My Goal Setting Transformation Journal

We delight in the beauty of the butterfly,
but rarely admit the changes it has gone
through to achieve that beauty.
– Maya Angelou

Dear Friend,

Enjoy the enclosed pages from my journal to get you started on your goals, new habits, new growth...a better version of you.
There's a variety of styles among these pages - as there's a variety among us - personalize them in a way that works best to you & I also invite you to any of our in-person event :)

Hope & Healing Journeys

Learn * Discover * Heal * Grow * Thrive

www.HopeAndHealingJourneys.com

Manifestation Planner

I WANT TO MANIFEST

MY PRAYER TO THE UNIVERSE

LIMITING BELIEFS I NEED TO GET RID OF

MY DAILY AFFIRMATIONS

ACTION PLAN

Wheel of Life

Buddhist Life Balance Tracker

On a scale of 1-10, mark the level of satisfaction you feel in each sphere of life.
Connect the dots & you will see which arenas are more/less developed.
Use this as a guide to goal setting

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Ikigai The Japanese secret to a long & happy life

Ikigai is the intersection of:

1. What you love
2. What you're good at
3. What the world needs
4. What you can be paid for

When these elements align, they create a sense of purpose and fulfillment.

If you're unsure what makes you happy, fulfills you, or need to recalibrate during a life transition, this exercise offers clarity and direction.

My Ikigai

How can I take one small step today toward aligning my life with my purpose?

How to Fill It Out:
Start by writing your thoughts in each section.
Don't overthink—write whatever comes to mind.
Reflect on where the circles overlap.
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SETTING SMART GOALS

Goal 1:

Specific — What do I want to accomplish and why?

Measurable — How will I know when I have accomplished it?

Achievable — How can I accomplish this goal?

Relevant — Is this the right time for me to be working towards this goal?

Timebound — When do I want to accomplish this goal by?

Goal 2:

Specific.

Measurable.

Achievable.

Relevant.

Timebound.

Goal 3:

Specific.

Measurable.

Achievable.

Relevant.

Timebound.

Goal 4:

Specific.

Measurable.

Achievable.

Relevant.

Timebound.