



GOAL SETTING WORKBOOK

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**This workbook is to be used with the Goals E-Book
The Power of Setting Goals**



GOAL SETTING WORKBOOK

Every technique in this workbook I have used and do use daily. These techniques helped me to achieve success, overcome, fears, procrastination and all the self doubts I carried. I am so happy to assist you with your journey.

Only 3% of people have written goals.

You increase your success by 1000% by writing your goals down and also creating an action plan of what you need to do to achieve your goals.

This is what this workbook was designed to help you create.

Please email me with stories of your success

With love Tessa Jetson

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What I am proud of

An important part of the goals setting process focus on success

Before you set goals it is important to recognise what you have achieved in your life.

Having success and things you are proud of triggers off success.

You may not think you have lots of things to be proud of but if you sit down and start writing you will be amazed at what you have achieved

Write as many things as you can think of that you have achieved as far back as you can remember (I have left lots a space for you to keep adding achievements)

Examples: Courses attended, things you have done for and with your family

Start each sentence with - **I am proud of\that\because\for**



GOAL SETTING WORKBOOK



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GOAL SETTING WORKBOOK



GOAL SETTING WORKBOOK

Qualities

An important part of the goal setting process is to focus on your qualities

Everyone has qualities; it is an important part of the way I set goals. You need to focus on your qualities and what you can do and have done. You need to create good feelings about yourself and what you have inside you and to expand on them.

Every time I sit down with a group of people and ask them to write 20 qualities nearly every single person says “there is no way I could write 20 qualities” this is very common. I need you to start thinking good thoughts about yourself to stop the negative self talk that creates fears, procrastination which are reasons people don’t succeed with their goals. List as many qualities you can think of

Example: I am kind, I am reliable – write everything you can think of

We need to fill your mind with every great quality that you have and keep adding to the list as you gain new qualities

Start each sentence\line with **One of my qualities is that**



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Being Grateful

To be grateful is an important part of the goals setting process

Even when I was so broke I remember I used to think how lucky my children and I were. I would say we are so blessed we have a home so many children don't have a home. I would think how grateful I am that my children are healthy. That feeling of being grateful is so important to your success. Most people focus on what they don't have, what they can't do which creates negative thoughts; you cannot reach your goals and have success with negative thoughts. There are so many wonderful things to be grateful. On cold nights I always say how grateful I am that we have heating when there are so many others that don't. There is so much to be grateful for

"Those that are grateful deserve more to be grateful for" Dr John Demartini's Mother

Example: I am grateful for my family

Start each line\sentence with ***I am grateful because\for\of***



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GOAL SETTING WORKBOOK



GOAL SETTING WORKBOOK



GOAL SETTING WORKBOOK

My Goals

Let get started writing your goals, write every single thing you want to achieve.

Then we are going to put them categories, but first just write every goal with out stopping. I want you to write them with no doubt, with excitement about what these goals, think about how your life would be when you achieve you goals write.

Remember from my E Book on Goals you need to write it on the positive, as if you have achieved and use the SMART technique (refer to the book if you need to)

Example: I am now slim and feeling healthy (not I want to lose weight or I don't want to be fat) set the goal as if you have done it and also in the positive

Setting goals this way trains your subconscious mind to attract what you want and not what you don't want. Your subconscious mind then finds the way to make this happen

A close-up photograph of a black microphone with a silver mesh grille, positioned on the left side of a black rectangular header.

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A black microphone is positioned in the top left corner of a dark grey header. A vibrant pink line starts from the bottom left, curves upwards and to the right, and then levels out towards the right edge. The text 'GOAL SETTING WORKBOOK' is printed in white, bold, uppercase letters in the top right corner of the header.

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Top 10 goals

From the above list I want you to write down your 10 most important goals.

The 10 things that will make the most impact on your life if you achieved them this year.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Number One Goal

I want you to look at the above list and choose the number one most important goal.

The one thing that will make the most impact on your life if you achieved it and fill in details below.

My goal is

The Day I will achieve my goal is

I will know I achieved this goal when

The people I need to connect with to achieve this goal

A close-up, black and white photograph of a microphone with a mesh grille, positioned diagonally in the upper left corner of the page. The background is dark, and the microphone is the central focus of the image.

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The things I need to do daily to achieve this goal

Action Plan - Number One Goal

Below write everything you need to do to achieve this goal. You need to list every detail you can think of to achieve your number goal and then tick them off as you do them. Once you have ticked off everything you need to do you should have reached your goal. You then do this with your next number one goal. This is how you work through goals.



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The secret to being successful is to firstly set your goals then create an action plan (to do lists) of what you need to do to achieve your goals then do something every single day towards your goal. You should have a daily, weekly, monthly and yearly action plan. Every night you need to write down what you need to do for the next day and start planning your weeks, months and year ahead. The golden rule is to make sure you do the most important tasks first on your daily action plan. Number them 1 being most important to 10 being least important and always

start with the most important. Good luck with your goals and please keep in touch with me with your success. I have added some extra categories for you below

Once you have a huge list of goals you can then choose to break them into

categories. You can choose as many different categories as you like, relationship,

health, travel, house, property investment. What you focus on is up to you. I have

added in this workbook the ones I have focused on most, family, career, money and

my business\career.

You can create extra categories anytime you like for now you can start with the

family, career, money and business\career as these are the major ones that we all

need to focus on. You always need action plans (to do lists) once you set the goals.

Career/Business Goals

Now look at all your goals and write down all the goals you want achieve with your business/career?

Example: *I have now expanded my business into the USA. I have just been promoted to assistant manager*

*Start each sentence with **I am\have***

A close-up photograph of a black microphone with a silver mesh grille, angled towards the top right. The background is dark and out of focus.

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Money Goals

Write down all your money goals from the list above

I am earning \$100,000 a year in my business\job

I set this goal years ago when my income was less than \$500 a week as a single mum on government payments living in housing commission. Today I earn over \$100,000. I kept writing this down and focused on this, I never wrote or thought in the negative like I don't want to be broke, I wrote I am earning \$100,000 a year.

*Start each sentence with **I am earning***

A close-up photograph of a black microphone with a silver mesh grille, positioned diagonally in the upper left corner of the page.

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Family Goals

Now look at all your goals and write down all the goals you want to achieve with and for your family. What do you want to do with your family? What is important to you?

Example: *My family and I are booked into a luxury P & O cruise for the Christmas holidays for two weeks from 5th January*

A close-up, black and white photograph of a microphone's mesh grille, angled towards the top right. The background is dark, and the lighting highlights the texture of the mesh.

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Good Luck!

Regards, Tessa Jetson.