

GOAL SETTING FOR HAPPINESS

Outline each of your big dream goals using the following template, adapted from an approach devised by David Lawrence Preston, author of *365 Ways to Be Your Own Life Coach*.

1. My goal is:

2. Life area:

(e.g. business/career, health, family & friends, finances, partner/romance, fun & hobbies, personal growth, physical environment, spiritual/contribution, self-image)

3. Target date:

4. Benefits of achieving your goal:

(e.g. to yourself, your family, your organisation, your community or society as a whole)

5. Action steps:

(What do you need to do in the coming days, weeks or months to work towards your goal? Include regular and one-time activities. Specify dates and deadlines.)

6. Support/resources needed:

(E.g. Who can help you? What tools, equipment, knowledge or training might come in handy?)

7. How will I know when I've achieved my goal?:

(What does success look like?)

I confirm that this is a true description of my goal, and that I am committed to achieving it.

Signature:

Today's Date:

Date for review:

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