

# Set Goals & Take Action



Often our goals are reached through many small steps. This coaching guide will help you get clear on your goals and connected to the daily, small steps you can take to make them a reality

## **STEP 1: GET CLEAR: UNDERSTAND YOUR WHAT & WHY**

While these questions may sound basic, many times we are on the path of change but really don't understand our true intentions. Understanding the answers to these questions can help form your path for change and help you be more deliberate with the change you are making.

While the what is pretty straightforward, think of your why as your purpose for making the change. Your why is usually driven by how you want to feel. You want to feel differently than you do now which is ultimately driving you to make the change.

**1. What is my goal?**

**2. Why am I setting this goal for myself?**

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**3. How do I want to feel once I accomplish this goal?**

**4. What can I do in my daily life right now to feel this way?**

**5. What is a realistic amount of time I can spend each day on this goal? (Knowing this may vary from day to day)**

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## STEP 2: TAKE IT ONE SMALL STEP AT A TIME

With this method of goal setting, you just focus on the next right step and what needs to be done today.

The goal is to remain consistent in taking action so finding what realistically works for you is important to avoid overwhelm and burnout. Maybe 15 minutes a day is realistic, which is totally great! Just commit to something with the faith that with each step forward you are creating a momentum toward your goal being met.

So, you are going to start on your goal by only writing out the first step and then trusting once that step is done the next right step will become clear, and on and on.

### GOAL STEPS:

Today's date:

What is the first step for today?

After I've taken that first small step, what seems like the next small step to take?

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**After I've taken the next small step, what seems like the next small step to take?**

**Keep following the breadcrumbs and small steps toward your goal until it is your reality!**

## **TIPS:**

### **1. Get a journal to track your goals.**

It doesn't have to be anything fancy but have a special place to write down each goal and your daily steps. Keep track of how you're doing. Are there any blocks coming up? Write it out.

### **2. Center in thru meditation or mindful breathing.**

Allow answers and guidance to come to you by getting still. Practice each morning centering into your body by closing your eyes and taking a few deep breaths or follow one of the guided meditations on the HBH2Go Wellness page. Create some "space" within yourself for answers to come and what directions to take. The answers may not come right away but having taken the time to center in, you are creating the space for those answers to show up.