

# QUICK GUIDE FOR MY FUTURE GOALS



## WHAT ARE MY GOALS

*I find a white paper and write all my aspirations with the meaning for me when I achieve them.*

*I organise them based on their priority.*



## HOW CAN I ACHIEVE THEM

*I collect and evaluate all my current assets and resources.*

*I invest in my goals and I make it clear that I am willing to change to reach my better self.*

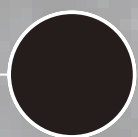


## WHAT ARE MY CONDITIONS

*I create my own SWOT analysis and I plan my way to reach my goals*

*Work on my weaknesses and grow my strengths*

*I think about how realistic my aspiration is for me.*



## BY WHEN I CAN ACHIEVE THEM

*I set deadlines for myself and get ready for possible outcomes.*

*What I plan as the deadline for the goal to be fulfilled I work towards it.*

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*With Love, Sophie*