

Free Guide
Self-Assessment Worksheet and Goal Coding™ Exercise

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Introduction

This worksheet is designed to take you through a process to help you on your journey from where you currently are to where you are committed to reaching in a particular area of your life. This guide contains two parts.

The first part is to get clear on your current situation. You have probably been thinking about this area of life for a while and have various thoughts and feelings about it. We want you to be crystal clear on where you are because just like travelling, you can only reach your destination when you know exactly where you currently are.

The second part is about creating the next level in that area of life. This is your destination or milestone destination. You will answer some questions, watch the Goal Coding™ video that will guide you through the exercise, and fill out the Goal Coding™ worksheet. Goal Coding™ is designed to use both the left and right brains so that you are more effective at achieving your goals compared to using SMART goals or other techniques.

Part 1: Your Current Situation

1. Select an area of life that you want to make significant progress in. Write it down in the section below.
2. Describe how this area is going right now.
3. What's working in this area of your life?
4. What's not working in this area of your life?
5. Describe the challenges and obstacles that you are facing in this area.

6. How long has the situation been like this?

7. How do you feel about this area right now?

8. What is your motivation for taking this area to the next level?

You have completed Part 1.

Part 2: Creating The Next Level

9. What does the next level look like? What do you want in this area?

10. If you had a magic wand and your biggest challenge disappeared, how would that change your life?

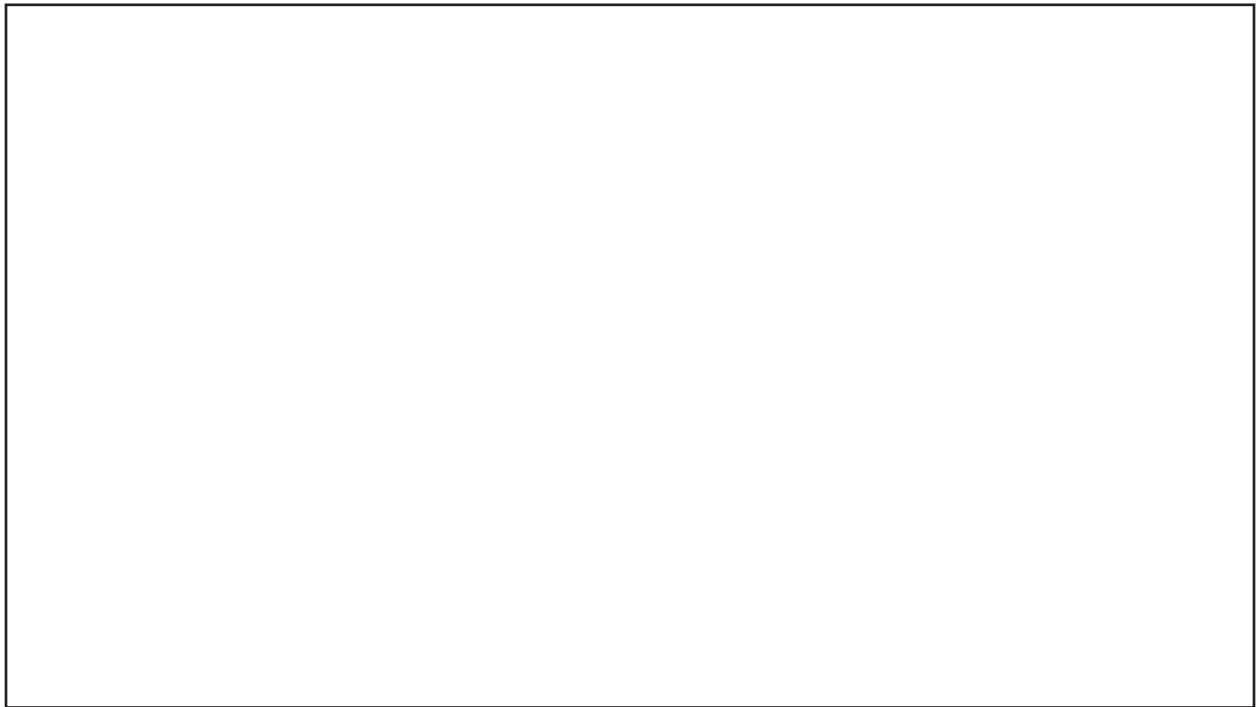
Goal Coding™ Exercise

Watch the video below to guide you through the exercise while filling out the Goal Coding™ Worksheet that is on the next page. We recommend that you print the worksheet and fill it out with a pen or pencil, however you can fill it out digitally as a PDF form.

After completing the Goal Coding™ Exercise it is important to do the following to achieve your goal:

1. Take the action that you created within 24 hours as instructed in the video.
2. Review your Goal Coding™ Worksheet each day and keep taking the next action towards achieving your goal.

Click below to watch the Goal Coding™ Exercise video.



GOAL CODING™ WORKSHEET

AREA OF FOCUS: _____ CODED ON: _____

OPENING INTENTION

To be _____

_____ right now.



INITIATIVE | ACTION STEP

I HAVE THE WILLINGNESS TO BE COMPLETE IN MY RESPONSIBILITY OF WHO I AM FOR MYSELF AND FOR MY LIFE, AND COMMITTEDLY DO WHAT IT TAKES TO CONTINUALLY DRIVE MY LIFE FORWARD WITH EASE.

MY NEXT ACTION STEP IS TO

Verb (eg. Eat): _____

Adjective (eg. Delicious): _____

Noun (eg. Food): _____

RIGHT NOW.

COMPLETING INTENTION

To have _____

_____ right now.

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