



2023 Goal-Setting!



WORKBOOK

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This workbook belongs to _____

Date _____

Introduction

Welcome to your 2023 Goals Workbook! We believe goal-setting should be enjoyable, thought-provoking and meaningful. Because when we connect deeply to our goals - what we want from life - we're connecting deeply to ourselves and who we really are. This workbook is our best yet - and will help you set super-fulfilling goals for 2023.

We live busy lives full of to dos, want to dos and distractions. For many of us, making the time to ponder and really reflect on what we want from life can seem yet another thing to do. But if you're not clear on what you want, you'll end up with what you get. Without a clear direction - we end up going wherever life takes us.

And not knowing what we want also makes it hard to say "No" to others. How can we prioritise ourselves when we don't have our own things to work on, when we don't have a good reason to say no?

Having meaningful goals also gives us purpose in life. When we KNOW what we want, we can get focused and ask ourselves, "Does this move me towards my goals - or away from them?"

I believe setting great goals adds excitement and interest to our lives, offering us something meaningful to work towards. It also helps us prioritise our time on what matters most.

IMPORTANT: As you brainstorm or refine your goals you may find this workbook a little repetitive. Know that this is a GOOD thing. Whenever something comes up over and over it means it's important to you, and writing it out again reinforces this; look for patterns and use them to inform you!



Let's Get Started!

1. Create a space (block out some time) in your busy schedule.
2. Find a cosy spot (at home or a snug coffee shop - somewhere you can focus on you).
3. Complete this workbook, simply answering the questions below. NOTE: You can complete this workbook in chunks - one part at a time, as well as returning to add new ideas as you think of them.

Part 1 - Review & Preparation

Step 1 - Your 2022 Review & Highlights



INSTRUCTIONS: Write below your achievements and learnings in 2022 both personally and in your main role or occupation (whether it's your business, career, parenting or volunteering).

<p>Name Your Top 3 Achievements in 2022 <i>Big, small or in between, what are you MOST proud of?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>Name 3 Challenges You Overcame in 2022 <i>What was hard? What did you overcome? However big - or small!</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>Where Did I Have the Most Fun? <i>What did you enjoy most in 2022? This could be anything - at work, home, in life!</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p>What are you MOST Grateful for in 2022? <i>What makes, or made you happy on a deeper level? What are you glad to have in your life?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p><i>You in 2022...</i></p>	<p>What am I LEAST grateful for? <i>What made life more difficult in 2022? What took up lots of time, doesn't support you or adds stress without reward?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p>What Did I Learn about Myself? <i>For example your strengths, weaknesses, talents, beliefs, values, hopes, fears etc.</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>What New or Existing Relationships Did You Develop? <i>Who did you improve your relationship with?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>How Did I Make a Difference in the World in 2022? <i>Big or small, how did you help others/the world?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>

If you were to write a Newspaper Headline that summarized your 2022, what would it say?

Step 2 - Your 2023 Preview & Preparation

INSTRUCTIONS: Write below what you'd like to learn and achieve in 2023 both personally and in your main role or occupation, whether it's your business, career, parenting or volunteering.



<p>What Top 3 Things Do I Want to Achieve in 2023? <i>Big, small or somewhere in between, what would make YOU proud of you?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>Name 3 Challenges You Anticipate in the Year Ahead <i>What do you expect to be hard/difficult?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>Where Will I Enjoy Myself & Have Fun in my Life in 2023? <i>How will you play more at work/home/in life?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p>What do you WANT in life, but don't have? <i>What makes you happy on a deeper level, not just gives you pleasure or makes you feel better in the short-term.</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<h1>You in 2023!</h1>	<p>What do you HAVE in life, but don't want? <i>Things that; cloud your mind, take up time, aren't supporting you or perhaps add stress without a sense of reward.</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p>What Do I WANT to Grow or Learn about Myself this Year? <i>Where will you stretch and grow yourself?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>What Relationships Would I Like To Grow And Develop? <i>Who inspires, supports & encourages you?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>How Specifically Will I Make a Difference in the World in 2023? <i>Big or small, what will you create? How will you help others/the world?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>

If you were to **write a Newspaper Headline** that summarized the upcoming year, what would it say?

Part 2 -
Brainstorm
Your Ideas

Step 3 - Initial Ideas

The purpose of this brainstorming section is to come up with many goal ideas from many different angles, that could be turned into your 2023 goals. There are no limits here, so write from the heart.

When you're done, **wrap-up this step by CIRCLING 3-5 of your ideas as possible goals** - the first 3-5 things that grab you, get you inspired or excited.



1. List below everything you want for yourself and life in the next year.

*Write down ANYthing and EVERYthing you can think of, aiming for **as many items as you CAN** from big to small. Consider how you would like your life to be different in 2023. What would you like to do or have in all areas of your life: Home, Career or Occupation, Friends and Family, Fun, Finances, Learning and more!*

Step 4 - Consider Your Priorities & Vision

2. What's most important to you in life? My Top 3 Priorities are:

1. _____

2. _____

3. _____

3. Where do you want to be in 10 years?

Imagine it's 10 years from now. Remember that a LOT can change in that timeframe! Think big picture - where do you want to be, ideally? Get inspired, thinking about what is POSSIBLE, not what is probable. Finally, take a moment to really visualize it: What will your life (personally and professionally) look like, feel like, what might you be hearing?

Step 5 - Dream & Go Wild!

Let your dreamer out and go wild! Make a list of all the things you'd like to Be, Do or Have in the space below, answering each question in turn with as many things as you can think until you've filled up the page - or more!

Make a list of what could you Be, Do or Have if you:

- 1) Won the lottery and had **more** money than you needed.
- 2) Had **more** time than you needed.
- 3) Didn't care or worry what people would think (at all!).
- 4) Imagined your inner critic or judge **fully supported** whatever you choose.



* _____	* _____	* _____
* _____	* _____	* _____
* _____	* _____	* _____
* _____	* _____	* _____
* _____	* _____	* _____
* _____	* _____	* _____
* _____	* _____	* _____
* _____	* _____	* _____
* _____	* _____	* _____
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* _____	* _____	* _____
* _____	* _____	* _____
* _____	* _____	* _____
* _____	* _____	* _____
* _____	* _____	* _____
* _____	* _____	* _____
* _____	* _____	* _____
* _____	* _____	* _____

Part 3 -
Refine & Choose
Your Goals

Step 6 - Excitement Check

Working towards unexciting goals can be a hard slog - and we don't need more of that! So, let's check-in and make sure your goal ideas are exciting for you.

Are you Excited?

Write out 10 goal ideas below. To boost your happiness try to include at least:

- One goal to connect more deeply with yourself and
- One goal that is people oriented (relationship-building).

“

I measure my success based on how much fun I'm having.

Gabby Bernstein

Goal Idea

How Exciting is it?

1. _____	_____ / 10
2. _____	_____ / 10
3. _____	_____ / 10
4. _____	_____ / 10
5. _____	_____ / 10
6. _____	_____ / 10
7. _____	_____ / 10
8. _____	_____ / 10
9. _____	_____ / 10
10. _____	_____ / 10



If your Excitement Score is 8 or more – Congratulations, you have found great goals!

If your Excitement Score is less than 8, you're probably not excited enough to see it through - at least not without it feeling like a burden. Revisit your choices & ask:

- Is this a goal you really want to pursue, or is it for someone else?
- If you do really want this goal, what would make this goal's score higher?
- What needs to change so that I'm super-excited about it?"

SMART Goal-Setting Tips!

Before choosing your 10 goals for 2023 (3 Key Goals & 7 Secondary Goals), consider the goal-setting tips below.

ESSENTIAL TIP: Goals should always be stated in the *positive* ie. Focus on what you WANT eg. "I want healthy fingernails", rather than, "I want to stop biting my nails". This gives you a clear visual to work towards rather than your goal being a constant reminder of what you *don't* want!

- * Be SPECIFIC! The more specific you are, the easier goals are to achieve. For example, a goal of "More art" is hard to action. Where would you start? What does it mean? But if your goal is to "Take a weekly watercolour landscape painting class", now you have a clearer idea of what you want!
- * MEASURABLE: Your measure could be a financial amount, a percentage increase or some kind of count. For some goals and actions, the only measure is a "yes" or "no" to completion of the task, ie. you have registered your business name or taken a class. But if you don't know how to prove to someone that the goal is complete, then your goal measure is not specific enough. Tip: The test for measurability is to ask, "How do I prove I've completed this goal?"
- * ACTIONABLE: Actionable goals are those within your control ie. You can DO something about them through a number of actions - that lead to achievement of that goal. Making a goal action-oriented also encourages you to write ACTIVE and not passive goals.
- * REALISTIC: Your goals need to be realistic, AND it's important to find a balance between exciting goals that challenge you, and goals that are more easily achieved! The best goals stretch you a little. Tip: Think possibility, without limiting yourself to just what is probable...
- * TIMEBOUND: Pick a date that inspires you, but that's not so challenging that you feel overwhelmed. Tip: Different dates may also represent the relative priority or urgency of different actions ie. a goal or action that has a completion date of 31st March is likely to be higher priority than a goal with a completion date of September 30th. Tip: For each goal, you can also give yourself a RANGE of completion dates (Minimum, Target and Extraordinary).

Last Thoughts:

- * Unexpected Tip: Consider making your goal BIGGER (more exciting) and not SMALLER, because you're more likely to work towards something exciting!
- * Who are you doing it for? Be sure your goal is something YOU really want and not someone else's goal FOR you. This is especially important for new habit goals (whether starting or giving up).
- * The more a goal aligns with your values – what matters most to you - the EASIER it is to achieve. While you *can* achieve goals that don't align with your values it's usually harder and less satisfying.



Step 7 - Choose 10 Goals!

Write out each of your top 10 goals, exploring how important it is, your obstacles and the help you want or need to achieve it.

TIP: If you're struggling with a big action or goal? CHUNK IT DOWN! Ask, "What would be a great stepping stone?", "What goal could I set that would prepare me or give me knowledge or experience that will help me achieve this bigger goal?" and "What could I achieve in 3 months or year that would get me closer to my dream?"



Identify Your Top 10 Goals for 2023

My Top 10 Goals for 2023 are:	How Important is this? <i>Use your initial gut-response.</i>	How will you know you've achieved your goal? <i>How will you prove your goal is complete? What measure/s will you use?</i>	Obstacles: Where I will get in my own way: <i>Anything at all... Write whatever pops into your mind</i>	What will help me succeed? <i>Eg. support from a friend, new habits, delegating, tools or equipment etc.</i>
Top 3 Annual Goals: <i>If you did nothing else, what 3 things would make 2023 a SUCCESS for you?</i>				
1.	____ / 10			
2.	____ / 10			
3.	____ / 10			
7 Secondary Goals				
4.	____ / 10			
5.	____ / 10			
6.	____ / 10			
7.	____ / 10			
8.	____ / 10			
9.	____ / 10			
10.	____ / 10			

Part 4 -
Success Boosters
& Get Started!

Step 8 - Boost Your Success

“

Sometimes success is due less to ability than to zeal.

Charles Buxton

Understand the Why of Your Goals

So you've chosen your 10 goals for 2023! Awesome. To really get and stay super-motivated and focused, complete the BONUS Worksheet: Deeply Understand The WHY of Your Goals.

Pick a Theme that sums up your year ahead _____

Choose a Cheerleading Team

Who will help & support me? eg. Friends & Family, Partner, Gym-buddy, Colleagues. Be sure to write what you specifically need them to do to support you.

1. _____ HOW Specifically? _____

2. _____ HOW Specifically? _____

3. _____ HOW Specifically? _____

Write out how it will feel!

How will you FEEL once you've completed all (or most) of your goals? Take a moment to imagine this time next year, and describe what that feels like:



The Difference That Makes the Difference...

What is the ONE thing that will make the BIGGEST difference to you achieving your goals in 2023?

Step 9 - Start Your Engines!

What ONE thing will you do for EACH of your Top 3 Goals within the next month?

Write out just ONE action that you will complete towards EACH goal in the NEXT MONTH. This is the FIRST STEP. Break the action down into a smaller step or action until you feel you can commit to it 100%.

“

Even if you're on the right track, you'll get run over if you just sit there.

James Allen

GOAL 1 Action _____

by _____

GOAL 2 Action _____

by _____

GOAL 3 Action _____

by _____



What ONE thing will you do for the rest of your goals and by when?

When will you start work on your other goals? Choose one action for each:

GOAL 4 Action _____

by _____

GOAL 5 Action _____

by _____

GOAL 6 Action _____

by _____

GOAL 7 Action _____

by _____

GOAL 8 Action _____

by _____

GOAL 9 Action _____

by _____

GOAL 10 Action _____

by _____

Step 10 - Take Off!

INSTRUCTIONS: Use your completed worksheet to write out your Annual Goals below. Then put this goals snapshot & tracker somewhere you will see it often!

2023 Annual Goals Summary	By WHEN will you achieve it? <i>A date to aim for & inspire you, not beat yourself up with!</i>	SMART Goal Completion Measure <i>Set different goal "levels" for how you'll know each goal is complete. This could be a date, but it could also be a number eg. a count, \$ or % amount.</i>			Complete
		Minimum	Target	Extraordinary	
My Top 3 Annual Goals					
1.	Day / Mth				<input type="checkbox"/>
2.	Day / Mth				<input type="checkbox"/>
3.	Day / Mth				<input type="checkbox"/>
My 7 Secondary Goals					
4.	Day / Mth				<input type="checkbox"/>
5.	Day / Mth				<input type="checkbox"/>
6.	Day / Mth				<input type="checkbox"/>
7.	Day / Mth				<input type="checkbox"/>
8.	Day / Mth				<input type="checkbox"/>
9.	Day / Mth				<input type="checkbox"/>
10.	Day / Mth				<input type="checkbox"/>

On-Target Checks & Commitment!



How likely are you to achieve these goals in 2023?

GIVE A SCORE out of 10 for how likely you feel that you will achieve these goals in 2023: _____ / 10

If your score is 8 or MORE – Congratulations!

But if your score is LESS THAN 8:

- Your goals may be TOO challenging/big—or not exciting enough to be worth the effort...
- You may not feel connected enough to WHY you're doing it (see the BONUS worksheet).
- You may lack self-belief (an obstacle in itself).
- There may be some other blocks you haven't fully acknowledged or addressed yet.

Ask yourself, "What, that I have not yet mentioned, might stop me from achieving this goal?"

Then, ask, "What am I prepared to do about it?"

Commit to Yourself!

I am committed to achieving these goals in 2023

Signed _____

Date _____

Wrap-up

I hope this Goal-Setting Workbook helps you set more meaningful and exciting goals—and have an awesome 2023! For an *extra boost* (you'll be surprised what a difference this makes!), complete the BONUS Worksheet: Deeply Understand the Why of Your Goals!

“

Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.

Theodore Isaac Rubin

About Fierce Kindness.com

At Fierce Kindness we believe that courage and kindness is what we, and our world, need. We need courage to do the right thing, to go after what we *deeply* want and become all of who we are. And we need kindness, fierce kindness, to set boundaries, learn to love ALL of ourselves and BE in our world in a new and exciting way.

We plan to spread the word about the necessity of Fierce Kindness toward ourselves, others and our world through resources, stories, articles, inspiring and beautiful quotes and much more.

We want to change the world! But to change our world, we must start with ourselves. And so, here at Fierce Kindness, we love to help people get to know themselves deeply through worksheets and workbooks like this one!

Our goal is that you can come to Fierce Kindness any time to:

- Get inspiration and ideas for your life!
- Get tips and learn techniques to deeply connect with yourself & others.
- Get inspired to make a difference and help make the world a better place.



If you haven't already, we'd love you to [Sign up for our Fierce Kindness newsletter here >>](#)

About the author: Emma-Louise Elsey fell in love with personal development in 2003. She'd created a life that had everything she *thought* she wanted, but wasn't happy on the inside. Thinking it would help, she quit her successful career to become a life coach and moved to a new country - but she still struggled to be truly happy. Slowly she learned that self-kindness IS the answer to finding peace within - along with great courage. She realised we are ALL much braver and more capable than we realise, and believes that with Fierce Kindness, *everyone* can create a life and self they love. And she has dedicated herself to helping people do just that.

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emma-louise

Cover image of thrilled person jumping by [Roman Samborski](#) via [Shutterstock](#)

Bonus Worksheet: Deeply Understand the Why of Your Goals!

INSTRUCTIONS: Complete this bonus worksheet, answering the questions below as completely as possible to get and stay SUPER-motivated.

<i>Get Motivated!</i>	What OUTCOMES do you want from this goal? What will happen / will you be able to do once complete? How will you FEEL ?	What are the BENEFITS to you PERSONALLY & in your BUSINESS ? If you had this goal, how would your life be different?	What is the PAIN of not achieving your goal? What will & won't happen if you DON'T finish this goal? How will you feel then?	What is your BIGGEST Reason for completing this goal? Why is it so important to you? Why complete it now / this year?
Top 3 Annual Goals - in brief:				
1.				•
2.				•
3.				•
7 Secondary Goals - in brief:				
4.				•
5.				•
6.				•
7.				•
8.				•
9.				•
10.				•