

Living in Enthusiam™

Goal Worksheets

Sample Worksheet	Pages 1 -3
Blank - 2 goals per sheet	Pages 4 -6
Blank - 1 goal per sheet	Page 7

It is always useful to put your goals down on paper . This workbook gives you some samples of goals in each area of an enthusiastic life. The details and feelings you record on this worksheet are just for you unless **you** decide to share them. It is a place where you can be honest about how things are and your deepest hopes about how they could be. When you've accomplished a goal (because of course you will!) you can look back at those initial fears and find a greater sense of accomplishment from having faced them.

These goals are only guidelines to help you get started. Feel free to get inspired and setup your own life area categories. Sometimes it is appropriate to have goals as they relate to specific issues like "marriage", "children" or "creative" but however this works for you remember the objective is to have balanced goals in each area of an enthusiastic life. To feel enthusiasm for living **all** areas of your spirit need to be nurtured. Try to avoid having multiple career goals and only one social one or similiar imbalances.

This worksheet is also not meant to be set in stone. It is perfectly reasonable to alter your goals over time as you gain more awareness of what is leading you toward your own enthusiasm for living. You will know if you feel as if you are quitting something that would really serve you.

Taking the time to do even one of these worksheets is a step in the right direction. Praise yourself for having the courage to start somewhere, no matter how "small" you think it is. Give yourself time to work through the exercise. Do not rush, but do complete what you set out to do. Get support, gain awareness and move forward!

Claiming your enthusiasm is a choice! Go for it!

Goal Worksheet

This example worksheet is sample of how you might fill one out for yourself. To start try filling out 1 goal for each life area of career, physical/health, emotional, social and spiritual. Balanced goals help us to not neglect one area of our life for another. You can also utilize the blank sheets that follow to work on one specific area in your life. Once you've defined a goal and done the writing as shown you can map out a plan for accomplishing it. In each dated box write down what you would like to have done by the end of that period. So, by the end of 30 days I would like to have read all my manuals and so forth. As always, make it work for you!

Life Area	Goal	What its like now	What I'd like it to be like	My Fears	My Hopes
Career	Pass knowledge test on SharePoint software	Knowledge is incomplete; need more training; need to feel confidence in what I do know; often feel stupid or overwhelmed	Certified SharePoint Administrator; confident in knowledge for system architecture, design & troubleshooting	I will never get this done; I won't learn fast enough; everyone else will finish before me.	I will pass the first time; I will be validated at work for my knowledge; this will lead to greater career opportunities
My Plan					
	30 Days	60 Days	90 Days	6 months	1 year
	Finish reading administration and installation manuals	Complete installation of test system I can play on to test out knowledge	Enroll in practice course series; attend at least 1 user group sessions.	Complete 3 of 6 practice courses; add advanced features to test system	Complete 6 of 6 practice courses; PASS the TEST!
Life Area	Goal	What its like now	What I'd like it to be like	My Fears	My Hopes
Physical (Health)	Loose weight and keep it off	Ongoing frustration & emotional eating; weight fluctuates; erratic workout schedule; back pain from sitting too much without exercise	Weight GONE; consistent eating and workout routines; feeling good and fitting into my cool skinny clothes	I will never get this done; I will feel unattractive and depressed which will make me eat more; I suck and have no discipline	I will SUCCEED! The weight will melt off and I will enjoy what it feels like to have accomplished something so personal and difficult
My Plan					
	30 Days	60 Days	90 Days	6 months	1 year
	Weight begins to leave; shopping & cooking for myself each Sun & Thurs; workout 3 out of 7 days each week.	Weight is half GONE; workout 4 out of 7 days; still shopping & cooking for myself each week.	Weight is GONE; workout routines happen 5 out of 7 days; alter food makeup to maintenance healthy eating.	All of 90 day goals are consistent; take a dance class	Reward myself with 3 pairs of new jeans; all previous goal are consistent; still working out with balance between weights, cardio & flexibility.

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Life Area	Goal	What its like now	What I'd like it to be like	My Fears	My Hopes
Emotional	Release sense of failure over career	I berate myself over my career failures; I compare myself to others who I think are more successful. I think I don't have a "place" anymore	I feel a sense of accomplishment about my career; I see my past situations as learning lessons; I am at peace	My guilt and negativity will keep me from moving forward; I will never again feel successful; my efforts are wasted.	Everything will work out; my career will blossom again and my work will bring me enthusiasm and a sense of purpose.
My Plan					
	30 Days	60 Days	90 Days	6 months	1 year
	Write an observation inventory of my past decisions and behaviors	Gain awareness by talking to friends; find a career mentor who has walked my path in my field.	Write a forgiveness letter to myself on my career issues; burn it at the beach; write a new goal plan for my career	Write a journal entry on how I feel about my career now; identify any nagging situations that make me feel unworthy & work the releasing process on them	Consistently completing steps on career goals from worksheets; practicing mental self discipline to not berate myself or compare myself to others; identifying my own enthusiasm daily
Social	See my friend for coffee or lunch once per month	Often too busy to see each other; conflicting schedules and long periods with only email contact; missing out on each other's lives	A sense of connectedness and continuity in our friendship; can count on each other to not miss our "dates" together; fun.	I will always be too busy and not find balance in my life; my friends will never know how very important they are to me	My closest circle of friends knows that they can count on me to be present in our relationship; they know they are important; I feel safe, supported and loved by them and they feel this from me.
My Plan					
	30 Days	60 Days	90 Days	6 months	1 year
	Write her weekly to catch her up on my life; tell her I'd like to make a standing date for lunch or coffee.	Completed 1 lunch date; writing regularly.	Completed 3 lunch dates; writing regularly	Completed 6 lunch dates; writing regularly	Completed 12 lunch dates; OK to take month off for holidays due to travel if need be; send holiday card to her telling her what a gift she is in my life.

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Life Area	Goal	What its like now	What I'd like it to be like	My Fears	My Hopes
Spiritual	Spend time in nature	I am always inside; by computers; in my car or working; I forget what the natural sunshine is like and I don't feel nourished by my environment. I'm an urban night owl.	I am daily in nature at the beach; I soak up the sunlight and the seasons; I have time to just be in nature and enjoy the feel of it around me.	This is a fantasy that will never occur and is impossible; I must sacrifice something to accomplish my goals; I shouldn't complain	I will allow balance in my life between all things; being in nature will feed my enthusiasm for living; I will never forget where I often find my higher power - outside!
My Plan					
	30 Days	60 Days	90 Days	6 months	1 year
	Spend a half an hour each Sat & Sun on my porch watching the ocean	Continue step one and add another half an hour on the sand on one day of the weekend.	Do my cardio routine outside once per week, plus steps 1 & 2	Spend one hour on the sand each weekend; visit Topanga Canyon	Visit the lake at SRF twice over the last 6 months; continue with 1-4; repeat!

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Goal Worksheet

Life Areas: Career, Physical/Health, Emotional, Social & Spiritual. Add others as you feel inspired!

Life Area	Goal	What its like now	What I'd like it to be	My Fears	My Hopes
	My Plan				
	30 Days	60 Days	90 Days	6 months	1 year

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My Plan

30 Days

60 Days

90 Days

6 months

1 year

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My Plan

30 Days

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