



Tuesday 18 January 2022
at 11.00am

Get Moving towards your Goals for 2022

with Emma Hackett, Wellbeing Coach

Thank you for joining me in the Virtual Village Hall today. I hope you enjoyed the session and came away with some practical strategies to define your goals, check whether they're truly what you want, and set some actions to move you closer to your ideal future. We covered a lot of information in the session and this workbook is designed to help you work through each step in your own time. And remember, while we only covered one goal during the session, and the action steps to reach it, you can use this workbook to repeat the process for the other segments on your Wheel of Life too!

What does Positive Psychology research say about setting goals?

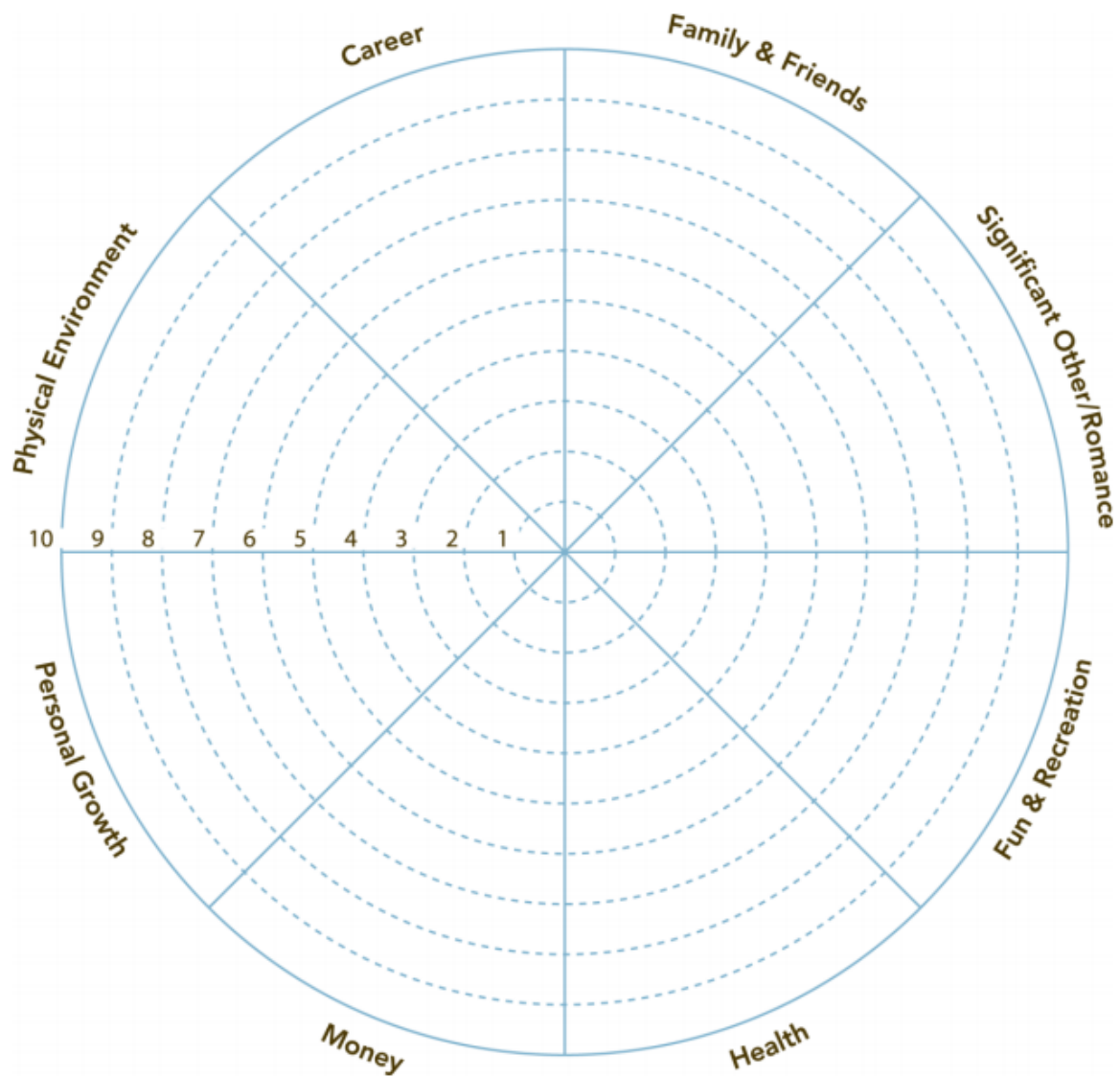
Having goals give us direction in life - they are the stepping stones from where we are today to our hopes for the future. Positive Psychology research shows that when we're hopeful about the future, we're likely to be happier. Interestingly, it's not only achieving our goals that make us happy, choosing our goals, exploring the possibilities, and working towards them also increases our sense of hope, optimism and happiness.

Setting goals with the Wheel of Life

The Wheel of Life is a really powerful coaching tool that gives an indication of the balance and fulfilment in our lives. By personalising the Wheel of Life to make it unique to you, and giving each segment a score, it can help you see what needs to change and improve. These become our goals. Then, looking at what we can do to improve each score, we can set action steps to achieve our goals.

Take a look at the Wheel of Life on the next page and the titles of each segment around the outer edge. You may want to change the categories to more accurately reflect the areas of your life. For example, you may choose to split the category of friends and family into two or three separate categories – eg. immediate family, wider family and friends. For those who don't have a Career you may want to swap this with Contribution to your local community or the world - or something else that's important to you. Take some time to personalise your Wheel of Life to the titles represent what is important to you.

Now, score each segment of the Wheel of Life. Seeing the centre of the wheel as 1 and the outer edges as 10, rate your level of satisfaction with 1 being not at all satisfied, and 10 being highly satisfied. As you score each segment, think about what's good in your life and what's fulfilling as well as any frustrations and things you'd like to change. Try not to overthink it, just go with your gut feel on the score and remember that this Wheel of Life is just for you and a simple snapshot in time.



Which segment of the Wheel of Life has the lowest score?

What would you like to change or improve? This is your overall goal.

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How can you get from the score to the next number? For example, if you scored the segment 3 out of 10, what can you do to move from 3 to 4 out of 10? This is action step to achieve the goal.

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Again, how can you get from the latest score to the next number? For example, what can you do to move from 4 out of 10 to 5 out of 10? You can continue to repeat this process, moving towards 10 out of 10 if you wish.

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Sense-testing our goals

Sense-testing our goals means taking a moment to decide whether this goal, and the action steps to achieve it, are what we truly want. Sometimes, we set goals which are driven by something we think we *should* do but it's not what we actually *want*. Or we set the goal but we're not that motivated to take action. Use the questions below to decide whether the goal is really what you want and worth your time and energy to pursue it - if not, that's OK!

Why is this goal important to you?

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What will it give you or what does it mean to you?

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Does the goal excite or energise you? On a scale of 1-10, how motivated are you to achieve this goal?

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Does the sense-test strengthen your goal? If not, would you like to revise your goal, or the action steps to achieve it? (It's OK to say no!)

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What does the ideal look like?

So far, we've personalised your Wheel of Life with segments that are important to you. We've given each segment a score and explored the segment with the lowest score to define a goal and some action steps. Then we sense-checked the goal to make sure it's something you want to spend your time and energy working towards. You could continue to use the Wheel of Life to 'step-up' through the numbers, moving from the score you gave the segment and working up towards 10 out of 10. However, I've found that most clients cannot fully articulate what 10 out of 10, or the ideal, looks like in that area of their life. This is normal because we know where we are, and it's only by taking action that the possibilities start to unfold and the way forward becomes clear.

Another way to define the ideal – or what 10 out of 10 might look like - is by using our imagination. Humans have the innate capacity to imagine and create mental images of how things could be, drawing us towards the future. Imagination accesses a different part of the brain and takes you to a different place than logically stepping up through the numbers on the Wheel of Life.

During the session we used the Future Pacing exercise to imagine the future and how the ideal might look. Please use the space below to make some notes from the exercise.

Where did your intuition and awareness take you during the Future Pacing exercise?

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Thinking about your chosen segment from the Wheel of Life, what does this aspect of your life look like in the future?

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What is different in the future?

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What score out of 10 would you give this version of the future?

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How does this image of your future make you feel?

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How does this ideal future motivate you?

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Setting your goals for 2022

In this section, we combine the Wheel of Life with the Future Pacing exercise to set some goals and actions for 2022.

What is your top goal for 2022? (Take a look at what you wrote underneath the Wheel of Life on page 2)

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Thinking about the score you gave this segment on the Wheel of life and the 10/10 ideal from the Future Pacing exercise, what 3 action steps would you like to take to improve this aspect of your life?

Action 1:

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When will you do this action? Find a time to suit you and block time in your diary or set a reminder on your phone.

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Action 2:

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When will you do this action? Find a time to suit you and block time in your diary or set a reminder on your phone.

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Action 3:

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When will you do this action? Find a time to suit you and block time in your diary or set a reminder on your phone.

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What might get in the way of you achieving these actions?

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How can you overcome these obstacles?

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How will you acknowledge or reward yourself once you have achieved the action.

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Remember that you can use this process to revisit other segments on your Wheel of Life and Get Moving towards your goals for 2022. Good luck!

About Emma Hackett, Wellbeing Coach

Emma Hackett is a professional Coach, Positive Psychology practitioner, Mindfulness meditation teacher and Mental Health First Aider. She has a special interest in Wellbeing Coaching and partners with her clients to offer a holistic wellbeing approach for the mind, body, heart and soul – backed by scientific research. She helps them to rediscover health and happiness by reducing stress, addressing unhelpful thinking and limiting beliefs, developing a positive mindset and creating a self-care plan to improve wellbeing, build resilience and thrive. Her clients describe her approach as warm, supportive, insightful and passionate: an ally who stands by their side to champion them on their journey of transformation. Emma delivers workshops, courses and one-to-one coaching for individuals and organisations.