

# Find your Goal

A workbook to create your goal for your next chapter



**RAW IDENTITY COACHING**  
*Redefine Success. Lead your way.*

# Goals: Focus and Action

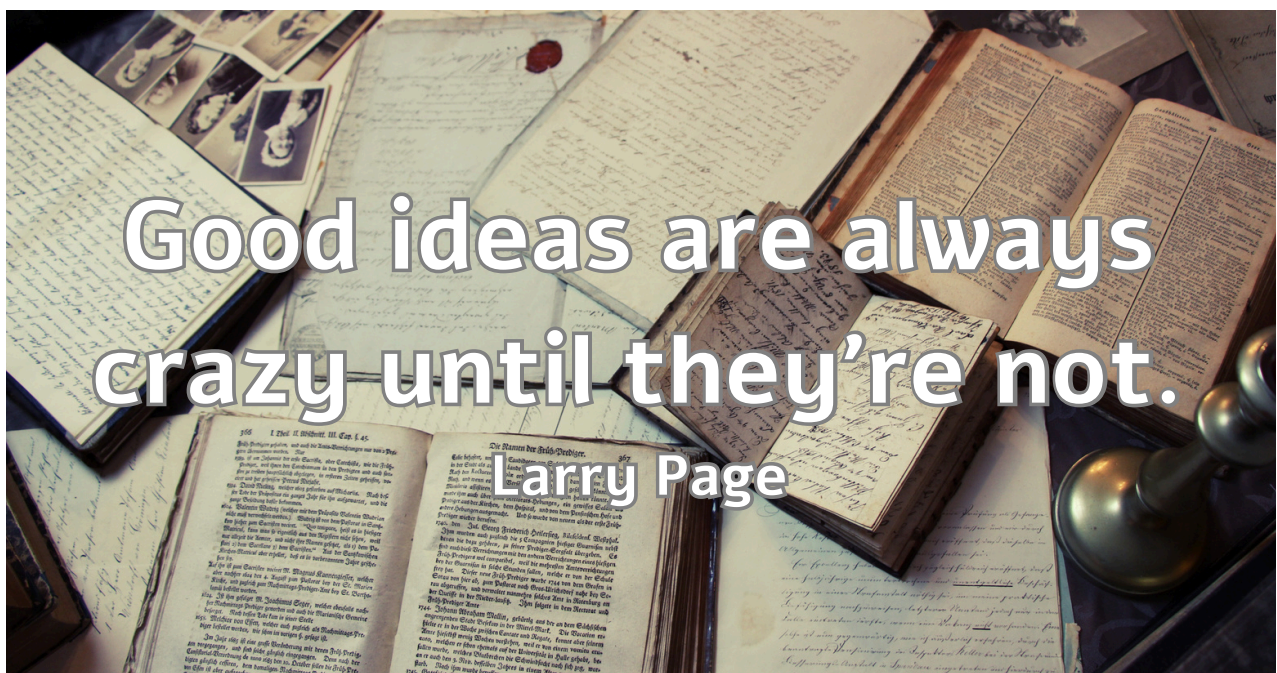
As life changes, so do our goals. And to achieve those goals we need focus and action.

There's a moment when you stop and think about what you've done so far in your life, and what more you want to do. It might be when the kids start school or university, or move out. It might be when you hit a career goal and have no intention of stopping there. It might be when the world changes, throwing up new opportunities and challenges.

You know you have more to give, more to do. You want to keep learning and growing your positive impact on those around you.

This short workbook will guide you through finding what matters most to you – your core values and the impact you want to have – so you can define your next goal. With that goal in place, you can then find the focus and create the action you will take to achieve it.

I recommend you set aside 30-60 minutes to complete the exercises in this workbook. A short period of intense thought to set you up for your next chapter.



# Exercise One

## Identify the beliefs that are limiting you.

To improve focus, we want to avoid distractions. Limiting beliefs distract you with thoughts like "I can't do this" or "it's too hard or takes too much time."

Write down your main limiting beliefs (for example, "I don't have the discipline to write a book"). Aim for 3–5 beliefs, the ones that you think really hold you back from what you want to achieve.

[illegible]

## Reframe your identity

## Exercise Three

### Reinforce your identity

Use the questions below to create a plan to reinforce your new identity through small, practical steps. This is a key motivational point on the way to creating the plan to achieve your goals so keep the actions as easy to do as possible.

For example: "I will say I am a writer who is learning to write." "I will keep a notebook for ideas for stories." "Each week I will write my best ideas on a whiteboard so I can be inspired by them."

**To replace my negative talk about my abilities, I will say this:**

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**To prove I am my new identity I will do this:**

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**To celebrate small steps in the right direction I will do this:**

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# Exercise Four

## The foundations for your focus

The next few questions will help you lay the foundations for the goal you intend to focus on. Whether you already have a goal in mind or are coming to this to find one, these exercises will set you up to move on to effort and strategies.

**List three skills that you think are important to have – whether you have them now or not.:**

1

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2

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3

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**Write down how you do or would use these skills in daily life:**

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**List your three main core personal values:**

**1**

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**2**

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**3**

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**Write down how these guide your actions and decisions:**

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**Write down three activities that you are passionate about.**

**1**

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**2**

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**3**

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**Write down why these are so important to you.**

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# Exercise Five

## Finding your focus

Using your reframed identity, important skills, core values and personal passions, use the space below to note down ideas about goals that would fulfil you. Then pick one you would like to focus on.

Be careful not to let negative thoughts about whether you think you currently have the skills to achieve your ideas limit you. You can learn new abilities.

## Exercise Six

### Your SMART-Ish Goal

Use the space below to define your goal as precisely as you can.

Why SMART-**ish**? The SMART framework is powerful but it can feel limiting, especially when your goal is in a new area you will need to explore and learn. So don't worry if there are areas that lack precision right now. As you keep your goal under review you can refine it further.

**S**

**M**

**A**

**R**

**T**

(ish)

# Found your goal?

That's a great step to set you up for success. Next, think effort and strategies to deliver. Find out more at Raw Identity Coaching.



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