



**Spring Clean Your Life**  
Goal Setting Worksheet

**Spring Clean YOUR Life!**

To commit to your life "Spring Clean", complete this summary sheet below:



**Spring Clean Your Life**  
**GOAL-SETTING SHEET**



My **3 New DAILY SUCCESS HABITS** are:

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

My **Top 3 Goals to "Spring Clean" my Life** are:

1. I \_\_\_\_\_ by \_\_\_\_\_
2. I \_\_\_\_\_ by \_\_\_\_\_
3. I \_\_\_\_\_ by \_\_\_\_\_

The **BENEFITS to Me** of My GOALS are:  
*Think of one inspiring benefit for each Top 3 goal.*

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

My **3 KEY Action Steps** are:  
*Choose one KEY action for each of your Top 3 Goals.*

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

**I will LET GO of:**

*You might want to let go of; limiting beliefs, bad habits, energy zappers, someone in your life or something else!*

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

Signed: \_\_\_\_\_

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

**THOUGHT**

*"To think creatively, we must be able to look afresh at what we normally take for granted."*

**George Kneller**

For personalised coaching and to learn more about **Karen Blake Coaching** visit <http://www.karenblakecoaching.com>

**STAY ON TRACK**

Now you have completed this Summary Sheet, cut it out and put it somewhere you will see it regularly like your fridge or bathroom mirror.