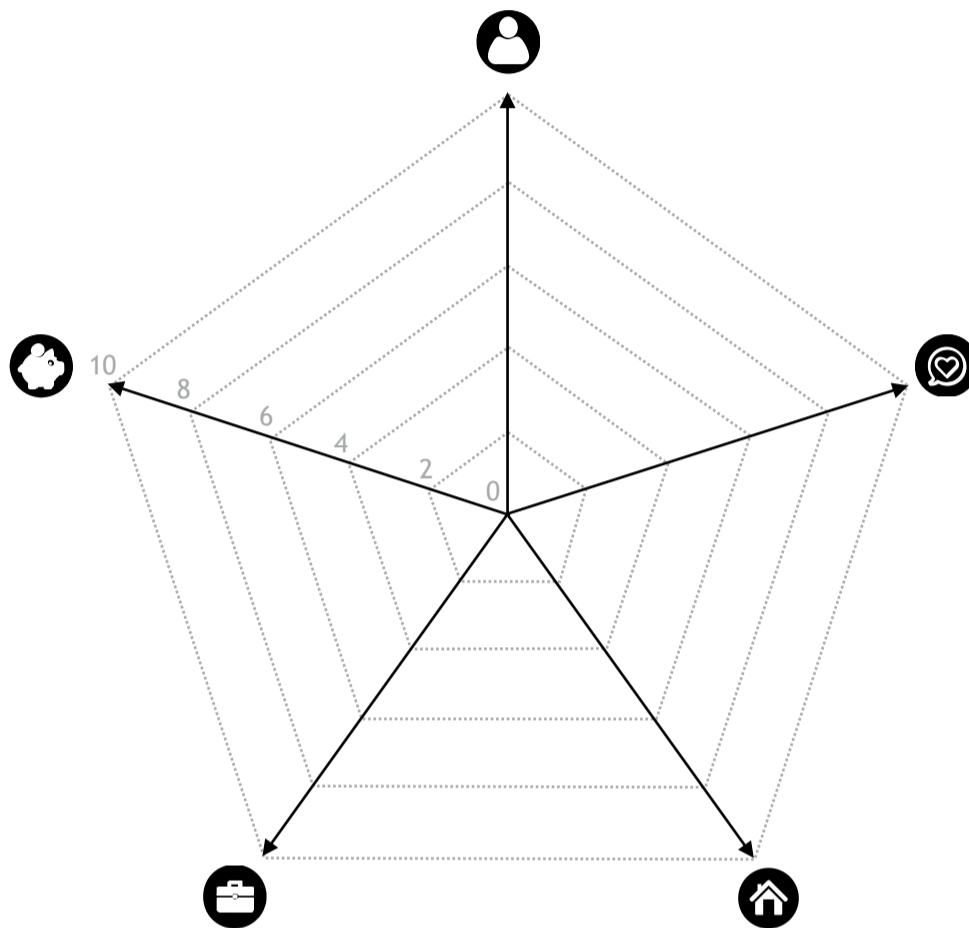


# Goal setting: Taking Stock

date: \_\_\_-\_\_\_-\_\_\_

**Step 1** Take some time to evaluate each area in your life. Answer the questions below and intuitively rate each section. With zero being completely unfulfilling and 10 your high score. Write your scores onto the spider graph below.



- Person icon Yourself** You are your most important asset in creating your dream life. How do you evaluate your own body and spirit? Think in terms of weight, appearance, wellbeing as well as peace of mind. How happy are you with yourself? Where do you see room for improvement?
- Heart icon Relationships** We humans are social beings. We are not build to live alone. How do you score in the area of personal relationships? Besides your most intimate relationship, also review your bond with family and friends.
- House icon Home** Is your home a place where you can relax and come to your senses – a retreat from the business of the outside world? Or is it filled with clutter, unfinished shores and –basically– one big mess?
- Briefcase icon Career** Do you love what you do? Are you happy with your chosen career path? Whether you are self employed, work for an organisation or unemployed: how do you rate your contribution to the world?
- Piggy bank icon Finance** Are you on your way to financial freedom? Or do you live from paycheque to paycheque? Are your personal finances causing you stress? Or can you sleep peacefully at night?

# Goal setting: Taking Stock

date: \_\_\_-\_\_\_-\_\_\_

**Step 2** Before diving into the area which needs the most improvement, go to the section with the highest ranking. Think about ways how you can improve the rating of your best scoring area even further. If you scored already a 10, think of ways on how to turn this into a 12, 20 or even a hundred. And most importantly: plan time to take these specific actions for further improvement.

**Best scoring area:** \_\_\_\_\_

**Ways to further improve your score:** \_\_\_\_\_

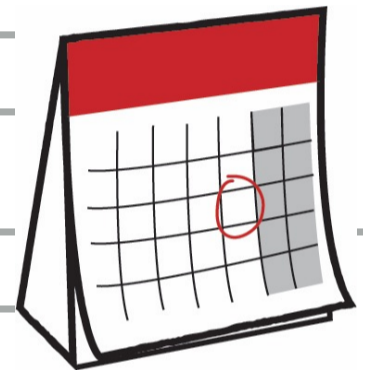
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**When are you taking action?** \_\_\_\_\_

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**Step 3** Now move onto the area that you scored lowest. If you have 2 or more areas with the same score, pick the one where you feel your attention is now needed the most. Again think about an immediate action you can take for improving your score – at least with one point, preferably more!

**Area most in need of improvement:** \_\_\_\_\_

**Ways to further improve your score:** \_\_\_\_\_

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**When are you taking action?** \_\_\_\_\_

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