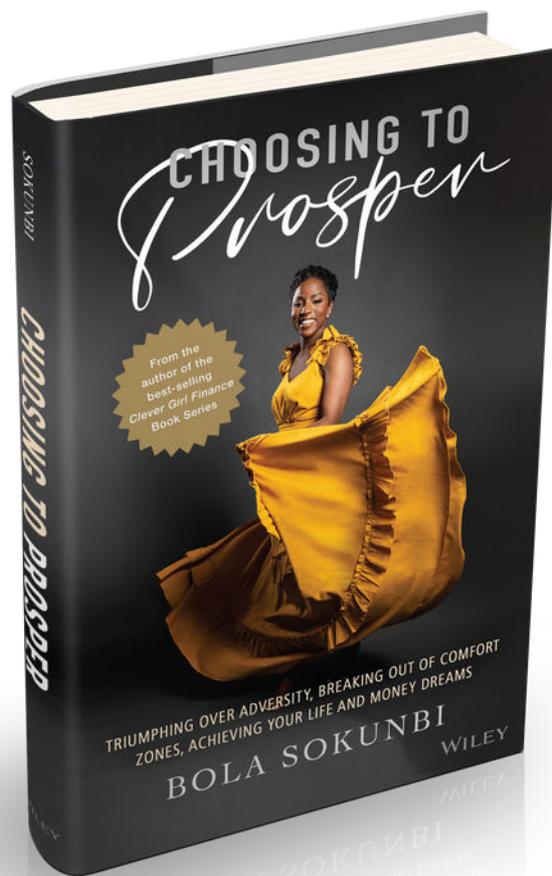


Choosing To Prosper

Goal setting workbook



Save this as a PDF and then use the "annotate feature" to add your notes!

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Intro / How to use this workbook

You can choose to prosper every day and in every aspect of your life, including your well-being, career, business, and relationships.

You can gain clarity about your goals, unpack (and possibly even uncover) parts of your past, and fine-tune your path to success in your finances, career, relationships, and other areas of your life by taking stock of your life right now and asking yourself the right questions.

Use this worksheet to help you answer key questions that will help you choose to prosper in every area of your life.

Let's dive in!



Choosing to prosper **with your finances**

When you think about your finances, what are you most proud of in the last 12 months?

What areas of your finances do you need to work on?

How do you recognize and celebrate what you've done well when it comes to your finances?

List 5 financial wins you're most proud of (No wins are too small).



Choosing to prosper **in your relationships**

What do you value most in a relationship?

What are the things you won't give up on, and what are you willing to compromise on?

Do you and your partner/family/friends have the same ideas about your goals and dreams?

If you are not on the same page how can you get on the same page or get them to respect your goals and dreams?



Choosing to prosper **in your career**

What does your ideal career look like? Are you in it?

Are there opportunities at work that you might be overlooking or haven't taken advantage of yet? List them out.

Are you getting paid what you deserve? If no, what do you need to do to change this? If yes, how can you ensure you continue?

How can you better position yourself for success at work or to achieve your ideal career?



Choosing to prosper **in your business**

What is your why for wanting to build a successful business?

What support do you need to grow your business? (Who, what)

What is your backup strategy in case it takes longer than planned to grow your business?

What key actions can you take starting today to work on your business?



Choosing to prosper **by beating imposter syndrome**

How has imposter syndrome shown up in your life, and what did you do to deal with it? (Finances, career, business, relationships etc)

Stepping out of your comfort zone is one way to tackle imposter syndrome. What positive lessons did a recent challenge that required you to step out of your comfort zone teach you?

What can you do to deal with any future feelings of imposter syndrome so you can keep working toward your goals?

How can you intentionally start stepping outside of your comfort zone to pursue your goals and dreams?



Intentionally choosing to prosper **moving forward**

What are 3 main goals you plan to accomplish over the next 12 months in each of the categories mentioned in this workbook? List them out as well as the actionable steps you need to get started.

Your finances:

- 1.
- 2.
- 3.

Your relationships:

- 1.
- 2.
- 3.

Your career:

- 1.
- 2.
- 3.



Your business:

- 1.
- 2.
- 3.

Dealing with imposter syndrome:

- 1.
- 2.
- 3.

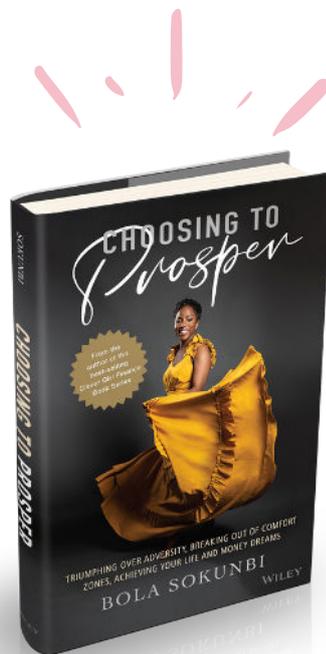
Stepping out of your comfort zone to achieve your dreams and goals:

- 1.
- 2.
- 3.

We got you!

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