

Goals Journaling

These goals journaling questions are focused around what you want to be/do/have.

As you write out the answers, write them in the present text e.g. "I am a successful and influential entrepreneur and coach"

Take one or two of these questions to journal on each day and once you've gone through them all, come back to the beginning and start again.

Who do I want to be?

What do I want to be known for?

How do I want others to perceive me?

What character traits am I respected for?

How do I feel each day?

What is my biggest strength?

How do I interact with friends?

How do I interact with those around me?

What do I want to do?

What is the thing that gets me excited each day?

Whose lives do I impact?

What does my daily life look like?

What projects am I currently working on?

What is the work I do which truly lights me up?

What is my biggest professional achievement?

What do I want to have?

What is my biggest achievement?

What income goal do I consistently hit each month?

What do I spend my money on?

What is my most prized possession?

What car do I drive?

What house do I live in?

And remember to end your journaling exercise with writing down everything you are grateful for, for around 5 minutes.