

TWENTY TWENTY FIVE

WHOLISTIC WELLNESS CLINIC

GOAL SETTING WORKSHOP

With Dr. Terri Cooper and Dr. CJ Bot

Let's plan your best year yet!

2025 Goals of _____

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TO BEGIN: 2024 REFLECTION

Write down or circle the number that best describes how you feel about each part of your life in 2024 and then explain why you feel that way.

MY BODY I HATE IT 1 2 3 4 5 6 7 8 9 10 LOVE IT
WHY? _____

MY WORK / SCHOOL I HATE IT 1 2 3 4 5 6 7 8 9 10 LOVE IT
WHY? _____

MY MONEY I HATE IT 1 2 3 4 5 6 7 8 9 10 LOVE IT
WHY? _____

MY LOVE LIFE I HATE IT 1 2 3 4 5 6 7 8 9 10 LOVE IT
WHY? _____

MY FRIENDSHIPS I HATE IT 1 2 3 4 5 6 7 8 9 10 LOVE IT
WHY? _____

MY SELF-WORTH I HATE IT 1 2 3 4 5 6 7 8 9 10 LOVE IT
WHY? _____

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2024 REFLECTION

Now that you've ranked how you feel in these categories, use your answers to help with the following questions:

- What are 3 good things that happened this year and how did they make you feel?

- What are 3 low points this year and how did you handle them?

- What is the big lesson you learned this year?

- What did you do this year that you are proud of?

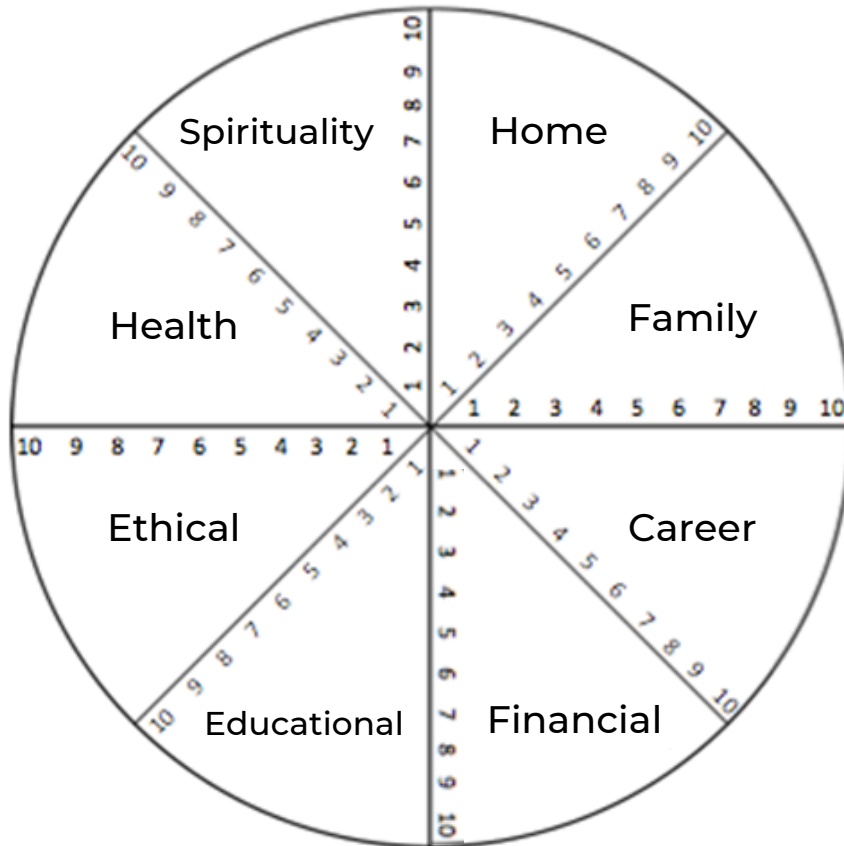
- What are your hopes and dreams for next year?

We are so glad you've joined us for WWC's 2025 Goal Setting Workshop! Let's plan your best year yet!

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2024 MY WHEEL OF LIFE

IS IT BALANCED? WILL IT ROLL?



On the wheel above, rate yourself from 1 (poor) to 10 (excellent) in these 8 areas and then connect the dots.

1. **Health:** your relationship with your physical body, health and wellness.
2. **Spirituality:** your relationship with God or higher power.
3. **Home:** your relationship with your home, either physically or emotionally.
4. **Family:** your relationship with your immediate and distant family.
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8. **Ethical:** your relationship with self and morals.

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FACTORS OF CONGRUENCY INQUIRY

You, no doubt, have ideals, desires and non-negotiable values that you have adopted over the course of your life. These are uniquely dear to **your heart**. They should be identified to see if there is any emotionally congruent relationship among them. Write a very short description of what you can ideally visualize **HAVING** (within these values) for your life in each of these nine areas. Example A: I **VISUALIZE** having financial independence. I **VISUALIZE** having a family in which all are supportive of each other. Then prioritize, by placing a number in the categories of your life as it is **TODAY** with #1 being the most important and #9 being the least important.

HEALTH

I VISUALIZE HAVING... _____

SPIRITUALITY

I VISUALIZE HAVING... _____

HOME

I VISUALIZE HAVING... _____

FAMILY

I VISUALIZE HAVING... _____

CAREER

I VISUALIZE HAVING... _____

FINANCIAL

I VISUALIZE HAVING... _____

EDUCATION

I VISUALIZE HAVING... _____

ETHICAL

I VISUALIZE HAVING... _____

OTHER

I VISUALIZE HAVING... _____

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GOAL SETTING

Place the names of the highest prioritized categories of your life, as it is TODAY, in numerical order. Write the category name of your highest priority under the #1 slot, your second prioritized category in the next slot and so on. Then write in what you MOST want to have in those categories plus anything else that comes to mind. Start your sentences with "I want to-" An example is "I want to have financial Independence", "I want to have \$500,000 in a savings"

01

- A. I WANT TO... _____
- B. I WANT TO... _____
- C. I WANT TO... _____

02

- A. I WANT TO... _____
- B. I WANT TO... _____
- C. I WANT TO... _____

03

- A. I WANT TO... _____
- B. I WANT TO... _____
- C. I WANT TO... _____

04

- A. I WANT TO... _____
- B. I WANT TO... _____
- C. I WANT TO... _____

05

- A. I WANT TO... _____
- B. I WANT TO... _____
- C. I WANT TO... _____

06

- A. I WANT TO... _____
- B. I WANT TO... _____
- C. I WANT TO... _____

07

- A. I WANT TO... _____
- B. I WANT TO... _____
- C. I WANT TO... _____

08

- A. I WANT TO... _____
- B. I WANT TO... _____
- C. I WANT TO... _____

09

- A. I WANT TO... _____
- B. I WANT TO... _____
- C. I WANT TO... _____

SMART GOALS

SMART goals help improve achievement and success. A SMART goal clarifies exactly what is expected and the measures used to determine if the goal is achieved and successfully completed.

A SMART goal is:

Specific (and strategic): Linked to position summary, departmental goals/mission, and/or overall School of Medicine goals and strategic plans. Answers the question—Who? and What?

Measurable: The success toward meeting the goal can be measured. Answers the question—How?

Attainable: Goals are realistic and can be achieved in a specific amount of time and are reasonable.

Relevant (results oriented): The goals are aligned with current tasks and projects and focus in one defined area; include the expected result.

Time framed: Goals have a clearly defined time-frame including a target or deadline date.

Examples:

Not a SMART goal:

Employee will improve their writing skills.

Does not identify a measurement or time frame, nor identify why the improvement is needed or how it will be used.

SMART goal:

Elaine has identified a goal to improve communications with the Premier Leaders of her Organization, by implementing a weekly Conference call. She will complete the list of Premier Distributor Leaders by January 15, 2015 and the Conference call invitations will be extended by January 25, 2015. Elaine will gather the names of those who agreed to participate and draft the final list for everyone by January 31, 2015. The calls will begin on the first Monday of February 2015 and weekly thereafter.

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SMART GOALS: _ _ _ _ _

Start With the Dream of What You'd Like to Achieve: _____

Specific

- What is the desired result? (who, what, when, why, how)

Measurable

- How can you quantify (numerically or descriptively) completion?
- How can you measure progress?

Attainable

- What skills are needed?
- What resources are necessary?
- Are you prepared to make the commitments necessary in order to achieve?

Realistic

- You should shoot for the moon but does the goal violate any physical laws of time or space?

Time Certain

- What is the date you will achieve?

Final Goal (Begin goal statement with "I'm so happy and grateful now that..." state goal in present tense: "I am.." "I have...", etc. and must include date goal will be achieved)

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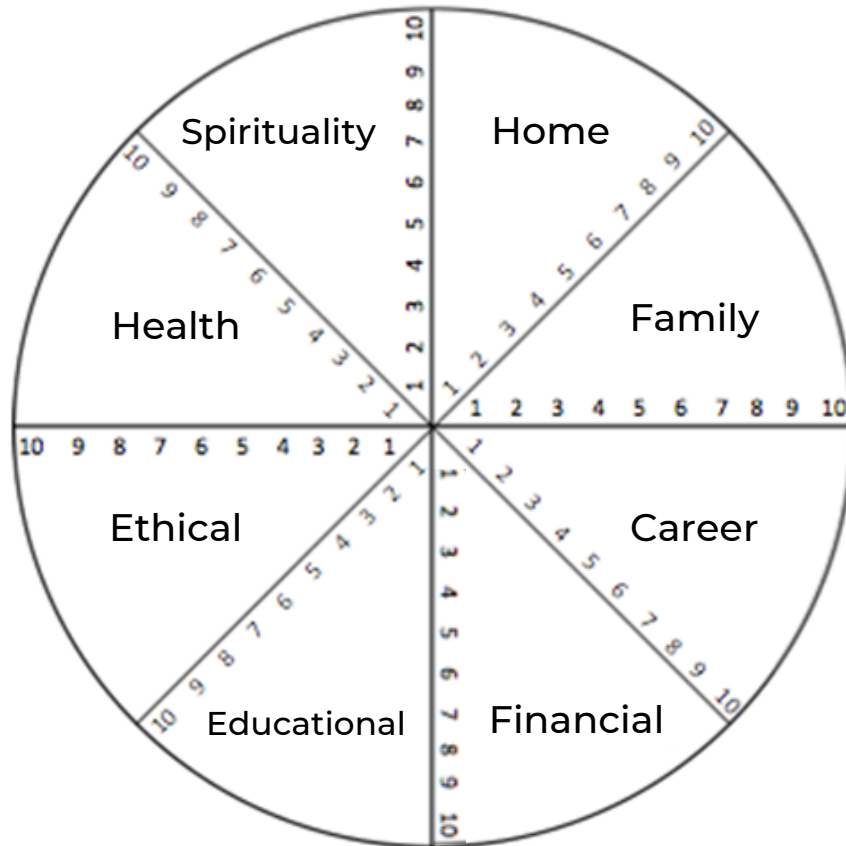
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2025 REFLECTION

- What SCARES you about the changes you want to make in your life?

- What EXCITES you about the changes you want to make in your life?

Additional Resources:

- NeuroEmotional Technique at WWC
- Emotional Freedom Technique
- First Aid Stress Tool (FAST)

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With love,
Dr. Cooper & Dr. CJ