



BOBBYALBERT
VALUES-DRIVEN CULTURE

GOAL SETTING WORKBOOK

STEP 1 REFLECT



FIRST, TAKE TIME TO REFLECT ON THE PAST YEAR. WHAT DID YOU ACCOMPLISH?
WHERE DID YOU GO? HOW DID YOU FEEL? WHO DID YOU ENCOUNTER?

THEN, RATE YOUR YEAR IN EACH AREA BELOW, WITH 1 BEING LOW, 5 BEING AVERAGE
AND 10 HIGH (AS MEASURED AGAINST YOUR POTENTIAL OR OPPORTUNITY)

1. SPIRITUAL

1 2 3 4 5 6 7 8 9 10

**2. HEALTH/PHYSICAL
WELL-BEING**

1 2 3 4 5 6 7 8 9 10

3. FAMILY / SPOUSE

1 2 3 4 5 6 7 8 9 10

4. WORK / CAREER

1 2 3 4 5 6 7 8 9 10

5. PERSONAL GROWTH

1 2 3 4 5 6 7 8 9 10

**6. SOCIAL/FRIENDS
/COMMUNITY**

1 2 3 4 5 6 7 8 9 10

7. FINANCIAL

1 2 3 4 5 6 7 8 9 10

STEP 2

PLAN



WHEN SETTING YOUR GOALS FOR THE COMING YEAR, IT'S HELPFUL TO ASK THESE THREE QUESTIONS:

**1. WHAT DO I WANT TO HAPPEN?
(ACCOMPLISHMENTS)**

**2. HOW WILL I KNOW IT HAPPENED?
(MEASUREMENT, FOR EXAMPLE "TO LOSE FIVE POUNDS")**

**3. WHEN DO I WANT IT TO HAPPEN?
(STARTING DATE, COMPLETION DATE)**

STEP 3

WRITE



ACTUALLY WRITING DOWN YOUR GOALS IS AN IMPORTANT STEP. THERE IS SOMETHING THAT CONNECTS US TO OUR GOALS WHEN WE WRITE THEM DOWN. SET ASIDE TIME TO THINK ABOUT THE SEVEN AREAS ON THE NEXT PAGE AND USE THE SPACE PROVIDED TO WRITE A GOAL FOR EACH AREA.

“PEOPLE WITH CLEAR, WRITTEN GOALS, ACCOMPLISH FAR MORE IN A SHORTER PERIOD OF TIME PEOPLE WITHOUT THEM COULD EVER IMAGINE.”

~BRIAN TRACY



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