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*"The trouble with not having a goal is that you can spend your life running up and down the field and never score." -Bill Copeland*

# Goal Setting Workshop

with Caitlin Reid from  
Aprive Wellness

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*The obstacles that we think most impede us from fulfilling our wishes can actually help us to realize them*

Woof

## WISH

Think about the next four weeks: What is the one dearest wish you would like to fulfil?

Pick a wish that feels challenging to you but that you can reasonably fulfil within the next four weeks.

Note your Wish in 3-6 words:

“

*The obstacles that we think most impede us from fulfilling our wishes can actually help us to realize them*

Woof

## OUTCOME

What would be the best thing, the best outcome about fulfilling your wish?  
How would fulfilling your wish make you feel?  
Note your best Outcome in 3-6 words:

“

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Woof

## OBSTACLE

What is it within you that holds you back from fulfilling your wish? What in you might stop you?

It might be an emotion, an irrational belief, or a bad habit. Think more deeply - what is it really?

Identify your main inner obstacle.

Note your main inner Obstacle in 3-6 words:

Woof

# PLAN

What can you do to overcome your obstacle? Identify one effective action you can take or one effective thought you can think to overcome your obstacle.

Note your action or thought in 3-6 words:

Make the following Plan:

If... (obstacle you named), then I will ... (action or thought you named).

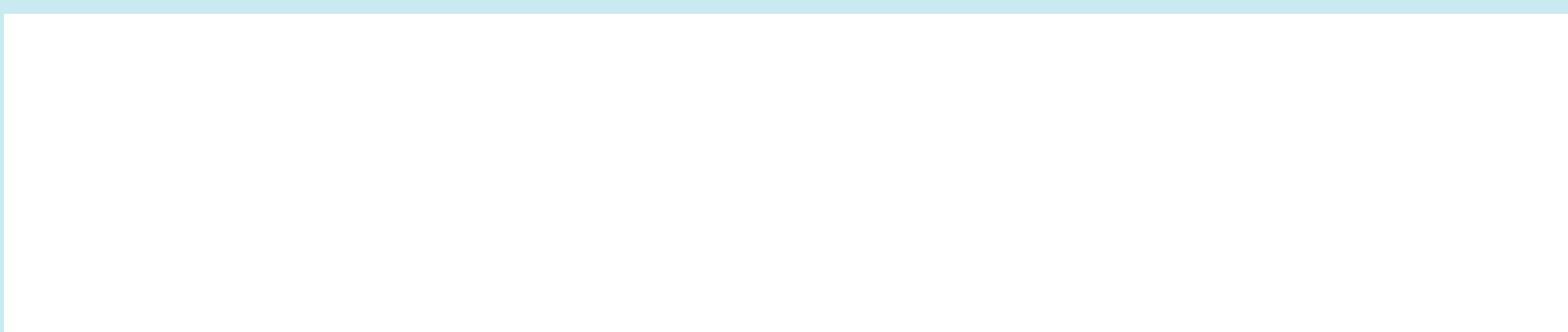
Fill in the blanks below:

If..., then I will... \_\_\_\_\_

(your obstacle) (your action or thought to overcome obstacle)

# GOAL FLOW

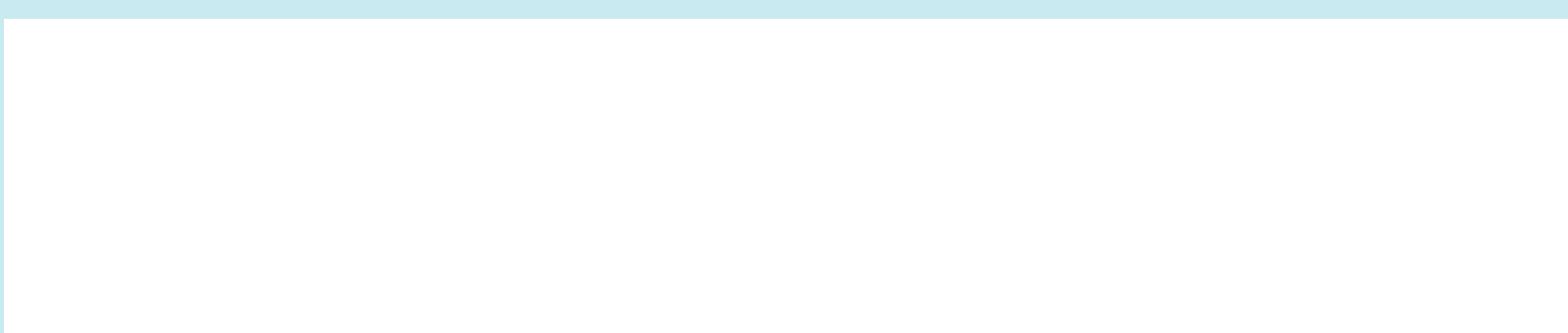
Current State/Position



What I'll need to get there

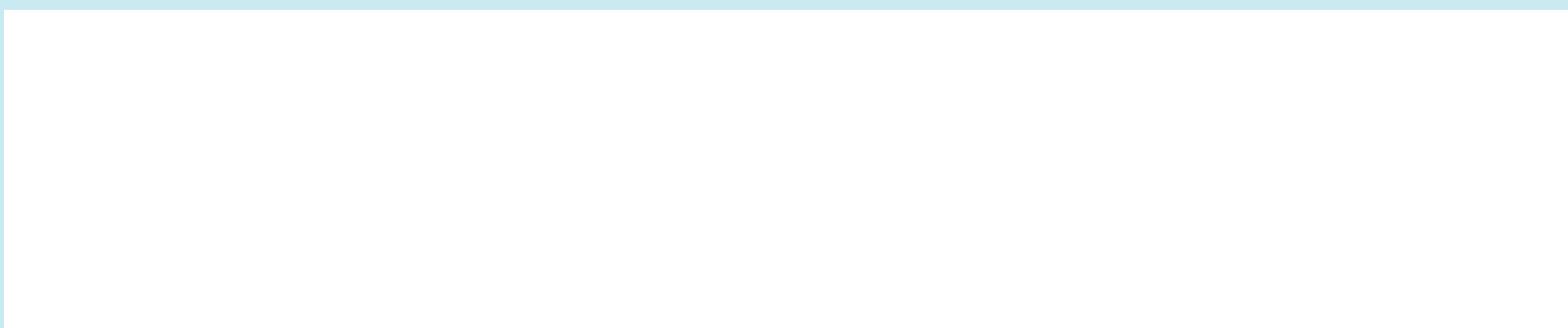


Future State/Position

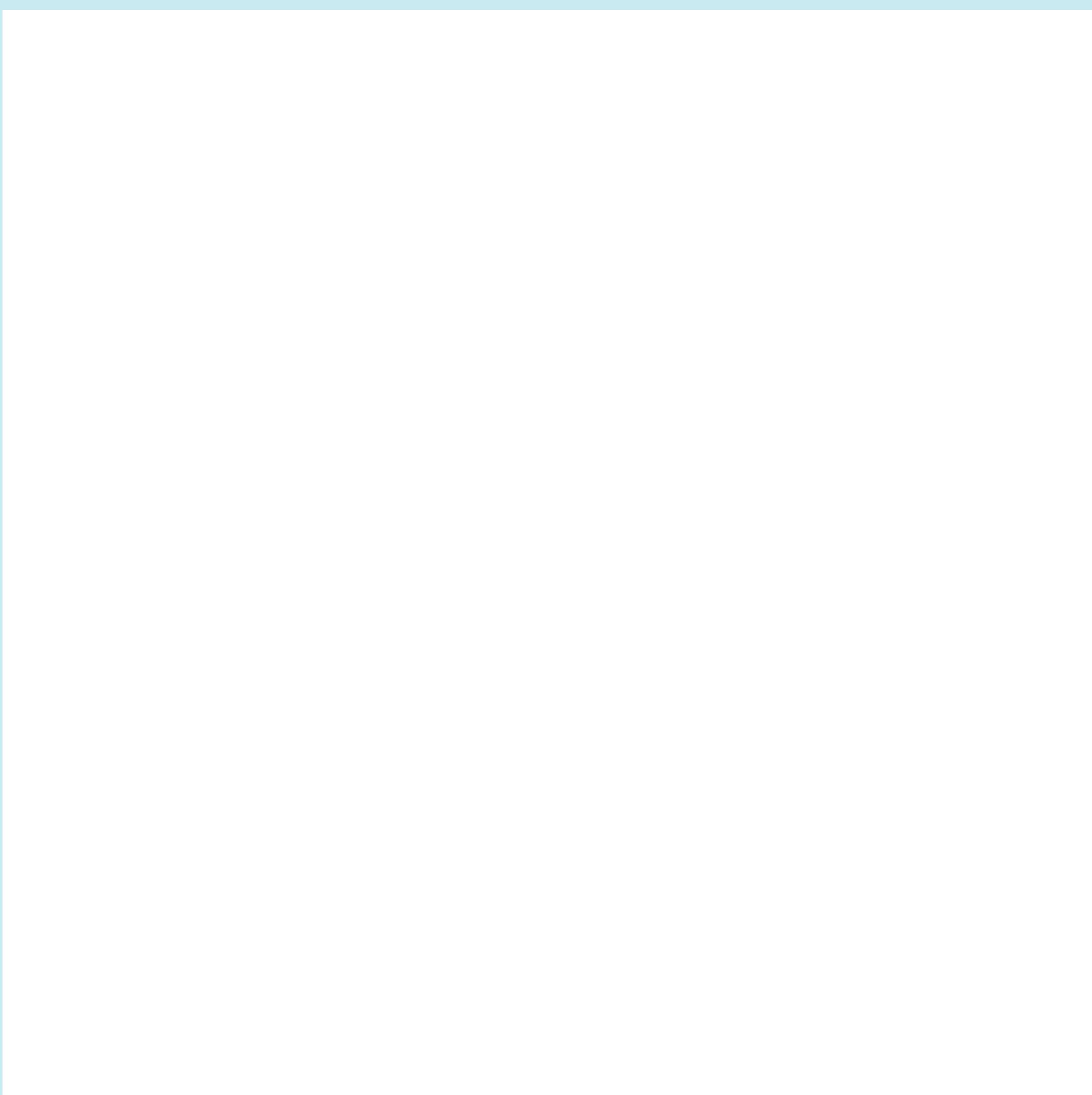


# GOAL FLOW

Current State/Position



What I'll need to get there

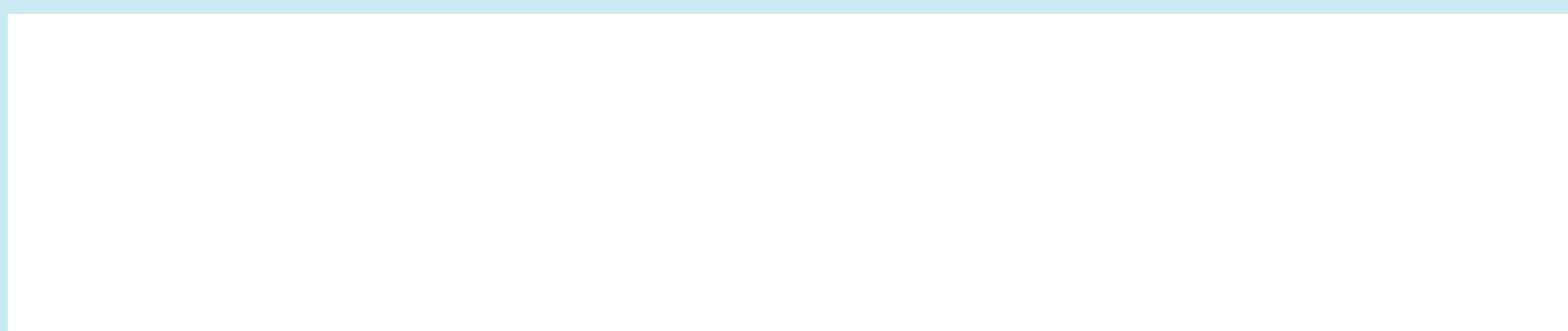


Future State/Position

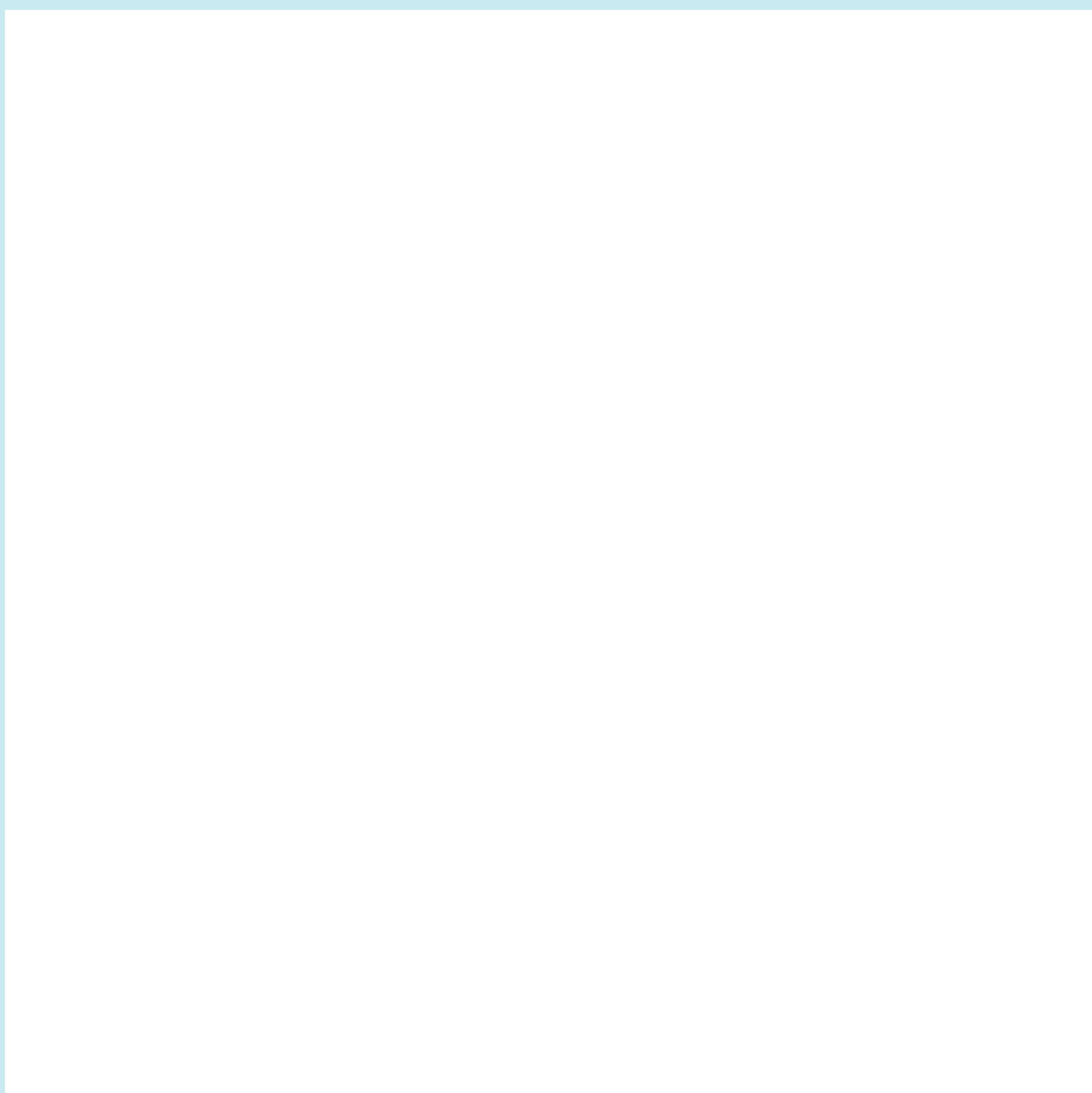


# GOAL FLOW

Current State/Position



What I'll need to get there



Future State/Position



# Thank you!



Thank you for joining me!

To get more goal setting tips, wellness and movement inspo, contact me anytime!

@aprivewellness

