

## Pre-Goal Setting Exercise

As you work towards setting your goals, it is a good idea to think about and answer the below questions, to help bring clarity to what your actual goals are and also to identify any potential challenges that may arise.

Set some time aside to reflect and answer the below questions.

What do I want to accomplish in the next 12 months? Why?

What new skill or hobby would I like to learn?

What new or different beliefs do I want to adopt this year?

What do I want to say No to this year? Why?

What do I want to say Yes to this year? Why?

What do I want to create time for this year?

What is the biggest challenge that will prevent me from accomplishing my goals this year? What can I do to overcome this challenge?

Do I want to contribute or give back to society this year?  
If so, how will I do this?

What will add joy/happiness to my life this year?

Do I want to enhance or nurture any relationships this year? If so, how will I do this?

Do I want to let go of any relationships this year?

Who do I want to meet this year?

What difficult questions am I not addressing or answering?

What will make the next 12 months a success?

What support do I need to achieve my goals this year? Am I willing to ask others for support?

What are the insights I gained by completing this exercise?