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GOALS WORKBOOK



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Think about what you're trying to achieve in life. Write your goals in detail, the more detail, the clearer the picture will be when you see exactly what meeting your goals is going to be like. You will have a much better chance of achieving your goals if you write them down and attach intention and emotion to them. Write them in a way that feels comfortable for you. By writing your goals as if they've already happened, putting a date on them, describing the feeling and surroundings, and anchoring the intention and emotion to your goal, every time you think about your goal, you'll feel the joy of success or satisfaction that you get when you actually achieve it.

3. Wording of Your Goals

Choose a method that resonates with you, here are some examples:

- **Future Dated:**

“It’s Christmas 2021 and as I look around the room, I feel so proud/happy/grateful that ... etc.”

Make sure you describe both what has happened and how it makes you FEEL. This will help you anchor into the emotion.

- **Gratitude Goals:**

“I’m so happy and grateful now that...”

These goals are part of your gratitude practice. Like the previous method, they are written as if the goal has already been achieved, but the predominant emotion is gratitude.

- **SMART Goals:**

This is the traditional method, but I also want you to add emotion to it.

e.g. “Increase sales by 25% by November 2021 as measured by signed contracts. Emotion: Pride”.

Remember, it doesn’t matter which method you choose, as long as you remember to anchor in the emotion and set a conscious intention to achieve them.

Try it here:

Goal 1

Goal 2

Goal 3

Goal 4

Goal 5
