



**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 THAN PEOPLE WITHOUT THEM COULD EVER IMAGINE.”***

*~BRIAN TRACY*

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2. HEALTH / PHYSICAL WELL-BEING

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4. WORK / CAREER

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7. FINANCIAL

# STEP 4 SHARE

## TELL SOMEBODY

SHARE YOUR GOALS WITH A TRUSTED PERSON IN YOUR LIFE. THIS SHARING CREATES ACCOUNTABILITY AND RECRUITS THEIR SUPPORT.

## SHARE THIS WORKBOOK



SHARE THIS LINK IN YOUR SOCIAL MEDIA POSTS  
[bobbyalbert.com/share-the-gsw](http://bobbyalbert.com/share-the-gsw)

## SHARE YOUR STORY

HOW HAS THIS WORKBOOK HELPED YOU? I WOULD LOVE TO KNOW! YOUR FEEDBACK WILL HELP ME CONTINUE TO PROVIDE WAYS TO HELP YOU. (I READ EVERY EMAIL)

YOU CAN SEND AN EMAIL TO ME BY CLICKING THE ICON BELOW.





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