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# Goal Setting

# WORKBOOK

This Girl Means Business

# Goal Setting WORKBOOK

*hola darling!*

I'm Ibora Zafira

As a Soul Business Mentor & Purpose Guide I help ambitious and motivated women from all over the world create the life and business of their dreams, while making an impact on the world.

I run my business from the Algarve in Portugal, living my dream life in a beautiful villa overlooking the ocean with my fuzzy dog Boefje .... I have created this dream life from scratch. Growing up in the poorest neighbourhood of Amsterdam, I had to fight my way up. I have learned to grow from each experience and turn it into a win.

I am known for my Goal Getters mentality and that I'm Personally invested in my clients wins. I reach my goals each year, because of my Focus and my Unlimited power to keep moving forward.

Lots of women have the potential to be great, but lack the consistency, the strategy or the motivation. That's what I help them with!

Bringing out your **FULL FABULOUSNESS**.

I strongly recommend you to follow me on [FB](#), [insta](#) & [Linkedin](#), so we can get you aligned for the Life and Business of your Dreams.

Send me a message [team@iborazafira.com](mailto:team@iborazafira.com) to book a coaching call with me, if you are ready to take action on your Dreams.



*Ibora Zafira*  
SOUL BUSINESS COACH

# Goal Setting WORKBOOK

Do you know what it is like to have lost your way in your business? Your creative fire seems to have dimmed so much that you can hardly see it and it takes a lot of effort to get yourself back on track.

You feel that a lot of your potential is going to waste. You want to move forward and work on your plans, but you don't seem to get aligned with your plan. You just can't see how to get started and what comes next.

And what if you feel you have 'tried everything' but nothing seems to work and you're being sucked into a downward spiral from negative thinking to disappointing results. What do you do then?

You have heard so many times that there are a lot of opportunities for entrepreneurs, but you can't seem to find yours or don't know how to seize them.

Then this push in the right direction is exactly what you need.  
A plan, a bit of mentorship and professional guidance.

So that you will start to feel good about yourself.

Your Creative juices start flowing.

The Fire that started your business in the first place gets lit.

So You will continue your most Passionate Path to a Fulfilling and Joyful Life.

How would it be for you when I give you a roadmap to get you moving again?  
If we will walk together and work on your inner and outergame, so that you will have a plan that will guide you these coming months and that will excite you and motivate you to give it all you've got.



# REMEMBER WHY YOU STARTED

What am I doing and why?

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# GOAL *Creation*

# GOAL SETTING WORKBOOK

**What is your 3 month goal?**

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**Why do you want to hit this goal? How will it feel once you've achieved it?  
How will you know you've achieved it?**

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**Write out the mini goals you will complete to help you reach your big goal.**

Each week you will focus on completing one mini goal. (At any point during your 3 month-period you can change your mini goals if the current ones you listed are no longer relevant)

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# Daily Goal Setting Sheet

Today's Date: \_\_\_\_\_

**What is this week's mini goal?**

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**What are 3 steps I will take today to help me achieve my mini goal?** (to be done at the beginning of the day)

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**Daily Reflection** (to be done at end of the day)

- What is going well?
- What is not going well?
- How can I overcome any roadblocks?
- Anything else come to mind?

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# GOAL SETTING WORKBOOK

## Weekly Plan

Date: \_\_\_\_\_

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



WEEKEND



### TOP GOALS THIS WEEK

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## To-Do's

### HOME

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### WORK

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4. \_\_\_\_\_
5. \_\_\_\_\_

### NOTES

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# DAILY *Planner*



# GOAL SETTING WORKBOOK

Tuesday

Date: \_\_\_\_\_

## TODAYS TOP GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## AFFIRMATIONS & GRATITUDE

## TODAYS SCHEDULE

## TO-DO

## NOTES//BRILLIANT IDEAS

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## MEAL PLANNER

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L \_\_\_\_\_

D \_\_\_\_\_

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# GOAL SETTING WORKBOOK

Wednesday

Date: \_\_\_\_\_

## TODAYS TOP GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## AFFIRMATIONS & GRATITUDE

### TODAYS SCHEDULE

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### NOTES//BRILLIANT IDEAS

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### MEAL PLANNER

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# GOAL SETTING WORKBOOK

Thursday

Date: \_\_\_\_\_

## TODAYS TOP GOALS

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## AFFIRMATIONS & GRATITUDE

### TODAYS SCHEDULE

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### NOTES//BRILLIANT IDEAS

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### MEAL PLANNER

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# GOAL SETTING WORKBOOK

Friday

Date: \_\_\_\_\_

## TODAYS TOP GOALS

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## AFFIRMATIONS & GRATITUDE

### TODAYS SCHEDULE

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### NOTES//BRILLIANT IDEAS

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### MEAL PLANNER

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# GOAL SETTING WORKBOOK

Saturday

Date: \_\_\_\_\_

## TODAYS TOP GOALS

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## AFFIRMATIONS & GRATITUDE

### TODAYS SCHEDULE

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### TO-DO

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### NOTES//BRILLIANT IDEAS

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### MEAL PLANNER

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# GOAL SETTING WORKBOOK

Sunday

Date: \_\_\_\_\_

## TODAYS TOP GOALS

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2. \_\_\_\_\_
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## AFFIRMATIONS & GRATITUDE

### TODAYS SCHEDULE

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### TO-DO

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### NOTES//BRILLIANT IDEAS

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### MEAL PLANNER

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# Daily Goal Setting Sheet

Today's Date: \_\_\_\_\_

**What is this week's mini goal?**

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**What are 3 steps I will take today to help me achieve my mini goal?** (to be done at the beginning of the day)

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**Daily Reflection** (to be done at end of the day)

- What is going well?
- What is not going well?
- How can I overcome any roadblocks?
- Anything else come to mind?

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GOAL SETTING WORKBOOK

level 10 life

	1	2	3	4	5	6	7	8	9	10
FAMILY + FRIENDS										
PERSONAL DEVELOPMENT										
SPIRITUALITY										
FINANCES										
CAREER										
RELATIONSHIP										
FUN + RECREATION										
GIVING + CONTRIBUTION										
ENVIRONMENT										
HEALT + FITNESS										

# GOAL SETTING WORKBOOK

Career

Rating: \_\_\_\_\_

What are you grateful for in your career?

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How would it look for you to rate this area of your life higher?

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What can you begin implementing now to help you increase your rating in this area?

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# GOAL SETTING WORKBOOK

Finances

Rating: \_\_\_\_\_

What are you grateful for in your finances?

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How would it look for you to rate this area of your life higher?

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What can you begin implementing now to help you increase your rating in this area?

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# Personal Development

Rating: \_\_\_\_\_

What are you grateful for in your personal development?

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How would it look for you to rate this area of your life higher?

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What can you begin implementing now to help you increase your rating in this area?

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Spirituality

Rating: \_\_\_\_\_

What are you grateful for in your spirituality?

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How would it look for you to rate this area of your life higher?

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What can you begin implementing now to help you increase your rating in this area?

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# Family & Friends

Rating: \_\_\_\_\_

What are you grateful for in your family and friends?

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How would it look for you to rate this area of your life higher?

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What can you begin implementing now to help you increase your rating in this area?

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Relationship

Rating: \_\_\_\_\_

What are you grateful for in your relationship?

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How would it look for you to rate this area of your life higher?

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What can you begin implementing now to help you increase your rating in this area?

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# Fun & Recreation

Rating: \_\_\_\_\_

What are you grateful for in your fun and recreation?

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How would it look for you to rate this area of your life higher?

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What can you begin implementing now to help you increase your rating in this area?

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# Giving & Contribution

Rating: \_\_\_\_\_

What are you grateful for in your giving & contribution?

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How would it look for you to rate this area of your life higher?

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What can you begin implementing now to help you increase your rating in this area?

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# GOAL SETTING WORKBOOK

Health & Fitness

Rating: \_\_\_\_\_

What are you grateful for in your health & fitness?

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How would it look for you to rate this area of your life higher?

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What can you begin implementing now to help you increase your rating in this area?

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# GOAL SETTING WORKBOOK

Top Goals

FAMILY + FRIENDS

PERSONAL DEVELOPMENT

SPIRITUALITY

FINANCES

CAREER

RELATIONSHIP

FUN + RECREATION

GIVING + CONTRIBUTION

ENVIRONMENT

HEALTH + FITNESS

# Goal Setting WORKBOOK

Now that you have found your Motivation Fire again, reconnected to Why you do what you do and created your plans and are ready to take action on your Dream, let's make a promise right here and right now.

You will start to implement your plans, and do ALL that you set out to do.

And the moment you see yourself slip, or fall off the wagon - you contact me! Book a Coaching Call or sign up for the Masterclasses to keep your Focus.

You know that the difference between where you are now and your business success is in the actions you take each day. So make this commitment to yourself and your business. Promise yourself to do the work, place a Reward at the end of each week, celebrate your wins and keep this momentum going.

I'm here when you need assistance in implementing your plans.

[Facebook](#)

[Instagram](#)

[LinkedIn](#)

X x

*Ibora Zafira*  
SOUL BUSINESS COACH

## ACCOUNTABILITY COACHING

Do you know that you need that extra pair of eyes and ears on your plans and want an accountability partner for reaching your goals, e-mail me for a call with me.