

JINA Life Quick Goal Guide

Thank you for participating in the JINA LIFE Quick Goal Guide. It is designed to assist you in gaining a clear picture of your top three goals, how you would feel if they were achieved and what things might be holding you back from achieving them. Our quick goal guide is ideal to be complete in conjunction with the [JINA LIFE Satisfaction Quiz](#) or if you already know what you want to do this is a great activity to discover specific areas of your life that you can focus on or if you no longer want to be alone - we at JINA LIFE Spiritual Guiders & Life Coaches can help YOU!

Instructions: Read through the following questions and answer thoughtfully and honestly.

Rate Your Life:

How would you rate your life out of 10 (10 being you can't imagine it could possibly any better, 0 things couldn't possibly be worse)	
Health & Body	
Work & Career	
Primary Relationship	
Friends & Family Fun & Leisure	
Home Environment	
Fun & Leisure	
Money & Finances	
Other: please specify	
Given these scores, which 2-3 areas are you willing to improve over the next 6 months to make the biggest difference to your life? (Maximum 3)	
Health & Body	
Work & Career	
Primary Relationship	
Friends & Family Fun & Leisure	
Home Environment	
Fun & Leisure	
Money & Finances	
Other: please specify	
What three things are you most tolerating or putting up with in your life?	
a)	
b)	
c)	
What three things are you most loving in your life?	
a)	

b)
c)
If you could have more of ONE thing in your life right now, what would it be?
a)

Create Your Goals:

Create 2-3 Goals which would make a BIG difference to your life. Choose goals which would put a big smile on your face, and be achievable within 6 months, note achieved by date dd/mm/yy	
a)	Achieved:
b)	Achieved:
c)	Achieved:
Imagine 6 months have passed, and you've done it! You have achieved each of these goals. Write down how you would feel having achieved each of these.	
Goal a)	I would feel....
Goal b)	I would feel....
Goal c)	I would feel....

Letting Yourself down:

Assuming everyone has some way of holding back or sabotaging their life, which is your favourite method (maximum two)?	
Procrastination	
Indecisive	
Arrogant / being right	
Not saying No	
Not saying Yes	
Having unrealistic goals	
Following secondary goals (ones that won't ultimately make you happy)	
Not always telling the truth	
Tolerating	
Doing what other people think you should do	
Doing things purely to make everyone else happy	
Can't be bothered & Lazy	

Other: please specify	
When you notice yourself doing this behaviour (sabotaging yourself), what will you now do instead? (i.e. what will you replace it with?)	
0-10 How committed am I to doing this? 0 being I am not, 10 being 100% committed.	
a)	

Coaching:

Goals are much easier to achieve when you have a support structure in place. Which support structure/s will you put in place this week to make these goals fun and easy? (maximum of 3)	
Create a motivating display where I can see it often (e.g. put my goals guide up in the bathroom or on the fridge).	
Enrol in a training course (e.g. sewing or painting).	
Team with a buddy to go for the same goals	
Join a club/hang out with people sharing the same goal/s. (e.g. join a gym, sports club).	
Tell 3-10 friends of my commitment, and how they can support me (e.g. call me ever couple of weeks to as how it's going).	
Get myself a Life Coach!	
If you had your own coach, what would you probably get from the coaching that would be most valuable to you? (maximum of 3)	
Challenge	
Inspiration	
Accountability	
Direction	
Energy	
Focus	
Clear Vision	
100% Support	
Ideas & Strategies	
Sounding board	
If you decided to work with a coach, what would probably be the best time for you to start?	
Right away!	
Within the next 30 days	
Within the next 3 months	
Within the next 12 months	

Now that you have completed the JINA LIFE Quick Goal Guide, you might like to pin it up somewhere to remind you of your goals and review it regularly. If you think you can't achieve these results on your own or need more help with finding your vision, path and purpose or getting specific, measurable, achievable, realistic, time-framed and inspiring goals with someone who is 100% committed to you, why not invest in your own Life Coach today?

JINA LIFE Spiritual Guiders and Life Coaches can assist you in creating a vision for your future that is both challenging and exciting by providing you with the tools, strategies, path and 100% support to turn that vision into reality!

If you would like to make an appointment with JINA LIFE for one of our services or free consultation and to discuss your Quick Goal Guide please contact us on:

Email: jacqueline@jinalife.com Web: www.jinalife.com Telephone: +61 (0) 404 362 379

And remember the future is dependant on what you do today.