

OVERVIEW - GOAL SETTING

This worksheet summarises the '2021 New Year Reset' Course. The playlist can be found [here](#).

1) YOUR PILLARS - What are the foundations of a successful life to you?

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2) YOUR COMPASS POINT - The big project/current area of focus in your life

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3) MINDSETS - Keep these in mind when planning your goals

Focus on what you can control	Aim for slow and steady progress	Be your own detective
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4) PLAN - What will make the most impact on your pillars or compass point?

GOAL 1	GOAL 2	GOAL 3

5) DO - What actions/tasks could you do this week?

<i>Task/Action</i>	<i>When?</i>	<i>Task/Action</i>	<i>When?</i>	<i>Task/Action</i>	<i>When?</i>

6) REVIEW - How did you do?

	<i>What went well?</i>	
	<i>What could be improved?</i>	
	<i>Tweaks for next time?</i>	