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Fun, Deep & Effective Goal Setting



By Carl Harvey

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What's the Plan?

The objective of this exercise is to help you identify your **personal values**, and then show you how to **set goals** which reflect these values.

Setting goals that appeal to you at the deepest level gives you a **purpose** in life, and helps you to feel a **burning desire** to achieve them which propels you towards success.

For top performers, setting goals is a necessity – and today you will learn to do it like the pros do.



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What do I Need?

All you need is a pen, some extra paper for brainstorming, and a willingness to answer the questions as honestly as you can.

Remember, you're setting goals for you – not anybody else.

These exercises could take anything from 30 minutes to a couple of hours to complete. The time you invest now will be paid back many times over, so find somewhere quiet and give the exercises your full attention.

If you're not yet ready, feel free to print out this document for later.



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Do I need any Additional Info?

This workbook is designed as a companion to the goal setting articles on www.personal-development-planet.com

It may help you to have a working understanding of these articles before you begin, although it is not essential. What matters most is that you answer all the questions as truthfully as possible.

Click on the links below to open the articles.

[Personal Values Development](#)

[Quick Goal Setting in Six Simple & Serendipitous Steps](#)

[Advanced Goal Setting](#)

[Financial Goal Setting](#)



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Let's get Started...

To get the best results from this workbook, do the following:

- **Relax.** Take some slow, deep breaths, and ask your subconscious to help you out with the right answers.
- **Read the question,** and scribble down on scrap paper whatever comes to mind, even if it seems odd, audacious or unusual.
- **Keep writing!** Write until you have exhausted all answers. This is important!
- **Review your answers,** and jot the answer(s) that resonate most with you into this workbook.

Simple! Let's do this...



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Personal Values

*These questions will help you
work out what's truly most
important to you...*

1. What would you do with your life if you knew the world was going to end in a year?

2. Think of a role model, an inspiring person, or somebody you look up to. What are the top three qualities you admire in this person?



3. Jump ahead to the end of your life, when you are old and gray. What three lessons have you learned? What is most important to you now?

4. Oh dear, you're dead now. You're floating above your funeral. What do you want the inscription on your tombstone to read?



5. Who are you when you are at your absolute best?

Jot down 15-20 traits that make you the person you are. **Use lots of bright colours if you can. Spice it up a little!**



Well done – you’ve identified your values!

Use the box below to jot down any insights you have had from answering the past five questions, and to clarify your thoughts.

Here’s some prompts for you: What’s truly most important to you? What qualities do you want to have? What makes you unique? How do you want to be remembered?

My values, the things that matter most to me are:



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Goals – What do I Actually Want?

*These questions will help you to
understand your strengths,
dreams and desires better...*

1. What are you great at?

Look at yourself through the eyes of your mother, or your biggest fan! Do NOT be modest!



2. What do you love to do? What matters most to you? What makes you feel happy and at peace?

Think of your values, beliefs, past times, hobbies, loves, desires etc



3. What does your DREAM life look like?

Try to mix your passions with your strengths, but DO NOT CENSOR your answers. Be as big and bold as you like. What does your dream job, spouse, house, bank account, health, hobbies and friends look like? INDULGE!



4. Why do you want this life?

Try to understand yourself fully. You want to be rich? WHY? You want to run your own business? WHY? You want a fast car? WHY? WHY? WHY? WHY?!?!

5. What is your Unique Value Proposition? What are you better at than anyone else?

How could you combine all of your desires, skills and beliefs into a unique offering that provides real value to other people? Brainstorm some ideas here, and pay attention to your instincts... They're normally right...



6. How much money do you want to earn in your life? How much do you want in savings / investments / property when you retire?

7. And what do you love to do so much that you'd do it for free?
If you were a multi-millionaire, what would you do with your free time?



8. What skills do you want to master in your lifetime?

These could be public speaking skills, a sport, a martial art, a language, mastering your temper... Anything!

9. What do you want to give back to the world?



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Now for two Big Questions...

10. What would you do if you were **absolutely guaranteed to succeed**?

If I were absolutely guaranteed to succeed, I would:

11. If you could do anything or achieve anything, what would it be?

If I could do or achieve anything, I would:



Making your Dream a Reality...

Using your answers from all the previous questions as guidance, write down three goals for each of the following areas of your life, as well as one HUGE goal that would require you to grow massively as a person to achieve.

NB – Write your goals down as if they had ALREADY BEEN ACHIEVED.

Example

Career

1. I work for myself running a well-loved personal development website
2. Personal Development Planet is the #1 self-growth resource in the UK
3. I help 10,000 people a week to improve their lives

HUGE GOAL: I travel around the world sharing my knowledge with thousands of ambitious people, and am seen as a world expert in the field of personal growth. I love my work and am helping to facilitate a personal development revolution!



Now, write down your own goals for 7 Key Areas

Career

- 1.
- 2.
- 3.

HUGE GOAL

Money

- 1.
- 2.
- 3.

HUGE GOAL



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Physical Health & Fitness

- 1.
- 2.
- 3.

HUGE GOAL

Recreation, Hobbies and Fun

- 1.
- 2.
- 3.

HUGE GOAL



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Relationships with Family, Friends and Partner

- 1.
- 2.
- 3.

HUGE GOAL

Personal Goals – whatever you like

- 1.
- 2.
- 3.

HUGE GOAL



Legacy – what do you want to leave behind?

- 1.
- 2.
- 3.

HUGE GOAL

That's it!

You now have 4 goals for each key area of your life. Now just **stop for a moment** and imagine what your life would be like if all 28 of these goals had come true?

Play with the picture in your head, **feel the feelings** and indulge yourself whilst visualising your dream life.

Not a bad thought, ay?!!



Now, Sanity Check your Goals

Hopefully, you now have some big goals that will truly push you – and fulfil you.

Before you set off on achieving them, let's check the sanity of them. Now, this doesn't mean asking if they are *realistic* enough, for I genuinely believe we should reach for the stars and not stop until we get there. Aim as high as you like!!

What I mean is:

- Read your goals through. Do they excite you? Do you REALLY want this?
- Read through your values again. Do your goals compliment your values?
- Are you willing to do whatever it takes to succeed?

If you answered “yes” to all, you now have a blueprint for your life... Congratulations!



Next Steps...

For all of your 28 goals, write down **three steps you can take to bring them closer to fruition.**

These don't have to be big things – any step in the right direction is a positive move.

Then, **start moving towards them!**

As Jack Canfield rightly says, if you do 5 things every single day that take you closer to your goals, you cannot help but hit them!

You won't hit your goals overnight, but living with a deep purpose and a burning desire to succeed makes for a fulfilling, enjoyable and super-fun life! If you take baby steps, you will inevitably succeed.

On that note, good luck to you... **And Viva La Personal Development Revolution!**



About the Author

Carl Harvey is the founder of [Personal Development Planet](http://PersonalDevelopmentPlanet.com).

A former manic-depressive law graduate and corporate salesman, Carl quickly turned his life around with the help of personal development – by learning to set goals, visualise success, and by practicing techniques like NLP.

Thanks to the techniques shared on his website, Carl has set up his own business, doubled his income working just three days a week, lives in his dream flat in London and is happy as Larry (most days!) As such, he decided to start a **Personal Development Revolution** – with the aim of convincing thousands of people globally to follow a similar path to prosperity and happiness.

[Subscribe to Personal Development Planet](http://PersonalDevelopmentPlanet.com) today and learn to take charge of your life and emotions, and get on the road to success.

Viva La Personal Development Revolution!





Recommended Resources & Inspiration

Websites

[Personal Development Planet](#). Naturally! Full of free articles to inspire you to chase the life of your dreams.

[Steve Pavlina's Blog](#). Brilliant and insightful self growth articles.

[Zen Habits](#). Powerful articles for simpler, stress-free living.

Books

[Change Your Life in 7 Days](#) by Paul McKenna. Cracking introductory book to personal development, with great goal setting and visualisation exercises, and plenty of NLP. Comes with a free hypnosis CD. [Click here for UK readers](#).

[The Success Principles](#) by Jack Canfield. A powerful book that shows you a proven formula on how to attract and generate success in your life. Highly recommended as best all-rounder. [UK readers here](#).

[Think and Grow Rich](#) by Napoleon Hill. A tried and tested classic that teaches you how you need to think about money in order to get lots of it. Perfect for anyone trying to create financial abundance. [UK readers](#).

Products

[Binaural Beats](#) are scientifically proven to lower your brain activity, allowing you to meditate and visualise with ease. Great for reducing stress, clearing your head and seeing your dream future. [Learn more here](#).