

Kick Start Your Work Week Off Right

(Goal Setting Made Easy)



Love Life Now
Coaching

What is Goal Setting?

Often as Sunday approaches, you might experience the Sunday Scaries or Blues. It's an intense dread or pit you might get in your stomach, especially if you have an all-or-nothing mindset. For example, you might set a goal to work out more, so you join a gym and commit to exercising five days a week—no excuses! Or, you decide to eat healthier and completely cut out chips, candy, and sugary treats.

The problem with this approach is that after a few weeks, life gets busy, motivation fades, and suddenly, you've fallen off track. You stop going to the gym because five days a week felt unsustainable, or you give in to a craving and feel like you've failed. Simply put, the all-or-nothing mindset doesn't work. Instead, focusing on small, realistic changes creates habits that actually stick.



Importance of Goal Setting

Goal setting isn't just about checking off things on your to-do lists. It's about creating a clear path toward the life and career you truly desire. According to a study by Dr. Gail Matthews at Dominican University, people who wrote down their goals were 42% more likely to achieve them than those who did not. Having a vision gives you direction, motivation, and a sense of purpose helping you better prepare for your week ahead.



How Does Goal Setting Work

- 1.) *Start by setting 1 big overarching goals.*
- 2.) *Create 3-5 smaller steps to help you achieve your main goal.*
- 3.) *Determine what action steps are needed to accomplish your goal.*

*Repeat each step as necessary for each goal you would like to accomplish.

No need to cut back on anything cold turkey. As long as you make your goals a part of your daily or weekly routines or habits, you are more likely to accomplish them. So, cheers to ditching resolutions in 2024 and finally accomplishing your goals once and for all.



Goal Setting Sheet



Name: _____

Goal Start Date: _____

My Goal Is:

Steps to Reaching My Goals:

1. _____

2. _____

3. _____

4. _____

5. _____

Action Steps:

- _____

- _____

- _____

- _____

- _____

Research shows a 22% success rate when working to achieve your goals alone. However, with the addition of weekly life coaching, the success rate increases to 88%.

Hi!

I'm Meena Aithal, a certified Holistic Life Coach and founder of Love Life Now Coaching LLC. I help women go from stuck to gaining clarity, building confidence, and taking empowered steps to create a life you love. Her personal experience of being scrutinized by principals and supervisors during three separate school years as an elementary classroom teacher inspired her to become a certified life coach. Determined to prevent other women from enduring similar challenges, Meena created a signature program to help women overcome limiting beliefs, gain clarity, and build unshakable confidence.

In all of my programs, I use the *Align Your Life Method*, a 4-step approach designed to help women gain clarity, build confidence, and take empowered action. Goal setting is a key part of this method, allowing my clients to achieve meaningful results in their career and life. Alongside this, I guide women in designing their own *Inner Joy Compass* and *Wellness Guide*, so they can navigate life with alignment, purpose, and fulfillment.

If you would like to discuss how I can further support you, please reach out to me at:



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Meena