

Design the best You

READY TO MAKE 2025 YOUR BEST YEAR?

2025 is your chance to start afresh. At Design the Best You, we'll help you understand who you are, where you want to go, and how to get there. Whether it's more money, personal success, or a lifestyle shift, you can - and will - make it happen in 2025!



One-to-one ZOOM coaching sessions
FREE if you sign up by 15th December

for a chat on how life coaching can help you...

email: info@designthebestyou.com or

call: Sila on 07929356584



I'D LOVE TO TRY ...

MY TOP PRIORITIES ARE...

MY MAIN GOAL IS...

BY ... I WILL HAVE ACHIEVED...

I WILL FOCUS ON...

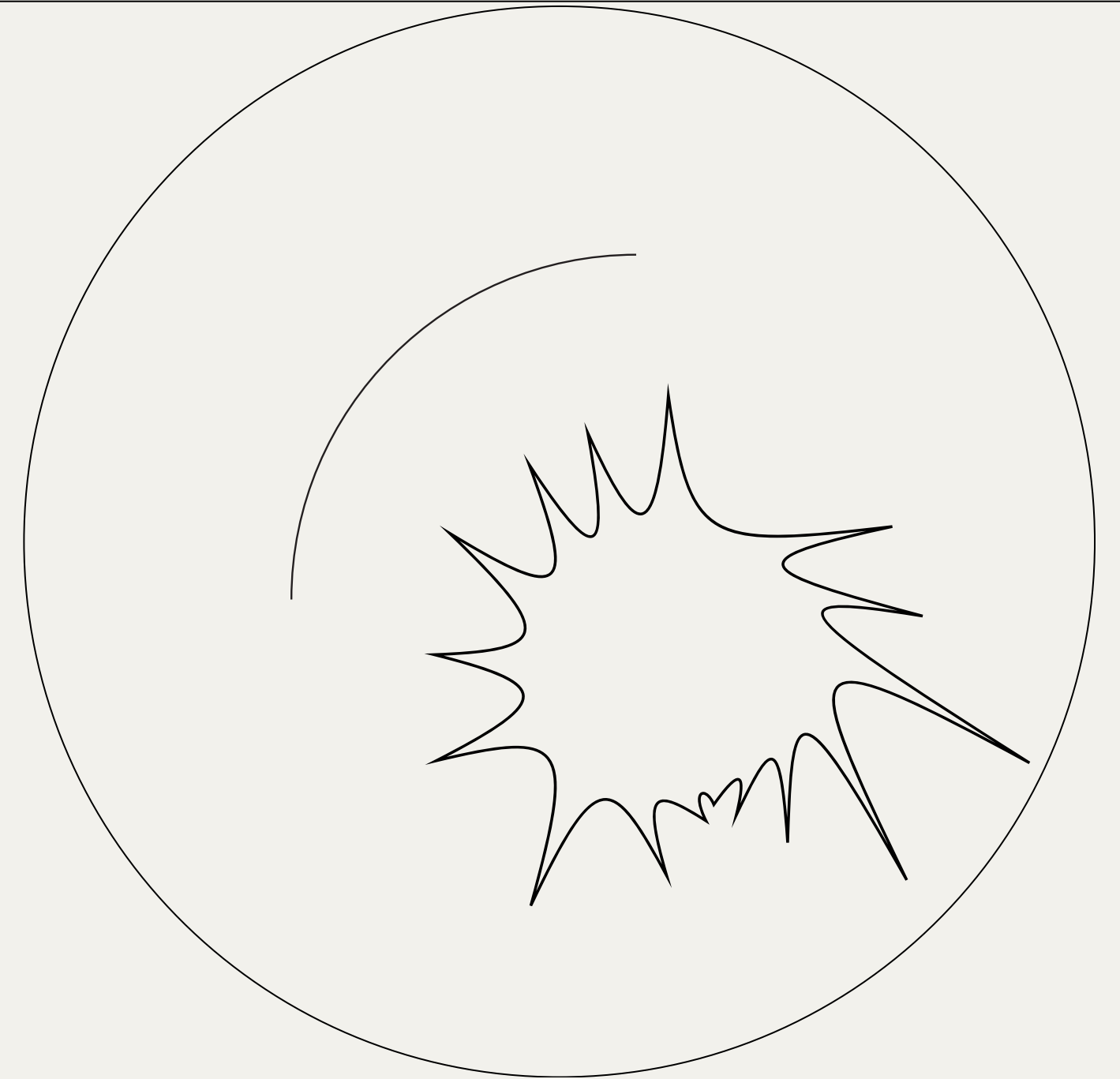
I WILL STOP...

GOAL SETTING GUIDE

This guide was created to help you set effective personal and professional goals. This guide will empower you to discover your values and clarify your aspirations.



AT THE HEART OF
EFFECTIVE GOAL
SETTING LIES A DEEP
UNDERSTANDING OF
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SELF-REFLECTION

Imagine that in the future you are writing your memoirs. What are the key events and experiences in your life that have shaped who you are today?

What are three experiences in your life that you are grateful for, and why?

Think back to a time when you overcame a significant challenge.

What did you learn about yourself from that experience?

What do you find yourself daydreaming about when you have spare time?

What do these daydreams tell you about your true desires?

What qualities do you value most in your relationships, and how do those qualities reflect your values?

Use these creative prompts as a starting point for self-discovery. Take the time to reflect on each question and write down your thoughts, feelings, and insights.

Writing things down helps to crystallise your thoughts and insights, making it easier to reflect on them later and gain a deeper understanding of yourself.

YOUR PASSIONS

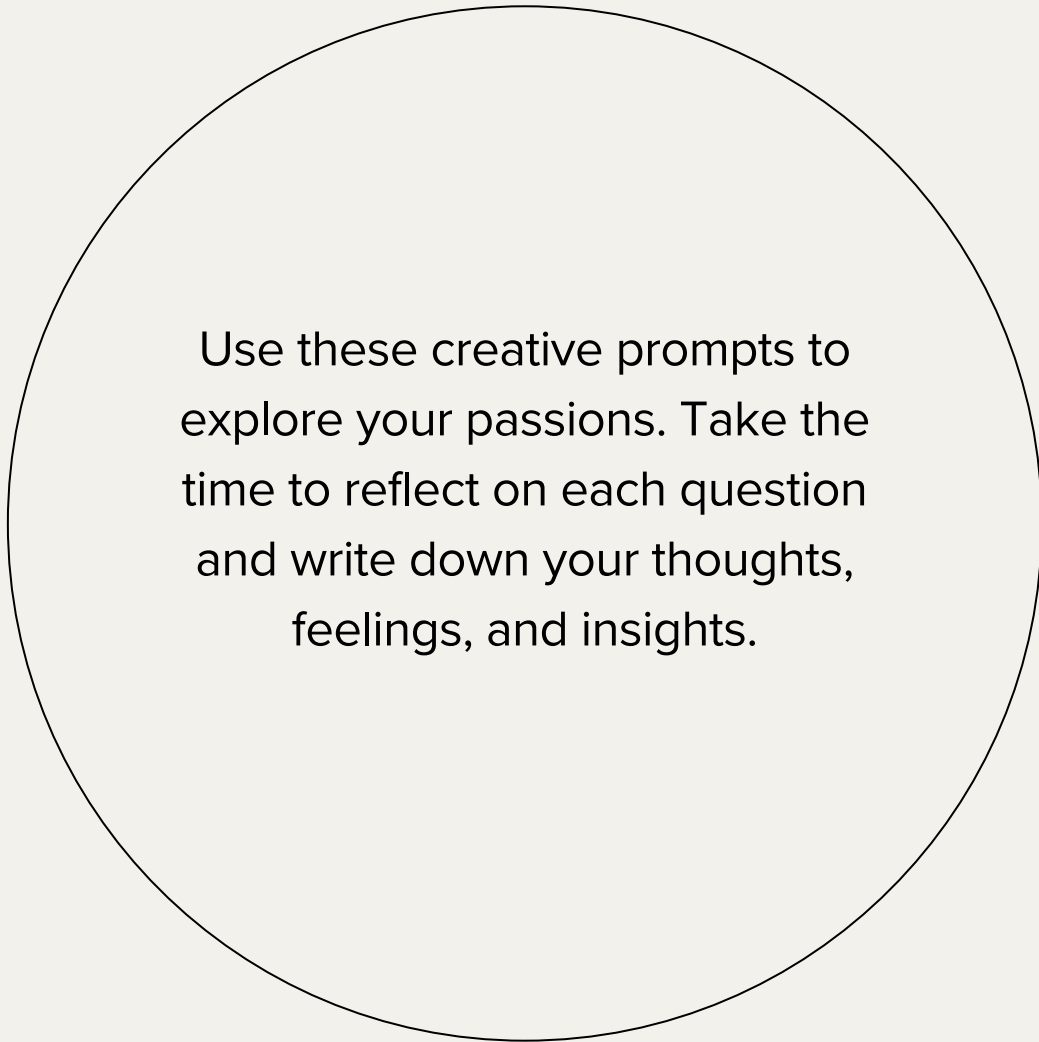
Think back to your childhood. What activities did you enjoy most, and how do those activities align with your current interests?

Consider a time when you were fully engaged in an activity and lost track of time. What was the activity, and why did it captivate you?

What are some things that you've always wanted to try but haven't yet?

If you could be a character in any book or movie, who would you be?

What about that character appeals to you?



Use these creative prompts to explore your passions. Take the time to reflect on each question and write down your thoughts, feelings, and insights.


YOUR PERSONALITY

Think about a time when you received constructive criticism. How did you respond, and what did your response reveal about your personality?

Think about a time when you had to make a difficult decision. How did you arrive at your decision, and what does this say about your decision-making style?

What are some things that you do when you're feeling stressed or overwhelmed? How do these coping mechanisms reflect your personality and values?

What are some recurring patterns in your behavior or thought processes?



Understanding your personality can help you better navigate your personal and professional life. Use these prompts to reflect and then write down your thoughts, feelings, and insights.

NOW WRITE YOUR GOALS

Don't be daunted! You have done the groundwork to get you to this point. Here are some sentence prompts to get you on your way:

I AM WORKING TOWARDS...

I HOPE TO...

MY TARGET IS TO...

I AM FOCUSED ON...

I ASPIRE TO...

I PLAN TO...

IN THE NEXT YEAR, I WILL...

BY JULY, I WILL HAVE...

MY GOAL IS TO...

I WILL...

BEFORE NEXT SPRING, I AM DETERMINED TO...

I AM DEDICATED TO...

REST IS ESSENTIAL

REST IS A PRIORITY

Rest is a critical component of achieving your goals, and you should make it a priority in your daily routine.

Schedule rest breaks into your calendar, and treat them with the same importance as you would any other task.

SET REST GOALS

Just as you set goals for your work or personal life, set goals for your rest time. These could include goals for getting enough sleep, taking regular breaks during the workday, or engaging in relaxing activities.

SELF-CARE GOALS

Engage in activities that promote self-care and relaxation, such as going for a walk in nature, or reading a book. Make self-care a regular part of your routine, and prioritise it as you would any other task.

YOUR ENERGY

Pay attention to your energy levels throughout the day, and adjust your rest schedule accordingly. If you find that you're particularly tired or overwhelmed, take a break to recharge and refocus.

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AT ANY COST IS THE ONLY
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Do your best to
avoid this negative
mindset and always
pursue your goals
with integrity and
compassion.



QUESTIONS? WANT TO LEARN MORE?

If you have any questions or would like a chat with me to discuss how life coaching can help you, do reach out!

Email:

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