**2018 REFLECTIONS**

Hello,

I am excited to have you on this growth journey.

Before moving forward with goal-setting and growth planning for the new year, it is imperative that you take some time to reflect on how you fared in the current year, 2018:

1. What new lesson(s) did you learn?
2. What did you accomplish (big and small)?
3. What is the ONE thing you would have done differently and why?
4. Would you do the same things given same opportunities and why?
5. How do you feel about your accomplishments?

**PURPOSE DRIVEN GOAL-SETTING**

Ever asked yourself this simple yet compelling question. **What is my WHY**?

Everyone has a WHY. Your WHY is simply your **PURPOSE**, that compelling force that inspires you and gives you the ability to inspire those around you.

Your ambitions and growth-planning goals should be a true reflection of your WHY.

Setting your yearly goals with your WHY at the center gives you clarity to make choices, at work, at home and in your personal life, that will help you find greater fulfilment in all areas of your life, without which your life will be filled with stress, anxiety and dissatisfaction in your personal and professional pursuits.

To benefit from this ***goal-setting and personal growth*** worksheet, personal growth because I intend for you to grow holistically and exponentially besides achieving some powerful goals, it is important to consider the “Pillars” or “Most Critical Areas” of your life using the “**Wheel of Life**” Assessment, to help you:

1. Discover areas that need growth,
2. Serve as a visual to help bring greater balance to your life
3. Serve as a framework for annual growth planning.

**EIGHT (8) PILLARS OF LIFE FOR ASSESSMENT AND GOAL SETTING**

1. Health/Fitness
2. Wealth/Finance
3. Career/Business
4. Relationships (Family/Spouse/Partner/Children)
5. Personal Development
6. Spiritual Development
7. Friends/Social Network
8. Rest/Recreation

**WHEEL OF LIFE ASSESSMENT**

## NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**WHEEL OF LIFE INSTRUCTIONS**

The 8 sections in the Wheel of Life represent the Pillars.

* Please change, split or rename any category so that it represents the areas of life that is most important to you and/or a balanced life for you.
* Next, taking the centre of the wheel as 0 and the outer edge as 10, rate your **level of satisfaction** with each area by drawing a straight or curved line to create a new outer edge (see example)
* The new perimeter of the circle represents **your** ‘Wheel of Life’.
* Is it a bumpy or smooth ride?
* **Note**: “Level of Satisfaction” represents the amount of investment put into each area as compared to the value gotten.

**EXAMPLE**

8

9

7

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4

5

8

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**GROWTH PLANNING STAGE - DESIRED STATE OF BALANCE**

Do not panic if your wheel of life seems out of balance or bumpy. You are on a growth journey!

To plan for growth and a greater level of balance in your life, here are some questions to ask yourself:

1. What number am I now?
2. What would a 10 look like for me?
3. What number could I be (realistically) by next month/next year?
4. What has caused me to be stuck in this area?
5. What do I need to do to achieve a higher level of satisfaction in these areas?
6. What action step(s) will I commit to?
7. What do I need to let go of in order to achieve more balance?
8. Who can support me as I take these new steps?
9. What structures can I put in place to ensure that I move forward?
10. What I hope to feel when I achieve my version of balance?

**SETTING SMARTER GOALS AND ACHIEVING YOUR VERSION OF BALANCE**

You are already used to the buzz word SMART (**Specific** – **Measurable** – **Attainable** – **Relevant** - **Timebound**) Goals, but I challenge you to set SMARTER (**Specific** – **Measurable** – **Attainable** – **Relevant** – **Timebound** – **Evaluative** – **Rewarding**) Goals that cut across the “Pillars” or “Most Critical Areas” of your life, aligned to your PURPOSE in 2019 and subsequent years.

SMARTER Goals examples:

1. Health/Fitness - Exercise Three Times a Week
2. Wealth/Finances - Save 30% of my Monthly Income
3. Career/Business - Attend a Career/Business Training Once every Quarter
4. Relationships - Be present at every Family Dinner or Outing with Partner and Engage
5. Personal Development - Find a Mentor and schedule Monthly/Quarterly Meetings
6. Spiritual Development - Volunteer at your local Church Three Times a Month
7. Friends/Social Network - Host a Monthly Hang-Out or Catch-Up with Friends
8. Rest/Recreation - Go for a Retreat or Take a Vacation once a Year

**5 PRINCIPLES FOR EFFECTIVE GOAL SETTING**

1. Write down the goal(s)
2. Make your goal specific and measurable
3. Identify a “goal buddy” – Accountability Partner/Coach/Mentor
4. Identify potential setbacks and challenges
5. Schedule review dates

For further clarification or to schedule a one-on-one coaching session, kindly send an email to Nkemoffonabo2@yahoo.com or book an Appointment with me via the website by clicking **here**.