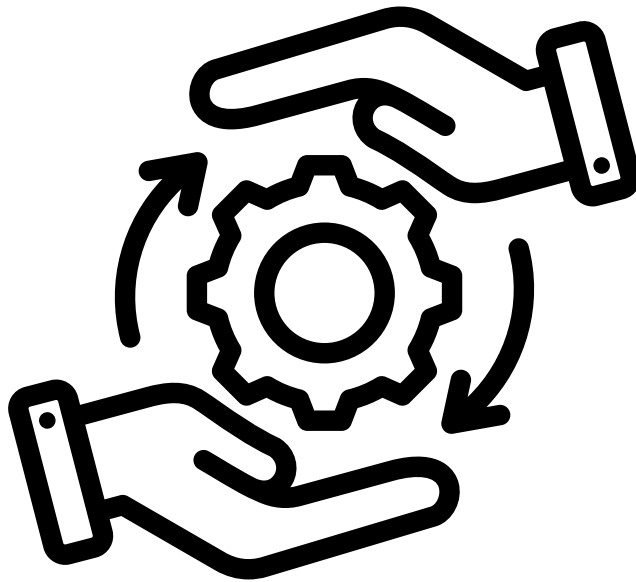


CHANGE



YOUR LIFE

So what is this all about?

Well it is all about improving how you feel about your life and getting more out of it.

This is no money making machine telling you that your going to be earning millions.

It depends what you want. Yes money helps and is a necessity to pay for things, but it is about having a better feeling about your life whether it is financial and is growing in the direction you want it to.

This worksheet for you, to help you go through, to help you figure things out and reflect where you are at now, and where you want to be.

So first question. if you had ruler and you could measure where you are in your like example: It is at 10cm, so you feel really happy about your life. Or lower than 8cm you feel it is alright but feel some areas still need to improve your wellbeing and 5cm not sure but you want to work out why or 1cm you feel it is not gong anywhere and you no idea what to do.

So grab a ruler or use this method to mark down between 1 to 10.

1 ————— 10

What areas do you feel is getting too much?

It could be that your job is getting to much. A emotional relationship or your home, whatever it may be spend time here and on the next page going over it, and this will help towards changing your feelings about yourself and your life.

What is working out for you? I like the fact that my savings is growing and my son development is growing and his awareness. So list what is working, and spend some time away from this worksheet to really take stock of what is happening for you.

How do you feel about yourself? Again measure from 1 to 10, and what is good and what are you not happy about? fill out below:

1 ————— 10

Map out your plans

On this page draw a map of where are now and where you want to be. So for me it is books. At the top I write books, I am working on a series and a standalone book and so going through the steps I have taken to where I am now and what I want to do next.

Create a vision

This to help you change and now you've completed your map to start to create the moves to begin visioning and picturing the things you want and helps with direction. Spend this time to use pictures and quotes, if there are ones that make sense to you and stand out and instantly gives you the boost of confidence you need to change your life.

What next?

So your not all sorted because it is time to set goals and targets for yourself. So my goal and target is to finish editing the paper back of my book, which is going to be a series done and by end of April, the next to then edit the manuscript on my laptop by End of May 2025.

Start with the top of the map and work your way down.

My Top Ten Tips on goal setting

So to set goals make sure they are:

1. Manageable so they can be easily achieved and not cause overwhelm
2. Create top goals and short goals to achieve the top goals
3. If you need help and need to some support and so can delegate
4. You have all your resources to help like e.g. I have my notes for my books accessible to help me to, complete them. I make sure I have enough pens to write with and a folder to put or a notebook that will help me
5. You reflect on them as you complete them and continue mapping it out sometimes you may find you may need to go via a different route to achieve them
6. Do your research and take a break, go to a different place and be active. Most of my influence is from walking and spending time listening to music, reading and watching others already achieving success setting goals
7. Keep learning
8. What will give you the most joy?
9. What will cost money?
10. Jot down of the hurdles that you may come across and how you can avoid these



Set Your Goals

Turn your goals into habits . So it is time to start the changes to your habits and put your goals where you can see them.

If you want to get fit then you can as a habit put your gym gear on and by your bed each day.

Then you put it on and then you have a bottle of water in the fridge that you filled the night before and breakfast that is quick and light if you eat it before hand or more if you like to have breakfast after you have worked out.

So write down one habit you can do, that will kick start the actions you want to make. Do this for each of your goals and continue to change your habits. Go through your map and read through your worksheet of the parts already filled in.

You can use the space below to write the habits down below. If you wish:

Organise Your Goals

So here you will write down what goal your going to start to with and the steps you are going to take to complete it and set a date and look at your calendar and go through how long you realistically going take, to complete and can use the blank pages below to continue and not too many at once.

So now you have begun here I want you write down how you feel and rewrite from 1 to 10, how you now feel about yourself and your life and why?

The Outcomes:

here I want you to feel the outcome and what the results were and did anything change in terms of your plans and what you want to see what you want to see happen next.

I really hope you found this training helpful and once downloaded you can keep it and soon I will be doing my Life Coaching Programme, Summer Project 2025.

If you want to be notified of my blogs, free printables for my different training and programmes then on Everyone Can Build a Castle please subscribe. Here is the link below:

<https://everyonecanbuildacastle.com>