

# Setting Your Intentions & Goals

## Workshop 1

**Resources: Journal & Pen**

### Purpose of these Sessions:

To inspire personal growth & develop individual strategies for successful personal growth and transition.

These workshops will help you create clear focus, alignment and confidence.

### Your Success Story (Reflection Activity).

**What achievement are you most proud of?**

**What did you learn from this experience? (*I am proud of this achievement because it made me feel or realize* \_\_\_\_\_)**

Write down 5 emotions this experience made you feel. Writeing it down allows you to connect with the deep reality of what you achieved and how you grew as a person.

## Connecting: Envisioning What's Possible, Identifying Pain Points, & Setting Your Intentions

**If anything was possible what would you wish for?**

**What major changes have you been faced with over the last couple of years?**

**What is the greatest challenge you have had to overcome?**

**List 3- 5 things that you feel you are 'putting up with' right now.**

# venture within

**On a scale of 1 -10 how stressed do you feel right now – what are your key stressors?**

**What is most important to you in your life and why?**

**Who are most important to you in your life – what do they provide you with?**

**Make it Personal. Make it Real. (Futuring Activity)**

***Project yourself 6 months into the future. Describe what one day in your life 1 year from now looks like. And be specific.***

# venture within

- 1. Personally, what you look like?**
- 2. Where you live?**
- 3. Are you married, single, what does your social life look like?**
- 4. What items do you fill your space with?**
- 5. What job do you have? If you are not working, how do you fill your time?**
- 7. What skills do you want to obtain or improve?**
- 8. What accomplishments do you have**
- 9. What do you want to be feeling?**

- 2. What specifically do you want to achieve?**

- 4. What have you done so far to try and solve the problem?**

- 5. What are you doing to *not* achieve this goal?**

- 6. What do you need most right now?**

## Mapping it Out:

**Write down at least one goal you have for yourself in the next 3-6 months. You can choose from any of the following areas or choose a goal that resonates with you:**

- **Career** (change or improve)
- **Health** (physical goals? Does your mindset need a reboot?)
- **Relationships** (clients, family, significant others)
- **Motivation** (Do you know what motivates you? Do you want to harness your motivation to propel you forward?)
- **Having more time** (Do you make time to do the things that make you happy?)

**Tap into that confidence from your Success Story:**

**What can you do in the next week to make you happier and more purposeful?**

# venture within

Choose a habit to add into your day, such as scheduling a 30 min walk during lunch, or meditating in the morning, journaling, reading, or creating a savings account.

What small change can you make to help you improve what are you going though now?  
What is the first step to take to spin you in the direction of where you want to be one month from now?

**This week, I am going to:**

**The time and date I will make this change (if it can be scheduled) will be:**

**When I make this change, I will feel more:**