

# Soulful Goal Setting Worksheet

Soulful goal setting isn't about ticking boxes or chasing someone else's version of success. It's about creating goals that reflect your deepest values, your authentic aspirations, and the kind of person you want to become. Instead of looking outward for validation or direction, soulful goal setting starts with looking inward.

## Start with reflection

**Reflect on your values:** What matters most to you? What guides your decisions and actions? List your top 3 values below

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| 1. |
| 2. |
| 3. |

**Connect with your aspirations:** What would a life of meaning and fulfilment look like for you?

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**Focus on being, not just doing:** Who do you want to *be* as you work toward your goals?

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## Reflect on the past year

What are three things you're proud of from last year?

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|----|
| 1. |
| 2. |
| 3. |

What didn't go as planned, and what did you learn from it?

## Envision Your Best Self

Imagine yourself at your best—living a life that feels purposeful and fulfilling.

What does that look like?

How do you spend your time?

How do you feel?

## Set Intentional Goals

| <b>Specific</b>   | <b>Values-aligned</b>   | <b>Purpose Driven</b>  |
|---|---|--|
| <i>e.g. Move my body in ways that feel joyful and energizing three times a week</i> | <i>because I value my health</i>                                | <i>so that I can stay fit enough to play with my grandchildren and do activities with them</i> |
| <i>e.g. Set aside 10% of my income for future adventures</i>                        | <i>because I value growing and learning through exploration</i> | <i>so that I am pushing myself outside of my comfort zone</i>                                  |
|   |   |  |

| Specific | Values-aligned | Purpose Driven |
|----------|----------------|----------------|
|          |                |                |
|          |                |                |

## Monthly check-in

Are these goals still aligned with my values?

Am I making progress in ways that feel fulfilling?

What adjustments do I need to make?

**Closing Section:** Thank you for taking the time to reflect on your goals and aspirations with this worksheet!

If you're curious about exploring your life purpose further, check out our [Life Purpose FAQs resource](#). It's a great starting point for anyone looking to deepen their understanding of what life purpose means and how to align their life with it.