

10 GOAL SETTING QUESTIONS

To Help
You figure
Out You!



LB
Limitless Bloom

Blossom into a more balanced and happier life





GOAL SETTING WORK SHEET

“VISION”

Before you can even begin to create a single goal, you must first have a vision for yourself. Goals do not exist without “Vision” you cannot begin a journey without knowing where you’re going. **“If you think it, you can dream it and then have it”**. What are your wants and desires for your life currently?

1. List some things in your current life that you would like to work towards or adjust

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2. Why is it important for you to change you above list?

3. Describe what having a Vision means to you.



4. I would like you to create a bucket list of items below. Allow your mind to go wild!

i.e. luxury, career, travel, relationship that you want to accomplish in life etc.



"CAREER"

Are you the dreaming type? How many times have you changed your mind throughout the years. Asking yourself who and what you wanted to be?

In this section questions are geared to the career aspect of your life's vision.

5. As a child what did you want to be when you grow up?

6. What career did you want to pursue when or now that you are in high school?

7. Did your career choice change after High School? If so, what did it change to and why? (if you are still in high school has your mind changed from when you started High school?)



8. I would like for you to create a list of skills, traits or talents that YOU and OTHERS say you are good at.

i.e. Organization, multi-tasking, planning a trip parties, good with kids, public speaking, dancing, computers etc.

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9. Make a list of things you enjoy doing, it can be big or small.

i.e. party planning, working with kids, creative writing, computers, dancing etc.

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10. Match up an item from list (4) and items for list (5) that is transferable to career or work title. If you need to research job descriptions on google.

First list the Career/ job title then 2 or 3 traits/ talents under each title