

Week 1

Goal setting

This is a powerful way to help you achieve your dreams and desires. Goals that are SMART have a greater chance of success (Locke & Latham, 1990). That means they should be Specific, Measurable, Attainable, Realistic and Time-based.

Exercises:

- 1. My bucket list** – Write down your top five life goals that you would love to achieve – list these in order of desire. Consider goals relating to relationships, work, financial, health, social and travel.
- 2. Set a SMART goal** – Select one of your top-rated goals from your Bucket List. Apply the SMART model outlined above to ensure you're setting yourself up for success. Make sure you're really clear on the A of your goal, as identifying your "why" will be the key to success.
- 3. Visualise success** – Create a vision board to bring your goals to life. Use inspirational images and words relating to your goals. Place the vision board somewhere you will see it on a regular basis to provide ongoing inspiration and motivation.



Exercises inspired by Dr Suzy Green, Positive Psychologist and Founder of the Positivity Institute.

Note: All exercises can be enhanced by finding a space to sit where you feel relaxed and inspired. It's also helpful to take a few moments to close your eyes and reflect thoughtfully before you write. Gratitude's power comes through preventing us from taking things for granted. So it's important these exercises don't become chores. These tasks can be undertaken daily or weekly.