

THERAPEUTIC WRITING

To Peacefully Navigate Life's Changes



WITH YOUR MUSE,
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Goal Setting Workbook

Now, it's time to dig deep and learn more about yourself and your potential partner. Try to find a quiet place so you can spend some time reflecting on the questions.

Are You Goal Focused

1. What are three goals have you set and achieved?

2. What's one goal you set recently? Have you committed to seeing it through no matter what?

3. When you visualize the finish line (accomplishing this goal), what does that look like to you? How does it feel?

Make Room for the New Goal

1. What is one thing you're willing to give up to reach your goal?

2. Which projects will you put on the back burner until you complete this new goal?

3. Are any of your goals in conflict? If so, how can you bring these goals into harmony?

What Are You Truly Fired Up to Focus On?

1. What goals are you passionate about achieving?

2. Why do these goals matter to you so much?

3. Why will these goals take precedence over other things in your life?

Break Your New Goal into Steps

1. What's one step you can take today to bring yourself closer to this goal?

2. What tools or supplies do you need to get started with your goal?

3. Will you need specialized help reaching your goal? Who would you love to have as a coach or trainer while working toward your goal?

When You Meet Your Goal

1. How do you plan to celebrate achieving your goal?

2. What's one setback you encountered on your journey to this goal? How did you overcome it?

3. How are you going to show your gratitude to those in your community that supported you?
