

*Laura Allen*  
COACHING ♦ REIKI ♦ EFT

**REASSESSING  
YOUR LIFE  
GOALS  
FOLLOWING  
A CAREER  
CHANGE**



# ASSESS YOUR LIFE GOALS

## What is important to you

Happiness comes from living an authentic life which means you need to have an understanding of what is important to you.

### Task:

Reflect and write a list of what you need to be fulfilled in the following areas: relationships, career, health, personal growth, contribution to society, spirituality/religion.

# ASSESS YOUR LIFE GOALS

## What do you want to achieve for yourself

Life is a journey and you get to set yourself new goals and challenges. When you push yourself out of your comfort zone, you create greater feelings of personal accomplishment.

### **Mantra/Mindset:**

"My vision is clear, my actions are purposeful and success is inevitable. I am empowered to create the life I desire."

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# ASSESS YOUR LIFE GOALS

**You have permission to dream big**

You know the saying 'go big or go home'... This is great for setting life goals. They are called BHAGS - big, hairy, audacious goals.

Your mindset can become your biggest hurdle... don't let it!

## **Question:**

If there were no obvious obstacles, what goal would you set for yourself?

# ASSESS YOUR LIFE GOALS

## Setting & measuring your goals

Try using SMART goals. Write your goals so they are Specific, Measurable, Achievable, Relevant, and Time-Bound.

### **Task:**

Create a written or digital 12-month plan. Break it down into quarters and set mini-goals.

Example →

# ASSESS YOUR LIFE GOALS

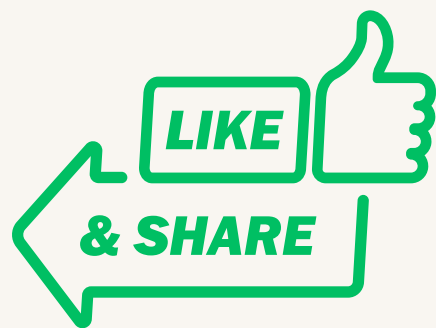
## 12 month plan

	GOALS	SMART	REFLECTIONS	ACHIEVEMENTS
<b>Q 1</b>	Goal 1...			
	Goal 2...			
	Goal 3...			
<b>Q 2</b>	Goal 1...			
	Goal 2...			
	Goal 3...			
<b>Q 3</b>	Goal 1...			
	Goal 2...			
	Goal 3...			
<b>Q 4</b>	Goal 1...			
	Goal 2...			
	Goal 3...			

# Laura Allen

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**If you found this helpful, don't forget to share it with someone you think might benefit from it too!**



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