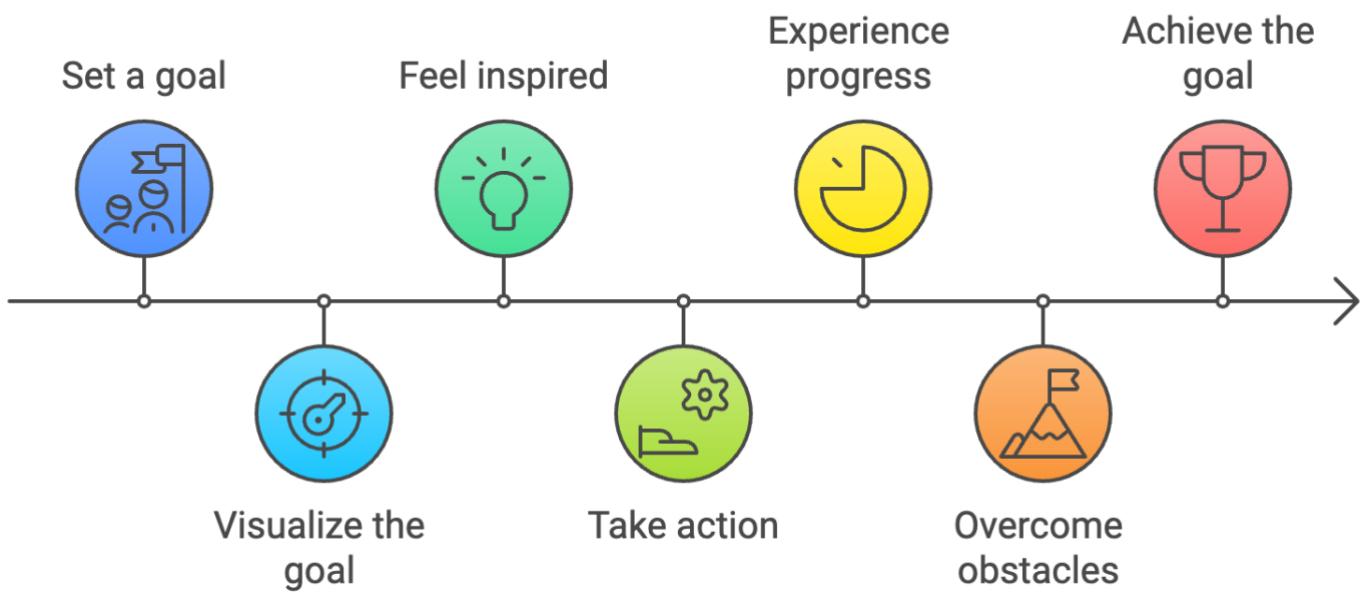


SETTING GOALS

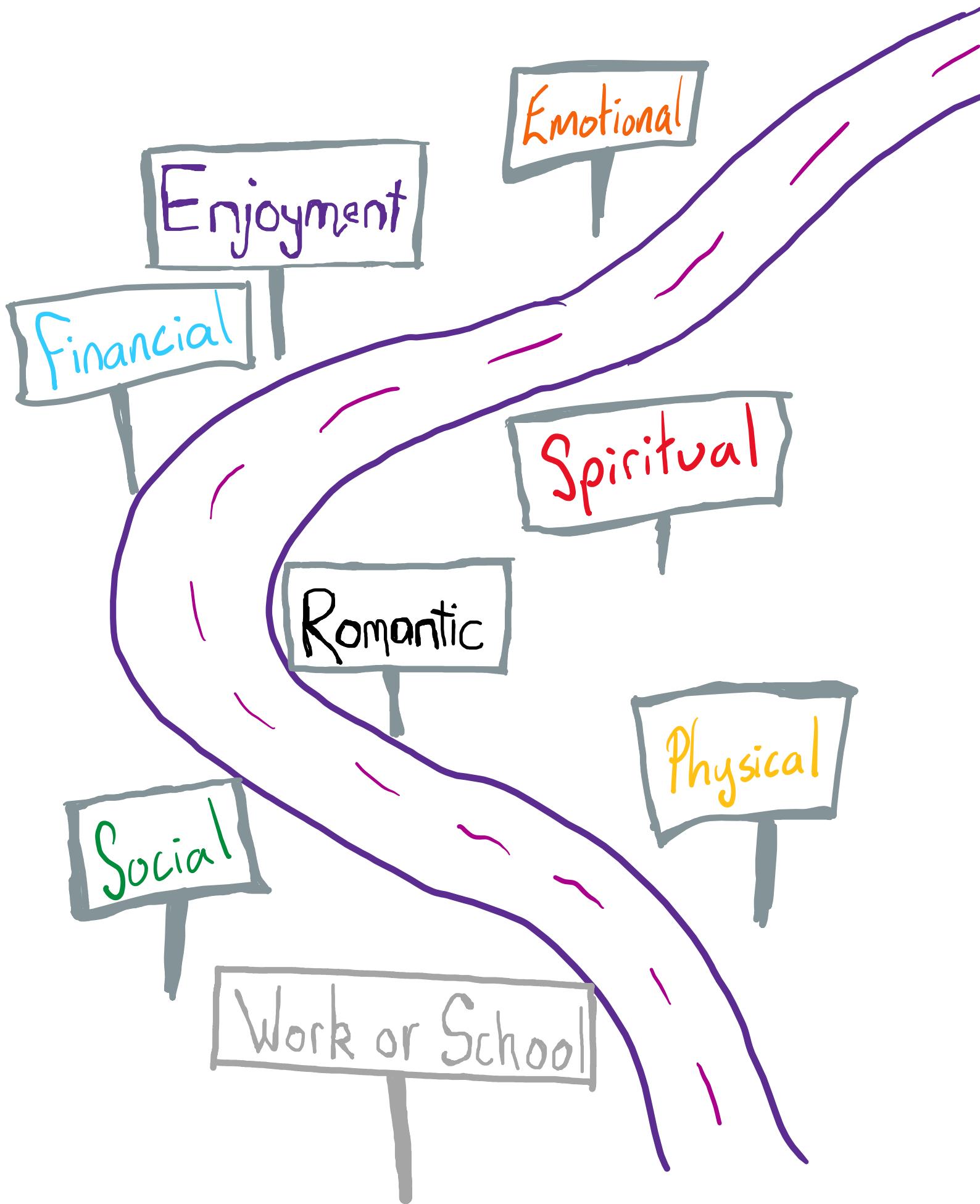
Achieve Your Goals: A Step-by-Step Guide



Setting goals is how we overcome hurdles in life and continue to move forward. Firstly, our brain paints a picture in our mind's eye, and this is an intention. When emotions are mixed with intention, the result is inspiration and a sweet state of optimism. Believe in your future more than your past and things will somehow work out. Thinking, acting, and feeling is how we change our life.

SETTING GOALS CONTENTS

Diagram.....	page 3
Defining success & examples.....	page 4
Define what success means to me.....	page 8
Physical goal.....	page 10
Emotional goal.....	page 11
Financial goal	page 12
Social goal	page 13
Spiritual goal.....	page 14
Romantic goal	page 15
Work or school goal	page 16
Enjoyment goal.....	page 17
Quote.....	page 18



Defining Success

We emerged around 2 to 3 million years ago. However, the evolutionary lineage leading to humans can be traced back even further, with primate ancestors dating back to approximately 60 million years ago. Overall, the story of human evolution is about 6 to 7 million years in the making, beginning with the divergence from our last common ancestor with chimpanzees (from Chat and Ask AI). That means that we've been evolving, you know, adapting to challenges that come our way for approximately 60 million years. Why stop evolving now?

Below are some explanations of what different types of success means.

Physical

To be physically successful is to:

- Be fit and have good health so that I can do what I want to do with my time and energy.
- Exercise every day.
- Prioritise sleep hygiene.
- Eat healthy foods.
- Deal with stress in a healthy way.

Emotional

To be emotionally successful is to be able to:

- Regulate my own emotions.
- Meditate to practice being the observer of my thoughts.
- Journal to help understand my own thoughts and emotions.
- Use strategies to help myself when I don't feel great.
- Being aware of my breathing.

Financial

To be financially successful is to:

- Earn an income.
- Have a savings plan.
- Have no unnecessary debt.
- Live within my means.

Social

To be socially successful is to:

- Be open to new experiences and people.
- Be able to regulate myself so that I can socialise without becoming irritated when others talk about topics that don't align with my own belief system.
- Be around people who have similar interests.
- Be around people who support me and my goals.
- Make new friends.

Spiritual

To be spiritually successful is to:

- Know myself.
- Know the origins of myself.
- Workout how the world works at a spiritual level.
- Find peace with how the world works.
- Find something to believe in.

Romantical

To be romantically successful is to:

- Establish a deep emotional bond with a partner.
- Have a fulfilling relationship where we are both satisfied.
- Navigate challenges and disagreements in a constructive manner, leading to growth and increased understanding.
- Commit to invest time and effort in the relationship.
- Share the same values.
- Grow together as a couple.

Work or school

To be successful at work or school is to:

- Continuously develop my skills to be able to complete my work.
- Show up each day.
- Build positive relationships with the people I spend time with and help each other when needed.
- Manage and balance my time and energy. Focus for a period of time (hours, days, weeks, months), and relax for a period of time.

Enjoyment

I enjoy situations and things when:

- I feel peaceful, excited, fulfilled, or any other positive emotion.
- Time flies by.
- I willingly set time aside for it.

Define what success means to me:

Physical

To be physically successful is to:

Emotional

To be emotionally successful is to be able to:

Financial

To be financially successful is to:

Social

To be socially successful is to:

spiritual

To be spiritually successful is to:

Romantic

To be romantically successful is to:

Work or school

To be successful at work or school means to:

Enjoyment

What do I enjoy doing with my time and energy?

Physical Health Goal

What is a physical health goal that I would like to achieve?

Motivation: Why do I want to achieve this goal?

Action Plan: How am I going to achieve this goal?

Measurable: How can I measure my progress?

When will I achieve this goal?

Emotional Goal

What is an emotional goal that I would like to achieve?

Motivation: Why do I want to achieve this goal?

Action Plan: How am I going to achieve this goal?

Measurable: How can I measure my progress?

When will I achieve this goal?

Financial Goal

What is a financial goal that I would like to achieve?

Motivation: Why do I want to achieve this goal?

Action Plan: How am I going to achieve this goal?

Measurable: How can I measure my progress?

When will I achieve this goal?

Social Goal

What is a social goal that I would like to achieve?

Motivation: Why do I want to achieve this goal?

Action Plan: How am I going to achieve this goal?

Measurable: How can I measure my progress?

When will I achieve this goal?

Spiritual Goal

What is a spiritual goal that I would like to achieve?

Motivation: Why do I want to achieve this goal?

Action Plan: How am I going to achieve this goal?

Measurable: How can I measure my progress?

When will I achieve this goal?

Romantic Goal

What is a romantic goal that I would like to achieve?

Motivation: Why do I want to achieve this goal?

Action Plan: How am I going to achieve this goal?

Measurable: How can I measure my progress?

When will I achieve this goal?

Work or school Goal

What is a goal that I would like to achieve?

Motivation: Why do I want to achieve this goal?

Action Plan: How am I going to achieve this goal?

Measurable: How can I measure my progress?

When will I achieve this goal?

Enjoyment Goal

What is an enjoyment goal that I would like to achieve?

Motivation: Why do I want to achieve this goal?

Action Plan: How am I going to achieve this goal?

Measurable: How can I measure my progress?

When will I achieve this goal?

“Your life isn’t about you. It’s about all the people you touch.”
- Vishen Lakhiani.