



Life Coaching Tools



Introduction:

Welcome to my first worksheet that which is my first one for my Life Coaching Tools that I have created. Included will be a Goals Sheet, Journal Questions to help you get ready for the new year and a blank page where you can create a vision board.

Before you begin start by reflecting on the year before:

Put about your achievements, what bothered you in the year before and had not accomplished, but learned from.

What you would do differently this year:

Goal list for 2021

Setting your goals each helps to give you focus and drive, and this year I have broken my goals in 3 categories, Home, Work and Play.

Home could be giving your home a makeover, work, get promoted , play, anything like have a movie night or have meal theme each week.

Home Goals :

Work Goals :

Play Goals:

Journal Questions:

Here are some Journal Questions to help you with planning out your new year 2021, and you can answer the questions on this sheet , in a separate sheet or in a notebook and use them as you go through the year:

How are you going to do in the new year that will be different to last and you can go through this question for each month of the year too?

Are you going to create a new positive habit or a ritual?

What do you want to see this year that you didn't in the last? Again you can go through each month of the year to break it down.

How do you want this year to end?