



GOAL SETTING SESSION



BY SARA FERNANDES

GOAL SETTING SESSION WEBINAR

HERE IS THE WEBINAR



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WELCOME!

In this Workbook you'll find different ways to track your Goals, choose the one that best suits you and start writing!

A few tips:

- Write your goals by hand, there's something very powerful that happens when you do that;
- Start by journaling about what your goals may be and why you want to pursue them. Give yourself 10 to 15 minutes to do this;
- You are allowed to change your goals, they may seem set in stone today, but they are not, you evolve every single day so, your goals may too!

I hope you enjoy the process, it doesn't need to be hard or overwhelming and you can always come back and tweak them.





MONTHLY PLANNER

MON.

TUE.

WED.

THUR.

FRI.

SAT.

SUN.

GOAL SETTING

Goal Number One:

What is my goal?

What purpose does this goal serve in my big-picture plan? Why do I want to achieve this?

Action Steps:

Goal Number One:

What is my goal?

What purpose does this goal serve in my big-picture plan? Why do I want to achieve this?

Action Steps:

Goal Number One:

What is my goal?

What purpose does this goal serve in my big-picture plan? Why do I want to achieve this?

Action Steps:

GOAL SETTING

START DATE:

--/--/----

END DATE:

--/--/----

MY GOAL IS ...

MY WHY

TO REMEMBER

ACTION STEPS

RESOURCES

- _____
- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRAW / SKETCH

GRATEFUL FOR

“

”

GOAL SETTING

Use this table to define your short-term and long-term business goals. Make sure your goals are (Specific, Measurable, Achievable, Relevant, and Time-bound).

SHORT-TERM GOALS	LONG-TERM GOALS
(1-12 MONTHS)	(1-5 YEARS)

SMART GOALS

Instructions: For each goal, fill in the details according to the SMART criteria. This will help ensure that your goals are clear, focused, and actionable.

S	SPECIFIC	A. What exactly do you want to achieve? B. Who is involved or responsible? C. Where will it take place (if applicable)? D. Why is this goal important?
M	MEASURABLE	A. How will you track progress? B. What are the key performance indicators (KPIs)? C. How will you know when the goal is accomplished?
A	ACHIEVABLE	A. Is the goal realistic given your resources and constraints? B. What steps or actions will you take to reach the goal? C. Do you have the necessary skills and support?
R	RELEVANT	A. Does the goal align with your business objectives? B. Will it contribute to your long-term success and growth? C. Is now the right time to pursue this goal?
T	TIME-BOUND	A. When will you start working on the goal? B. What is the target completion date? C. Are there any milestones or checkpoints along the way?

SMART GOALS

GOAL:

S	
M	
A	
R	
T	



THANK YOU!

I'm Sara, and I'm thrilled to welcome you to "Empower Your Path: Goal Setting Session." For those who already know me, you know I started as a life coach, helping individuals unlock their potential and achieve their dreams. Over time, I realized that financial disorganization often stands in the way of a fulfilling life. This insight led me to transition into a money coach, where I now focus on inspiring and guiding people, especially women, to take control of their finances.

For those meeting me for the first time, welcome! My background in life coaching has given me a deep understanding of the holistic nature of well-being and the crucial role financial stability plays in it. As your money coach, I am dedicated to helping you navigate your financial journey, set realistic and achievable goals, and develop strategies to secure your financial future.

In today's webinar, we will talk about goal setting. We'll explore how to set SMART goals, integrate personal finance into your goal-setting process, and create actionable plans that lead to success. My only objective is to help you build a path towards a brighter and more secure future.

XO

Sara