

# Goals and Dreams

This *Goals and Dream* PERSONAL DEVELOPMENT WORKSHEET is courtesy of:  
[www.WyldWomanCoaching.com](http://www.WyldWomanCoaching.com) where you can download many more to help you positively change your life.

Knowing your goals and dreams is an ideal way of activating inspiration and motivation. Having clear written goals propels your actions towards doing what you love as you work towards your dreams... and those wonderful changes in life that you've always wished for.

If you're feeling stuck in life or seek new changes this free personal development worksheet is ideal for helping you explore ideas and expand your mindset!

**Goals and Dreams**

*My goals and dreams are important to me.  
I protect them with determination and passion.  
I don't live my life based on other people's negative opinion of me.  
I maintain positive forward motion towards my dreams.  
I leap over hurdles and move obstacles.  
I never give up.  
I gather resources, gain experience and grow on the path to achieve.  
I re-asses and re-adjust when needed.  
I always succeed.*

**Free Personal Development Worksheet**

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It's a fact that people with clear written goals are more likely to be successful in the way they choose than people who have no goals and dreams.

You'd be amazed at how working towards your goals and dreams gives you a deeper feeling of satisfaction and happiness.

Sometimes people are influenced by their family, friends and society to choose a particular job or life path they may not feel satisfied with. They end up in a life pattern doing the same routine every day without feeling deeply happy.

How boring!

As you change and grow through life's experiences your goals and dreams can change. This personal development worksheet can be used now and

again in a few months or in a couple of years to re-evaluate where you are in life.

But for now, enjoy reflecting and contemplating in your life's goals and dreams by answering the following questions.

**What are your goals and dreams? Do you think about going on a holiday? Changing your job? Becoming a Buddhist monk? Skydiving? Learn salsa? Become rich? Open up a B & B? The skies the limit! Write down everything you can think of that you desire to happen in your life – no matter how radical.**

**What else?**

**What are you most passionate about? What makes you tingle with excitement? Leap of out bed in the morning? What do you really love doing?**

**Where would you like to see yourself in ten years? You could take a few days to answer this question as you explore every avenue of your life and what you'd like to shift and change to make it better.**

**What type of job, career or business would give you the most happiness? Have you imagined being a ballerina? A photographer or snake handler? Or do you prefer work with routines and schedules?**

**What hobbies, sports or other activities activate excitement and joy within you? When you find your favourite thing to do you easily absorb yourself in it with content and happiness.**

**What would be your ideal income? Money comes to us in a variety of ways. You could have a website, be a market stall holder, have a part-time job and sell Tupperware. How much money would make you feel happy? And why?**

**List 10 different ways that you could generate the amount of money you'd like.  
\*Hint: think outside the box of 'normal' type jobs.**

**What knowledge, skills, resources or experience do you need to achieve your dreams and goals? If you were going to change your life to match your dreams and goals more then you'd need to add a few things to your life – and probably remove a few things too. List the skills, knowledge, resources and experience you think you need to successfully achieve what you want.**

**What activities can you do this week to increase your happiness and satisfaction?** Sometimes we get in such a rut that we forget we can make a few simple changes to be happier and more satisfied. They don't have to be big changes. For instance, you could choose to do Mirror Work in the morning to increase your positivity vibes before work OR arrange to have lunch with a friend you haven't seen in months. Write down 10 things you can do this week.

**Who would you like to be in ten years?** Imagine yourself in 10 years and all that you've accomplished and experienced. What would you be doing? What knowledge have you gained? What values have you kept close and or changed? How do you interact with your friends? Do you have any pets or hobbies? Do you volunteer? What's your overall personality like?

**Who are the ideal people you would like to surround yourself with?** People have an influence on how we feel and what we think. Have you ever had a friend disagree with you and insist that you agree with her/his way? Or do you feel other people's judgements of your chosen life path? The right people can be our mentors, inspiration and help guide us to develop who we want to be and what we want to do. Describe the type of people you would like to have in your life - their personality, knowledge, values, behaviours, and so on.

**Overall, what insights have you discovered from doing this worksheet?**