A RHAEA HOPE

A LIGHT AS YOU FIND YOUR WAY

GOAL SETTING & JOURNAL PROMPTS

WORKSHEET

CREATED BY

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Where are you going and how do you plan to get there?

Goal Setting Process

I developed a 5-step goal setting process called S.C.O.R.E., which stands for Sacrifice, Commit, Outlet, Redefine and Empowerment©. Below you will complete each section to assist in defining specific actionable steps.

NOTES

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Worksheet

5-STEP GOAL SETTING PROCESS

Sacrifice: According to Dictionary.com, sacrifice means to surrender or to give up something. As you move forward to becoming unstuck, you may have to give up part of your life to embrace something new.

What are some things you are going to sacrifice in order to reach your goal? What steps do you need to make to reach your goals?

WRITE DOWN HERE

Commitment: I like to say it takes up to a year to learn a new role. Even after a year, you will continue to evolve and grow.

Write down your goal along with your date of achievement.

WRITE DOWN HERE

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There is no need to rush
the process. I recognize that you
are sick and tired of being stuck,
but you didn't get there overnight.
Please be patient with yourself.

Breathe. You will get
there!

- RHAEA GOFF

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Worksheet

5-STEP GOAL SETTING PROCESS

Outlet: The change process can make you feel as though you are being stretched. Being stretched can feel painful, but in all actuality you are growing. Growth is uncomfortable, but necessary. I equate having an outlet to self-care. These are intentional activities that improve your mental and emotional health. In simpler terms, they are activities that fill you up when you are empty.

I could give you a list, but we are all unique human beings. What works for me might not work for you. Identify a place or activity that allows you to clear your mind and rejuvenate your spirit.

WRITE DOWN HERE

Redefine: It's easy to focus on the end goal that you miss the small changes happening around you. Look for smaller victories and capitalize on them. Every time you reinforce a boundary or step outside of your comfort zone, is a victory.

How do you know things are coming together?

WRITE DOWN HERE

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What small changes would you like to see as you make progress towards your larger goals?

WRITE DOWN HERE

Empowerment: You are at the point where you are making progress towards your goal

Identify resources and practical tools that will assist you with maintaining your desired lifestyle.

WRITE DOWN HERE

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Goal Setting *(Journal Prompts Worksheet)*

"Do not dim your light for others. As change occurs your family and friends may not be receptive. Your growth and your goals are not based upon people accepting you. This is your life. Do what is best for you." - Rhaea Goff

As you have made progress towards your goal, how does it make you feel? Have your views of yourself changed?

WRITE DOWN HERE

During tough moments, how have you been able to work through them?

WRITE DOWN HERE

Nothing is written in concrete. Your goals and steps can be changed at any time. Are there any tweaks or adjustments that need to be made?

WRITE DOWN HERE

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