

2022: Your Best Year Yet!

'Begin with the end in mind.' ~ Stephen Covey

Introduction

In this worksheet we'll show how to set better, smarter goals that will set the direction of your journey over the next 12 months. You'll then reflect on those goals to determine if they are going to you get closer to where you want to be. If not, you can readjust them and reflect on them again. You can do this as many times as necessary until you feel you've defined a goal that sets you in the right direction.

Identify themes:

Consider the following themes to provide focus for goal setting later in this exercise...

CAREER / EDUCATION FAMILY & FRIENDS FINANCIAL FREEDOM FUN & ADVENTURE
HEALTH & WELLBEING INTIMICACY PERSONAL DEVELOPMENT

How to set better goals:

Each of your goals will be an outcome goal, which is something you want to have achieved in 12 months' time, and will be based on more practical and tangible achievements. For example,

I have £1,000 minimum disposable income per month
I am renting my own workshop or studio in central London
I spend my 12 days of Christmas in New York

What makes a great Outcome Goal is one that is:

1. Stated in the present tense (I have / I am)
2. Moving towards an achievement, not away from something (e.g. become fitter vs stop smoking)
3. Describing the achievement, not the process towards that achievement
4. Achieved through multiple pathways
5. Getting you closer to living your best year yet

You can also check if each goals follows the SMARTER model:

- SPECIFIC - what is the precise and exact accomplishment?
- MEASURABLE - are you able to track the accomplishment?
- ACHIEVABLE - is the accomplishment really possible?
- RELEVANT - does it align with where you want to be?
- TIMELY - is the 12 month target fair and realistic?
- ENTHUSIAM - does the challenge feel exciting?
- RESONANCE - does the goal feel alive and present?



7 Goals You'd Like to Achieve by End of 2022

Use the numbered boxes in the left-hand column to outline the 7 main outcome goals that you'd like to achieve by the end of 2022. Use the right-hand column to imagine what has changed for you once you have achieved that goal, how has your life improved, what are you experiencing that you weren't before, what has been enhanced or what has been removed?

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