



GOAL GETTER

INTENTIONAL GOAL SETTING WORKBOOK

By Inspired Iskwew Coaching



GOAL GETTER 2021

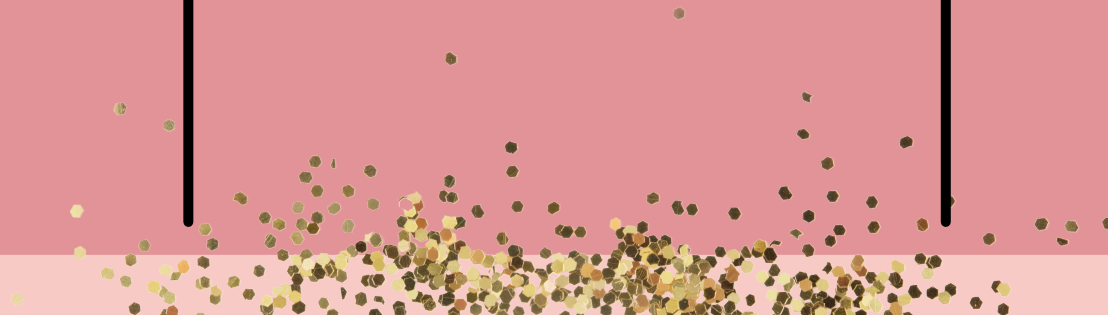
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To be successful, we need to have a clear vision of who we are and what we want to accomplish in life. Reflection is key in this process to understand and analyze ourselves. Ask yourself these questions: What was our biggest challenges? What victories did you or could you celebrate? What was our lessons/take aways from the year?

Challenges

Victories

Lessons



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Feeling words that clearly represent what you are open and ready for, as well as words that represent what you are unavailable for :

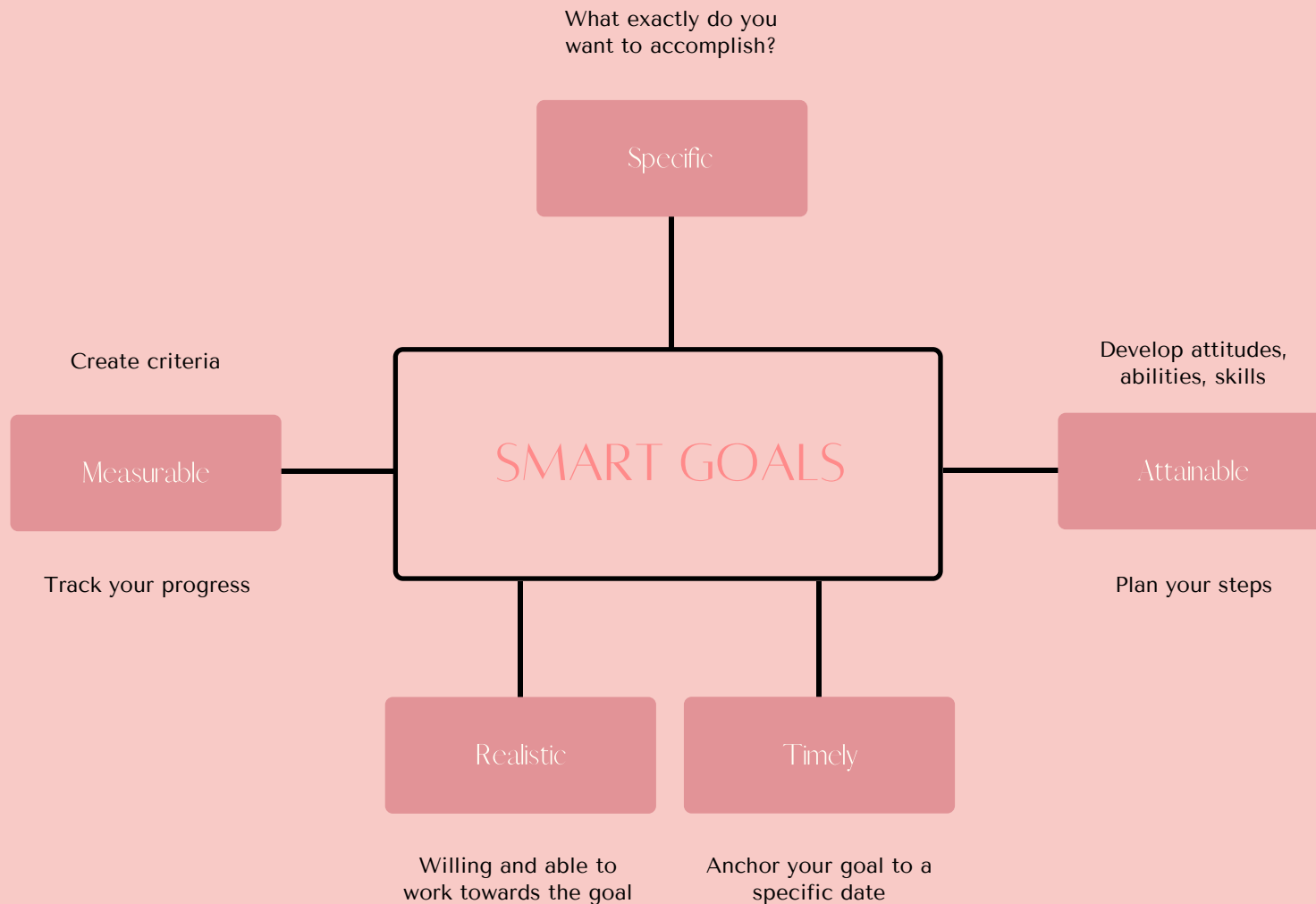
WHAT I'M AVAILABLE FOR

WHAT I'M UNAVAILABLE FOR



SMART GOAL PLANNING

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How do you want to FEEL when achieving a goal?. What actions can you take to achieve those feelings? Once you set those intentional feelings, let go and let the Universe conspire for your highest good. A great way to let go and get into a high vibe is with gratitude.

ASPIRING FEELINGS

INSPIRED ACTION

GRATITUDE LIST

Spiritual

Physical



Mental

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Emotional

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"A dream without a plan is just a wish" - Antoine De Saint-Exupery

GOALS

INTENTIONS

AFFIRMATIONS



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Daily planning for the goal getter

DAILY TO-DO LIST

DAILY SELF-CARE LIST

DAILY AFFIRMATIONS

