



Your Spring Clean Your Life Goal Setting Worksheet



Spring Clean YOUR Life!

To commit one stage further to your Life Spring Clean, complete this summary sheet to help you:



Spring Clean Your Life GOAL-SETTING SHEET



My **Top 3 New DAILY HABITS** are:

1. _____
2. _____
3. _____

My **Top 3 Goals to "Spring Clean" my Life** are:

1. I _____ by _____
2. I _____ by _____
3. I _____ by _____

The **BENEFITS to Me** of My **GOALS** are:
Think of one inspiring benefit for each Top 3 goal.

1. _____
2. _____
3. _____

My **3 KEY Action Steps** are:
One action for each Top 3 Goal

1. _____
_____ by _____
2. _____
_____ by _____
3. _____
_____ by _____

This Spring, **I Have Let Go of:**

You may still be working on these, but by putting them in the past tense, it helps you to act 'as if' you have let go!

1. _____
2. _____
3. _____

Signed: _____

Date: _____

THOUGHT

"To think creatively, we must be able to look afresh at what we normally take for granted."

George Kneller

For personalised coaching and to learn more about **Irene Anderson Coaching** visit <http://www.personalitystrengths.ca/renew-you.html>

STAY ON TRACK

Now you have completed this Summary Sheet, cut it out and put it somewhere you will see it regularly like your fridge or bathroom mirror.