
Goals with Soul



List 10 things you love doing

List 5 hobbies you used to enjoy

List 5 classes you would love to take if time and money did not hold you back.

List 5 things you want to do before you get too old

From the list(s) above, circle at least two things that you'd like to add to your goals. It could be as small as taking some time to get your nails done or pick up the guitar. Look for windows of time just for you, and use them in small creative acts.

Instead of looking for big blocks of time to be free, find small bits of time instead.

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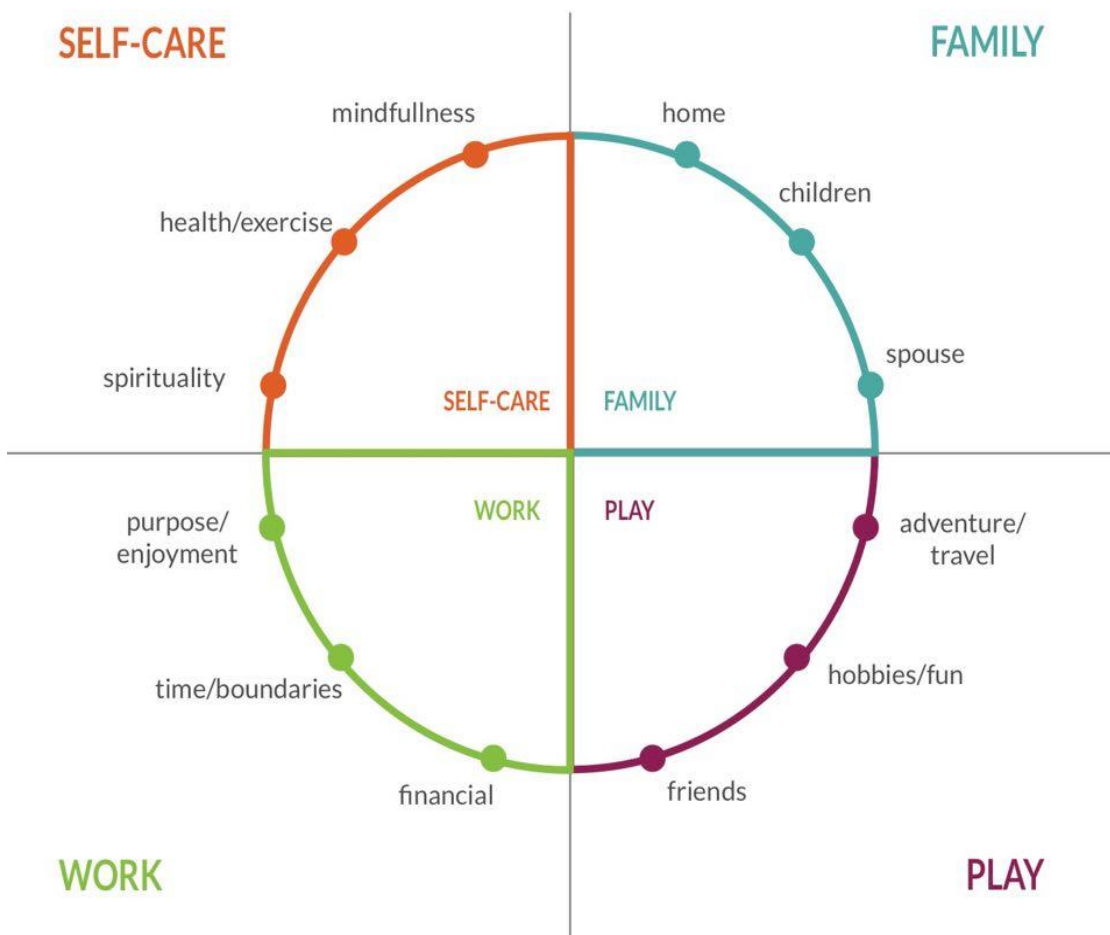
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How did you go?

For each dot on the wheel below, consider how fulfilled you feel in that particular area.

Draw your own dot in between the center of the wheel and the outside dot to represent the amount you feel fulfilled in that area. 0% starting in the center and the outside edge of circle being 100% fulfilled.

For example, if you are feeling 100% fulfilled in all areas, your circle would look round and full, however it is more likely that odd shapes will appear. Feel free to change around headings to use words that more accurately reflect aspects of your life you care about.



"BELIEVE WITH ALL OF YOUR HEART THAT YOU WILL DO WHAT YOU WERE MADE TO DO."
- ORISON SWETT MARDEN

Looking back at your *Goals with Soul*, fill in below 2 or more things that you would like to include in your life. Think about which category they belong in. Write alongside each item how doing these things will make you feel and then circle the most important areas you want to get started on NOW!

SELF-CARE

FAMILY

WORK

PLAY

"SET ME A TASK IN WHICH I CAN PUT SOMETHING OF MY VERY SELF, AND IT IS A TASK NO LONGER;
IT IS JOY; IT IS ART." - BLISS CARMAN

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Have fun being creative with your Vision board. Make it for your eyes, not what you think others want to see you achieve this year. Dedicate some time and engage all your senses. What colours inspire you, is there a softness of a feather that reminds you of something or a swatch of your favorite smell you can incorporate. Nothing is off limits – you are only bound by your imagination.



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