

## Goal setting planner

*"The best way to predict the future is to create it."*  
Peter Drucker

This planner will help you get clear on what you want to achieve in life by setting SMART goals.

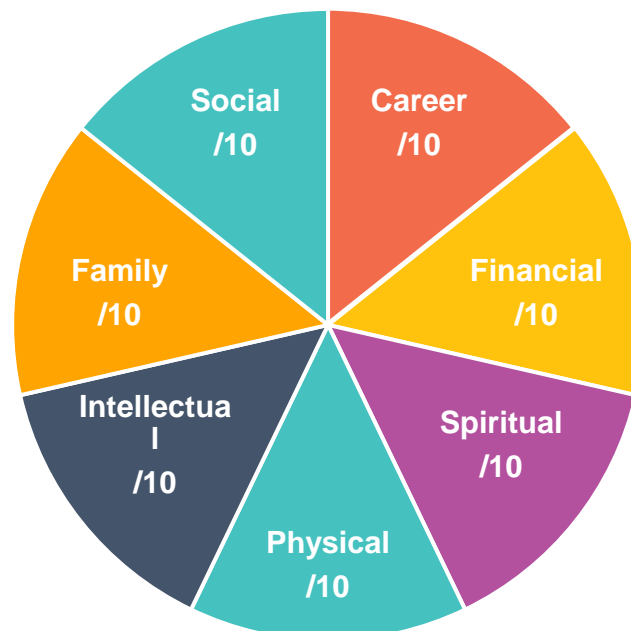
### The wheel of life

The wheel of life gives a visual representation of all the areas in your life and how balanced they are.

These seven categories are all areas to consider when setting goals<sup>1</sup>:

1. Career: Advancing your career or business objectives
2. Financial: Taking control of or improving your finances
3. Spiritual: Growing your spirituality
4. Physical: Improving your health and wellbeing
5. Intellectual: Developing your mind
6. Family: Strengthening your family
7. Social: Nurturing personal and professional relationships

**Task:** Complete the below wheel. Think about each element of your life and give each a rating from 1 to 10. 1 is 'very unsatisfied' and 10 is 'very satisfied'. This will help you visualise what may be out of balance in your life and what you might like to focus on with your goals.



<sup>1</sup> <https://www.entreleadership.com/blog/wheel-of-life>

Set your SMART goals

Based on your ratings on the wheel of life, what would you like to achieve to feel more balanced in your life? If you're feeling it's all a bit much, start small – setting anywhere between one to five may be more realistic and achievable. Even having one goal is better than none!

Life element	SMART Goal	Specific? Y/N	Measurable? Y/N	Achievable? Y/N	Relevant? Y/N	Timebound? Y/N
(Example)	Run a full marathon by the end of 2021.	Yes	Yes – 42 kms	Yes – I've got what I need to achieve it	Yes – fitness is important to me	Yes – by the end of the year.
Career						
Financial						
Spiritual						
Physical						
Intellectual						
Family						
Social						

Obstacle planner

Identify any obstacles you think you may run into along the way? How will you overcome them?

Life element	Obstacle	How will I overcome this obstacle?
(Example – Run a marathon by the end of the year)	I don't like running in the rain.	Get a raincoat! Or train in a beneficial way inside instead. That way I won't get behind in my training plan.
Career		
Financial		
Spiritual		
Physical		
Intellectual		
Family		
Social		

**Now plan those goals!**

Identify the steps you will take to achieve each of those goals.

Goal	Steps I'll take to achieve it	Timeframe