

# GOAL PLANNER



**GUIDED JOURNAL PROMPTS  
TO MANIFEST YOUR GOALS**

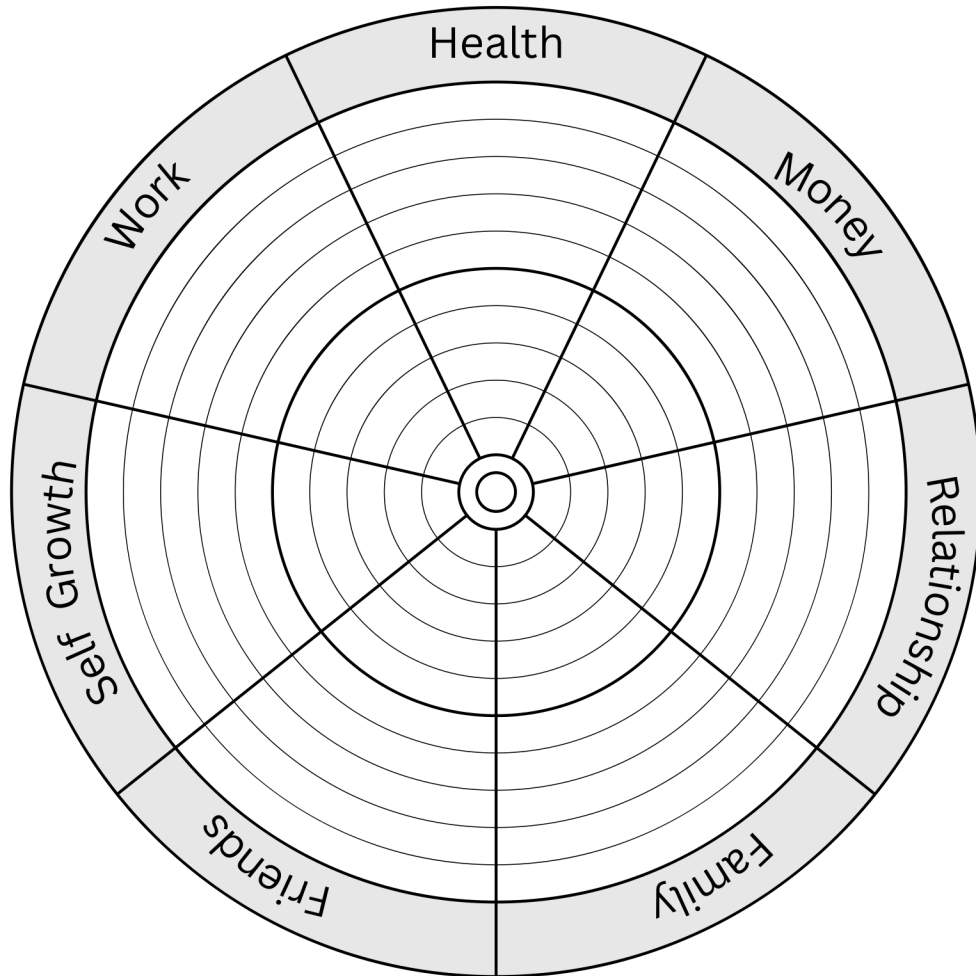


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# WHEEL OF LIFE



1. Review each category - think briefly what a satisfying life might look like for you in each area.
2. Imagine the centre of the wheel is 0 and each concentric circle outwards moves you towards 10. Choose a value between 0 (not satisfied at all) and 10 (fully satisfied). Colour or shade the appropriate area to represent your satisfaction level.
3. Turn to the next page to write down some notes for each life area.

# Wheel of Life Reflections

Date

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Write down some notes that support your score for each life area.

What would a perfect “10” look like for that area?

## Health

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## Money

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## Work / Business

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# *Wheel of Life Reflections*

Date

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Write down some notes that support your score for each life area.

What would a perfect “10” look like for that area?

Relationship

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Family

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Friendship

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Self Growth / Spirituality

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# SETTING SMART GOALS

## GUIDE

**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 1:

**Specific.**

**Measurable.**

**Achievable.**

**Relevant.**

**Timebound.**

## GOAL 2:

**Specific.**

**Measurable.**

**Achievable.**

**Relevant.**

**Timebound.**

## GOAL 3:

**Specific.**

**Measurable.**

**Achievable.**

**Relevant.**

**Timebound.**

# Habit Planner

Date

*“Goals are good for setting a direction,  
but systems are best for making progress.”*

*James Clear*

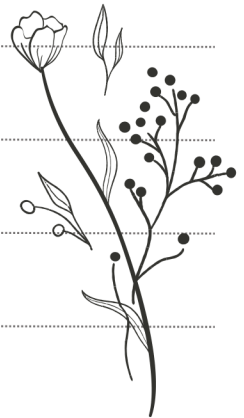
*For each goal, what habits do you want to build  
(also specify when and where).*

For Goal 1:

1)

2)

3)





# PROGRESS TRACKER

Review your document every quarter, half-yearly and yearly. Schedule the review dates below and put them in your calendar.




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# Need Help to Manifest Your Goals?

*Hi! My name is Evelyn Lim.*

I am a Transformation Life Coach, specializing in helping women with emotional healing and making mindset changes at subconscious levels. If you would like to have assistance with making a shift, I offer private consultations.

Contact me at

<https://www.evelynlim.com/discovery-call>



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