



GOAL DIGGER

SUCCESS WORKBOOK

2022

HOW TO USE

INSTRUCTIONS

DIRECTIONS

SAFETY VIDEO

Welcome to The Evolve Goal Digger Packet. To get the most out of this workbook please ensure the following:

Please only fill this workbook out on a tablet or computer. It's lengthy and will require allotted time to fill out as openly and honestly as possible.

Please save your progress along the way, whether it's Mercury Retrograde or Thursday, things happen, and we don't want you to lose your work.

Please be honest with your answers, this workbook was curated to ensure we get clear on your goals and intentions.



your VISION & GOALS

THE PRACTICE OF SETTING YOUR VISION & GOALS

Setting a 10-year vision and the goals that support it allows you to create a clear picture of an ideal future and what it takes to get there. Jumping 10 years into the future inspires you to dream big because it removes the constraints of time, money and knowledge. Creating goals from your vision allows you to make a plan for achieving your ideal life. Get ready to step into the world of possibility and to create your future!

THESE WORKSHEETS WILL:

- support you in getting clear on what you want in your life
- assist you in determining how personal, health and career show up in your life
- allow you create a picture of who you are and what you'll have achieved in the next 10 years
- invite you to write a draft of your vision - an exciting glimpse into your future
- support you in writing goals that link up to your vision



MIND MAP

This is a simple, yet powerful exercise. In order to set goals in health, personal, and career it's helpful to know what each of these domains of your life mean to you. This will support you in clarifying what will be important to include in your vision & goals.

Within each circle, answer the questions:

- What is ideal in my health/personal life/career?
- What does health/personal/career mean to me?
- What words come up when you think of each area?

Three large, empty circles are arranged horizontally across the page. Each circle is outlined in a thin, gold-colored line. These circles are intended for the user to write their answers to the questions listed above.

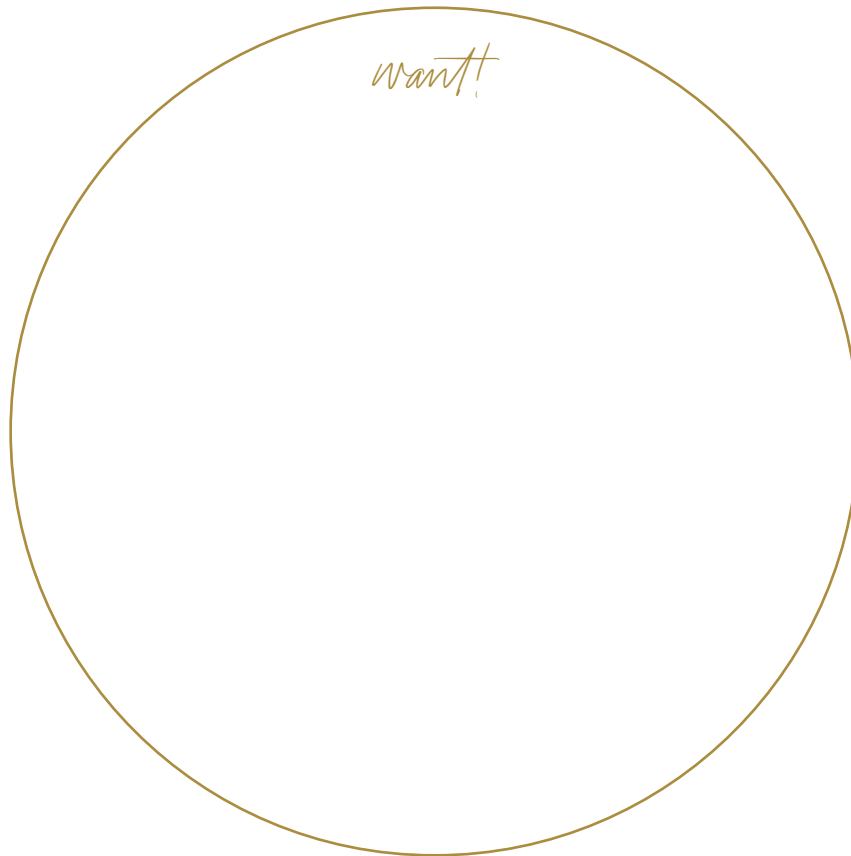
health

personal

career

WHAT DO YOU WANT?

The law of attraction causes us to attract the things that we are thinking about into our lives, it is important to know what we want! Use this simple exercise to get clear. **Place what you do want in life inside the circle. Place what you don't want outside of the circle.** This will help you focus on what is important for you to have in your vision & goals. *Consider what you want in: health, career, contribution, family, relationships.*



want!

don't want!

don't want!

your 10 YEAR VISION

Writing a vision authentic to you takes time and practice, so be generous and let go of needing it to be perfect the first time. Try out different ways of writing your 10-year vision-just the facts, a story of your day 10 years in the future, a party where people are acknowledging you-there's no wrong way to write YOUR vision.

You'll know that you're heading in the right direction when you are excited and nervous reading it. Don't forget to take a look at the work you've completed already on the previous worksheets. These exercises connect you to who you want to be and what's important for you 10 years in the future. Write your first draft on the next page.

YOUR VISION:

- is based on the idea that in ten years ANYTHING IS POSSIBLE
- articulates your greatest ambition
- supports you right now in making choices that lead you to your exciting future life
- can be changed by you at any time, it's yours
- is not what other people want for you. It is what you want for you



WHO AM I IN 10 YEARS?

In 10 years I am _____ years old.

In 10 years I feel

In 10 years I am

In 10 years I contribute by

In 10 years my achievements include:

In 10 years I've experienced

In 10 years I love

In 10 years I'm surrounded by

In 10 years I'm a point of inspiration and influence for:

In 10 years I'm helping to bring into the world



my vision

WHAT DOES YOUR LIFE LOOK AND FEEL LIKE IN 10 YEARS?



NOW WHAT?

The practice of setting your vision & goals is just that: a practice. You will find that your vision expands as you practice the art of removing perceived constraints (“I don’t have the money/time/knowledge”) and get more connected to what you truly want. Your goals will become more courageous and scary-exciting.

- Share your vision & goals with your friends and family – ask them to support you.
- When making a decision, ask yourself if your choice leads you closer to, or further away from your vision.
- Take a look at your 1-year goals. This is where ALL the action happens. What you could do this week to move closer to a goal? Schedule it in now.
- Stay present to enjoying the journey along the way.



GARNISH YOUR PERSONAL GROWTH *challenge*

Select 1 book from this reading list to complete prior to the new year.

The Confidence Code

Girl on Fire

The Path Made Clear

Grit

You Are a Badass

Atomic Habits

Feeding the Soul

The Mountain is You

Green Lights

*The Subtle Art of Not Giving a Fu*k*

The 5 Second Rule

*UnFu*k Yourself*

