



INTENTIONAL GOAL SETTING

✦ HOW DO YOU WANT TO FEEL? ✦

DO YOU WANT MORE: CALM, PURPOSE,
CONNECTION, JOY, CREATIVITY, FULFILMENT,
REST, STRUCTURE, PROGRESS

✦ PERSONAL ✦

✦ CREATIVITY ✦

✦ WELLBEING ✦

✦ WORK ✦

✦ HOME ✦

✦ RELATIONSHIPS ✦



REVIEWING YOUR GOALS

WHAT IS WORKING WELL RIGHT NOW?

WHICH GOALS SHIFTED OR CHANGED MEANING?

WHAT AM I READY TO LET GO OF OR PAUSE RIGHT NOW?

SMALL WINS I WANT TO CELEBRATE

ONE GENTLE STEP I'LL TAKE THIS WEEK

YOUR GOALS ARE NOT A TEST. THEY ARE A GUIDE. YOU ARE ALLOWED TO EVOLVE

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