

TRUE-U

Setting & Achieving Your Goals

A gentle, guided workbook to help you create meaningful and lasting change.

Take your time with this workbook. There is no rush and no right or wrong answers. This is your space to reflect, explore and begin moving toward the life you want.

1. Defining Your Goal

What does your goal mean to you? Why is it important right now?

2. Your Starting Point

Where are you now? What have you tried before? What has been challenging?

3. Creating a Clear Vision

What will achieving this goal look like, feel like and sound like?

4. Meaning & Impact

Who benefits from you achieving this goal? What will it mean for you and others?

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5. Measuring Success

How will you know you've achieved your goal? What will be different?

6. Maintaining Progress

How will you maintain this change? What support do you have?

7. Resources & Support

What resources will help you? (time, people, knowledge, etc.)

8. Readiness & Belief

How important is this goal? Do you believe you can achieve it?

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9. Your Goal

Write your clear, positive, achievable goal below:

10. First Step

What is the first small step? When will you take it?

11. Overcoming Barriers

What has held you back before? How will you approach things differently?

12. Visualising Success

Imagine you have achieved your goal. What do you notice? How do you feel?
