

How to set inspiring and motivating goals

By Yves Nager



To live a life on purpose, it's essential to have balance in all areas of your life. To bridge the gap between your current and future life circumstances, you can set goals in each of these areas. Most importantly, you need to be inspired and committed to follow through with what is meaningful for you.

Below you'll find valuable statements you can complete. These statements are meant to help you dive deep and reflect on different aspects of your life. They'll give you more clarity in terms of where you are and where you want to be, and can inspire and motivate you in setting and achieving your goals.

You can fill out all the statements or choose those you resonate with or that are appropriate for your life visions and goals. Some of these statements are inspired by the work of Brendon Burchard (www.brendon.com), who is one of the most watched, quoted and followed personal development trainers in the world.

If you want to change your life, you need to make a conscious choice to change some of your habits, or else the momentum behind those habits will, more than likely, propel you to the same life that you have been leading up to now.

1) Beliefs and thoughts

- Some words I'd use to describe my *current* beliefs and thoughts are ...
- The way I think and my current belief system *affect* my life in this way ...
- Some words I'd use to describe my *ideal self* would be ...
- The *deeper reason* I chose each of those words is ...
- To live those words more fully in my life, I need to *stop* doing these things ...
- To live those words more fully in my life, I need to *start* doing these things ...

2) Personal growth and spirituality

- Some words I'd use to *describe* my personal growth and spirituality are ...
- My personal growth and spirituality *influence* my life in the following way ...
- I would feel happy, content and fulfilled at the *end of my life* if ...

- When I'm gone, I hope I leave these *ideas and values* with those who knew me ...

- Before the end of my life, I hope I will have *experienced* these things ...

- Before the end of my life, I hope I will have *created or given* these things ...

3) Living environment

- Some of the *advantages and disadvantages* of my current living environment include ...

- Some words describing the most perfect environment I can *imagine* myself living in are ...

- Some words describing the ideal environment for *everyone* living on earth are ...

- The *deeper reason* I chose each of these words is ...

- Some ways I can personally improve the current living environment *for myself* are ...

- Some ways I can personally help improve the current living environment *for others* are ...

4) Life purpose and destiny

- The *books or inspirational movies* I'm dedicated to reading/watching in the next 6 months include ...
- Some of the *classes* I'm inspired to take either online or in person in the next 12 months include ...
- The *mentors* I need to find are people or organizations that have the following knowledge ...
- Some of the *habits* I'd have to *diminish or completely let go* in order to learn and grow would be ...
- Some of the *habits* I'd have to *develop* in order to learn and grow would be ...
- The *lessons* I've learned in my life that I am inspired to share with others are ...

5) Leisure and recreation

- The way I am *currently* spending my leisure time is ...
- What helps me most to *rejuvenate and relax* is ...
- If I had more time, the things I'd love to *receive and experience* outside of work are ...

- If I had more time, the things I'd love to *create and contribute* outside of work are ...
- To improve the quality of my leisure and recreation time, I would have to *stop* ...
- To improve the quality of my leisure and recreation time, I would have to *start* ...

6) Health and nutrition

- Some words describing my *current* health and nutrition are ...
- Some words describing my *ideal* health and nutrition are ...
- The *reasons* I'm going to start caring better for my body, mind and soul are ...
- If I described my ideal health, this is how I'd *feel* every day ...
- To become more fit and healthy, I would have to *stop* ...
- To become more fit and healthy, I would have to *start* ...

7) Friends and family

- Some words I'd use to describe the *meaning* of having family and friends in my life include ...
- Some words I want to describe my *interactions* with my loved ones are ...
- I would like *the loved ones* I interact with to describe me using these words ...
- The *deeper reason* I chose each of those words is because ...
- To live those words more fully in my life, I need to *stop* doing these things ...
- To live those words more fully in my life, I need to *start* doing these things ...

8) Finances and career

- The things I *already* have an abundance of in my life, and that I'm grateful for, include ...
- The things I would *buy and invest* in if I had more resources are ...
- The best things I can do to *save more money* right now are ...

- Other than receiving a salary for my work, these *other benefits* matter to me ...
- The things I'd like to learn and master *in the next 12 months* of my life include ...
- If I learned just 3 new skills *in the next 2 years* that would catapult my career, those skills would be ...

9) Feelings and emotions

- Some words I would use to describe my *current* emotional state are ...
- Some words I would use to describe my *ideal* emotional state are ...
- Some words *my best friends* would use to describe my emotional state are ...
- Some words describing how I *relate* to my feelings and emotions are ...
- To be (even) more balanced emotionally, I would have to *stop* ...
- To be (even) more balanced emotionally, I would have to *start* ...

10) Contribution and service

- Some words I'd use to describe what contribution and service *truly mean* to me are ...

- The main things I'd love to create and contribute in my life at this point *by myself* are ...

- The main things I'd love to create and contribute in my life at this point *together with others* are ...

- The most meaningful things I think I could create or contribute in the *next month* are ...

- The most meaningful things I think I could create or contribute in the *next 12 months* are ...

- The most meaningful things I think I could create or contribute in the *next 2 years* are ...

If you find this exercise valuable and would like to have a caring life coach who keeps you accountable to follow through with what's most meaningful to you and root for your best life as you endeavor to shift your life to the direction of your highest visions and dreams, contact me at yves.nager@gmail.com for a complimentary 30 min consultation. Mahalo.

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