



GOAL REVIEW checklist

Use this checklist to assess if your current goals are aligned with your values, spark excitement, and have a clear path to achievement.

ALIGNMENT

- Does this goal reflect my core values?
- Does achieving this goal contribute to my overall vision for the future?
- Do I truly desire this goal, or am I pursuing it because of outside influences?

MOTIVATION

- Will achieving this goal bring me a sense of accomplishment and fulfillment?
- Would I still pursue this goal even if external rewards weren't guaranteed?
- Does pursuing this goal make me feel energized and inspired?

CLARITY

- Can I define success for this goal in a way that can be measured?
- Can I break down this goal into smaller, actionable steps?
- Are there measurable milestones to track my progress?

ACTION

- Have I created a plan with concrete steps to achieve this goal?
- Am I willing to invest the time and resources necessary to achieve this goal?
- Do I feel confident in my ability to take action and overcome obstacles?



your goals await!

Congratulations on taking the first step towards achieving what truly matters to you!

Don't worry if the checklist revealed that your current goals might not be perfectly aligned with your deepest desires.

You have an amazing opportunity to uncover what truly excites and motivates you.

Do you want to refine and realign your current goals to create a more purpose-driven and fulfilling life?

Are you looking for a roadmap to help you set goals with intention?



My online program **Setting Meaningful and Intentional Goals** is designed to guide you through a powerful framework that will help you:

- ✔ Align your goals with your values and passions
- ✔ Transform your approach to goal-setting
- ✔ Craft goals that truly excite you
- ✔ Develop a clear roadmap for success
- ✔ Measure your progress and stay motivated



ARE YOU READY TO TRANSFORM YOUR APPROACH TO GOAL-SETTING AND UNLEASH YOUR POTENTIAL?

ENROLL IN THE PROGRAM