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Significance Coaching

W O R K B O O K

GOAL SETTING

that works

www.significancecoaching.net

A note from your coach

Wow looking back on the past few years it's no secret that they have been a challenge for all of us. The pandemic, inflation, the rise of social awareness, and other systemic issues have affected our lives in ways we never imagined. With all these events beyond our control, we're now questioning whether we want to return to the "old normal" and redefining what success means to us, on our own terms.

“Change is inevitable. Growth is optional.”

— John C. Maxwell

Leadership Expert, Speaker, Author

To those who are motivated to pursue personal growth this year, I commend you! This workbook is intended to provide clarity on your objectives, enable visualization of what's achievable, facilitate the development of sustainable habits, and ignite your true ambition. All leading to the realization of your 2024 goals and aspirations.

I trust that this workbook inspires you to set goals that elevate your 2024 experience.

With gratitude and inspiration,
Coach Christie.

About this Workbook

This workbook is intended to be the tiny catalyst that sparks a chain reaction to shape your 2024 (and beyond) for the better. It's meant to be a starting place to help you envision, choose, and act upon a goal that will impact your life for the better. Once you've committed to your goal and action plan, give yourself permission and breathing room to focus on one step at a time. It's important to celebrate yourself for making a commitment and for each small and powerful step you make on the journey.

What You'll Take Away

Bold and powerful goals that are authentic to you, action steps on how to reach them, and tools to help create the right mindset and reduce the friction towards realizing your goals.

Why This Workbook Is Different

If you're tired of traditional goal-setting approaches that only focus on action steps, this workbook is for you. It offers practical coaching tools and techniques designed to inspire a responsive, motivated mindset, aligning your thoughts and emotions with your action steps. This approach results in flow, making it easier to stay on track and achieve your goals.

How to use this workbook and our session

- Save this workbook to your computer desktop - this way your progress will be saved correctly as you complete each section.
- Print it out or leave online whatever works
- Alternately, you can print out a hardcopy and work in pencil/pen.
- Set aside at least 1 – 2 hours to work through this workbook at one time.
- Please note that the more attention you give to the steps, the more fulfilling you'll find the result.

Coaching strategies / terminology

Here are some Coaching strategies to set a foundation for this workbook. These work together to help you implement longer-lasting change.

Four strategies to help you become who you want to be. Your identity is what YOU want it to be. You have the power to choose your own path and become the person you want to be.

Here are four practical strategies to help you on your journey:

- **Visualization:** Seeing is believing. Visualization can help you overcome limiting beliefs and show yourself that anything is possible.
- **Goal-Setting:** Research has shown that breaking down your goals into manageable steps can help you stay motivated and avoid feeling overwhelmed. **Limiting beliefs:** A limiting belief is a judgement about yourself that you think / believe to be true; it restricts and binds us.
- **Limiting beliefs** are caused by a number of factors but they all stem from the same place: your brain's desire to protect you from pain in the future. These triggers can include fear, impostor syndrome, and past experiences. To fix limiting beliefs you need to first identify them, assess the accuracy (is it really true), use positive self-talk/affirmations to replace them AND practice practice practice.
- **Affirmation Statements:** Negative self-talk can hold you back. By reframing limiting beliefs with positive affirmations, you can begin to shift your mindset and take control of your thoughts.

Now that we've got these ideas tucked under our belts, let's dive in!

Let's reflect

2023 has been a wild ride. What surprised you in a good way? What were your key takeaways? Take a few minutes to write down, celebrate, and show gratitude for your biggest successes in 2023.



After reflecting, what do you want more of in 2024?



Of the things that you personally had control over in 2023, what were the most disappointing?



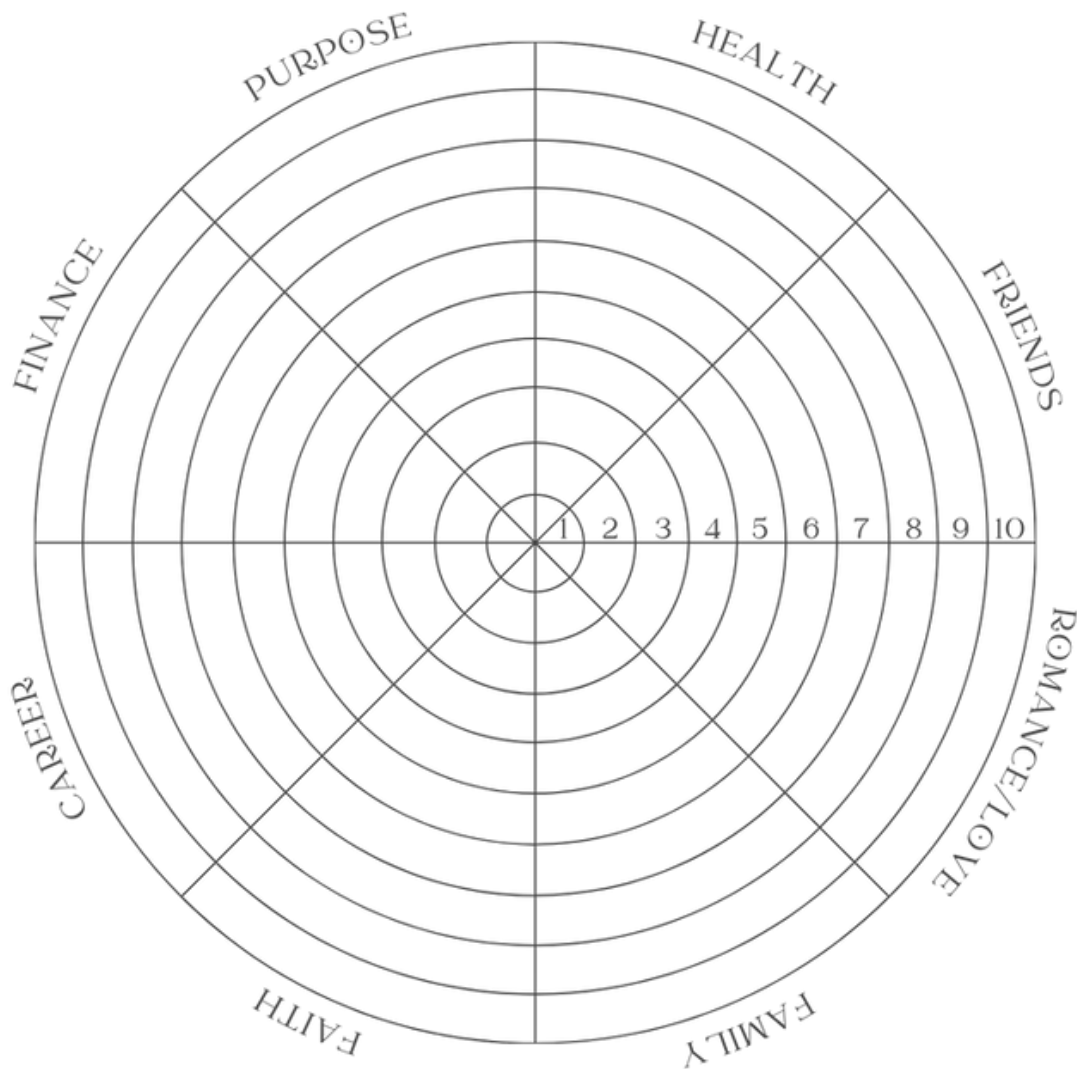
Reflecting on the above, what would you want to experience instead in 2024?



Wheel of Life

Take a moment to think about the different areas of your life: career, family, financial, spiritual, mission/purpose, home, finances, relationships/friends, and any other segments of your life that are important for you. Note them below and give each a 1-10 ranking based on how satisfied you are with each.

For example, you may rank your "Friends" area a 7 because it's mostly working well but you find yourself frustrated with finding good quality friends.



Use the space below to reflect on which areas of your life might benefit from your attention.
For example: Ask yourself if you are at a 7 in your relationship with your partner, let's say, what does a 10 look like? What do you have control over? Name one action you can do to move that needle forward

A large, empty rectangular box with a dark red border, occupying the majority of the page below the text. It is intended for the user to write their reflections on areas of their life that need attention and actions they can take to improve them.

Future Me

Imagine it's New Year's Eve 2026 - 3 years from now - and you are living your dream life. Describe this life below. Consider adding detail to fill in what's happening in the different areas of your life you identified on the previous page (Wheel of Life)



A friend/partner asks you how you achieved your dream life, and, upon reflecting, you realize a lot of it started in 2024. Looking back on how you created this dream life for yourself, what are some things you did in 2024 to get set up for your dream life in 2026?



Possible Goals

Now that you've had some time to brainstorm on the previous pages, use the space below to draft a list of possible goals you'd like to work towards in 2024. I suggest having both **personal** and **professional** goals. Write each idea down in the format of a forward-thinking positive result you'd like to accomplish. Just write, don't think.



Prioritize

Now review those goals you just wrote down above and now highlight 2-3 goals that mean the most for your life in 2024. This may require you to make some hard choices. When in doubt, ask yourself "Does this goal help me become the "future me" I truly want to be?"

Let's get specific

Now that you have your 2-3 goals for 2024 let's answer a few questions.

GOAL #1 is _____

What makes this go so important to you now:

On a scale of 1-10 rate how important this goal is to you right now. If it is not at a 10, ask yourself what it will take to get to a 10

With this new perspective, what can you do differently that would help you move forward with this goal?

How will it make you feel when you reach this goal?

GOAL #2 is _____

What makes this go so important to you now:

On a scale of 1-10 rate how important this goal is to you right now. If it is not at a 10, ask yourself what it will take to get to a 10

How will it make you feel when you reach this goal?

GOAL #3 is _____

What makes this go so important to you now:

On a scale of 1-10 rate how important this goal is to you right now. If it is not at a 10, ask yourself what it will take to get to a 10

With this new perspective, what can you do differently that would help you move forward with this goal?

How will it make you feel when you reach this goal?

Excellent Job!!

Let's talk Action Steps

What are the top 5 actions/priorities for each goal. List your goal and 5 big actions you must do to move this goal forward.

Goal #1 is _____

5 Actions needed to move this goal forward

1.
2.
3.
4.
5.

Goal #2 is _____

5 Actions needed to move this goal forward

1.
2.
3.
4.
5.

Goal #3 is _____

5 Actions needed to move this goal forward

1.
2.
3.
4.
5.

Visualize these actions

Using the power of visualization helps you make your anticipated action steps real. To the brain, practicing in your head has almost the same results as doing the actual actions in real life. Additionally, as you visualize your action steps, you are working out the kinks of how you will live these habits in real life, easing the transition to forming new habits and routines. So, reflect on: where will you perform these actions? When will you perform these actions? What time of day? Before or after what part of your current routine? What do you see?

Accountability / Tracking

How will you check in with yourself to see if you're on track with your goal or if your plan needs tweaking? How often? In what ways will you remind yourself? Would it be valuable to have an accountability partner?

GOAL #1

GOAL #2

GOAL #3

Resources / developing competence

To dominate these goals, you may require some people, events, or materials (contacts, education, equipment, etc.) to make it happen. Competence is the key to confidence! Let's jot down these requirements. How can we hunt down these resources in a creative way? Who could lend a hand?



Benefits

Why are you chasing those goals of yours? What benefits are in store for you and the world around you? Imagine how you'll feel once you've checked off each one. Go ahead, list all the fantastic outcomes of your success! These reasons will be your go-to motivators when you need a quick boost.



Possible Roadblocks

Imagine this: you're on a mission to conquer your goals, but what if you hit some bumps in the road? Maybe your environment, people, or even fate decides to put up roadblocks? It's a good idea to play out all the possible scenarios so you can brace yourself and be ready for whatever comes your way!



Preventive measures/tactics

What are some clever ways to circumvent and prevent the obstacles mentioned above?




Limiting Beliefs

When it comes to your goals, it's a wild ride of emotions! One moment you're fueled with excitement, imagining the sweet taste of success, and the next you're feeling the frustration and fear of not being good enough. Take time now to jot down some of those fears and doubts that might be holding you back from your goals. Maybe you want to land that dream job, but the thought of not being qualified or not being good enough is tripping you up. Let your mind wander and be honest with yourself. Remember, curiosity can lead to some pretty great discoveries!



Generate awareness

What emotions and behaviors are associated with this belief? How do you experience these emotions when thinking about this belief, and what actions typically follow? It's crucial to identify these patterns as the initial step towards modifying thoughts, beliefs, and actions.



New Belief / Affirmation

Transform Your Beliefs with Empowering Statements

Don't let limiting beliefs hold you back! Instead, try choosing an empowering statement about yourself that is opposite of your limiting belief. Make sure it is positive, powerful, and inspiring. No hesitation! Choose a bold and brilliant new statement about yourself that is stated in the present tense. Let the "Affirmation Inspiration" box below guide you with examples of positive language to use when creating your own statement. If your new statement feels a bit unfamiliar at first, that's a good sign! Pushing past your comfort zone will allow you to expand your belief system in a positive way.

EXAMPLES OF LIMITING BELIEFS and AFFIRMATIONS

I am not smart enough	REPLACE WITH	I am smart and successful
I am not good enough	REPLACE WITH	I am confident and resourceful

AFFIRMATION INSPIRATION

I am smart and successful.
My clients enjoy working with me
I am an impactful leader.
I am worthy of financial security.
I will honor my journey and free myself
from the expectations of others.

My life is overflowing with opportunities.
I am turning my expertise into income.
My business is growing and so am I
My mistakes do not define me
I am making a positive impact in the lives
of others.

Mindfulness

What are some ways you can be mindful and aware when you are experiencing your Limiting Belief – what will you do to move past it?



Affirmation Reminders

In what ways would you prefer to utilize your Affirmation Statement from the previous page? Would you like to apply it through post-it notes, keep it on your phone screen, journal, meditate on it daily, or any other methods? Moreover, what would it take for you to believe this statement? Finally, how do you plan to keep yourself feeling empowered and aligned with your affirmations?



Putting it all together

My 2024 GOALS from page 11-12 are:

What are the top 5 priorities/actions for each goal (pages 13-14)

I will check in on my progress by doing the following my accountability page 15

When things get hard, I will remember my benefits on page 16

I commit to preempting possible roadblocks with my tactics on page 17

I will recognize that my old beliefs are getting in the way when I feel/do this on my mindfulness page 20

When I feel/do this, I will remind myself that of my Affirmation Statements on page 19

In the event that my previous beliefs begin to outweigh my affirmations, I will revisit my affirmation reminders from page 20 and revise them.

I hereby commit to my creative and inspirational ideas above (Name/Date):

Congratulations!

A round of applause for you, my friend!

Your drive to carve out a path towards your 2024 goals is truly impressive. So, let's break out the confetti and celebrate this momentous occasion! How about a special ritual to mark the start of your journey? Maybe a dance party in your living room or a fancy dinner with loved ones? Think about who you can share this exciting news with and who can cheer you on as you crush your goals!

I'm here to help you every step of the way. Share your goals with me at christie@christielifecoach, and let's connect for a free 30-minute session. Together, we can make your dreams a reality.

Saved to Serve

Coach Christie