



The Goal Setting Workbook

Health & Style Club

WWW.HEALTHANDSTYLECLUB.COM

Goal Setting

'A goal without a plan is just a wish.'

- Antoine de Saint-Exupéry

Take a moment to dream big! Write down all of your goals, hopes, and dreams for your personal life and career.

This image shows a full page of blank handwriting practice paper. It features multiple sets of horizontal lines across the entire page. Each set consists of three lines: a solid top line, a dashed middle line, and a solid bottom line. These sets are repeated vertically down the page, providing a guide for letter height and placement. The background is white, and the lines are printed in a light gray color. There is no text or other markings on the page.

Goal Setting

From your list above, choose 3 goals that you want to make a reality in the coming year.

1 _____

2 _____

3 _____

Now think about WHY they are important to you. What will accomplishing them add to your life?

Describe yourself and your life AFTER you have accomplished your goals.

Goal Setting

How are you different? Who have you become in order to achieve your goals?

What habits do you need to change or adopt and how will this help you reach your goals?

Write a note to yourself to help keep you motivated.

Goal Setting

Goal number 1: _____

Deadline: _____

Get really specific now about what you want to accomplish:

Actions to Take

Once you have broken the goal down into baby steps, get your diary out and write down when you will accomplish each task.

What will it mean to you to accomplish this goal?

Goal Setting

Goal number 2: _____

Deadline: _____

Get really specific now about what you want to accomplish:

Actions to Take

Once you have broken the goal down into baby steps, get your diary out and write down when you will accomplish each task.

What will it mean to you to accomplish this goal?

Goal Setting

Goal number 3: _____

Deadline: _____

Get really specific now about what you want to accomplish:

Actions to Take

Once you have broken the goal down into baby steps, get your diary out and write down when you will accomplish each task.

What will it mean to you to accomplish this goal?

Goal Setting

'Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.'

- Oprah Winfrey

30 Days of Gratitude

Each day of the challenge, write down one thing you are grateful for in your life.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Finally, as a fun little exercise, try creating a vision board. You can do this online, through a vision board app, or by printing and pasting pictures to a board; whatever you prefer. Seeing a visual representation of your goals, hopes & dream, and favourite quotes will get you fired up to create the life you desire

I hope you've enjoyed this workbook and challenge. Be sure to join our Facebook group to connect with like-minded ladies and follow the Health & Style Club page for more inspiration & tips.