



75 Questions To Help You Set Strong Goals with Visible Results

start attracting the life you desire,
accomplishing your goals, and optimizing your
mindset for the best future



do well
DEPARTMENT

hey, hi, and hello

Did you know that you are THIRTY times more likely to achieve your goals when you have them clearly defined? Imagine going into this new year, month, day, or minute being thirty times more likely to achieve exactly what you want.

Plus, by setting your goals, you're ahead of 97% of other business owners because that is the percentage of business owners who aren't setting clearly defined goals. That means that simply by completing this goal setting session and keeping your goals clear in your mind for the next few years, you're going to 30x more likely to accomplish your goals than 97% of other business owners.

Today we're going to think about the things we want to achieve in three to five years. We usually overestimate how much we can achieve in 12 months, but we underestimate how much we can achieve in five times that! So today, imagine your ideal life, no matter how crazy it is. And don't think about how you're going to achieve your goals, but just what those goals are.

Do we need to say more?! If you haven't already, head to the replay of our goal setting session with Calli. She'll take you through a guided meditation and many of the questions listed below to help you create your ideal life. So, let's get started!

How to Complete an Inspiring Goal Setting Session

1. Get out a piece of paper or your journal and something to write with or open up a new document on your computer.

2. Close your eyes and picture your ideal life. Think about what you're grateful for today, what you love to do, who you love to spend time with, and more. Think about what you already love about your life and how you can create more of what you love.

3. Now, take in a few deep breaths, do a quick meditation, or do another activity that helps you relax. Try to push away any feelings of guilt or inferiority. You can accomplish anything you set your mind to.

4. Once you start writing, don't stop. You want this to be a flow of consciousness so that all of your goals (even the subconscious ones) can flow freely.

5. Now write while thinking about the following questions. And remember this is your ideal life in 3-5 years. Think about everything you could possibly want! Don't hold back.

- Where do you want to be?
- Where are you living?
- What does your home look like?
- Walk through your home. How do you feel when you're there?
- Who are you living with?
- Are you in a relationship?
- How do you feel day-to-day?
- Are you happy?
- Are you well-rested?
- Are you calm?
- How do you feel in your body?
- Do you love yourself?
- Do you feel a sense of overall well-being?
- What clothes are you wearing?
- Do you have a car?
- What is inside your closet?
- How is your life at work?

- Do you feel motivated by your job?
- Do you feel a sense of purpose?
- How much money are you making?
- How much are you saving each month?
- Do you have any debt?
- Do you donate to causes close to your heart?
- How many revenue streams do you have?
- What are those revenue streams?
- Who are your clients?
- How do you feel as a business owner?
- What is your definition of success?
- What are you using your money towards?
- Are you taking trips?
- Where are you traveling to?
- How are you saving your time?
- Do you have a housekeeper?
- Do you have a chef?
- Do you have a nanny?
- Do you have a personal assistant?
- How are you spending your time?
- What habits have you gained?
- What habits have you lost?
- Do you have any hobbies? What are they?
- What do your weekends look like?
- How do you spend time with your loved ones?
- Who do you spend time with?
- What does your community look like?
- Do you have a big professional network?
- Has your family grown?
- Do you have a lot of followers on Instagram or high engagement?
- Where do you spend most of your time?
- How is your work-life balance?
- How do you take care of yourself?
- Do you have self-care routine?
- How are you educating yourself?
- How are you developing yourself?
- How are you helping others?
- How are others helping you?
- How are you growing your business?

- How do other people talk about you?
- What energy do you bring into a room?
- How do you describe yourself?
- How are your relationships?
- How is your relationship with yourself?
- How is your mindset?
- What do your thoughts look like?
- Do you think positively?
- Do your thoughts align with your inner goals and your reality?
- Have you worked through any current problems?
- How is your health?
- Do you have a lot of energy?
- Do you sleep well?
- Do you spend time outside?
- Do you stay active?
- Do you read regularly?
- How do you treat yourself?
- How do other people treat you?
- How do you treat others?

6. Now that you know what you want and you have thought about all aspects of your future, make sure you have this written somewhere where you can look at it regularly. You can even re-write it from time to time, but it's really important to keep your goals fresh in your mind. Maybe you read it every morning or before you go to bed. Make sure everything you have written is in the present tense because these are all things that you are attracting right now.

7. Finally, make a mood board! Either by creating a Pinterest board or cutting and pasting images on a poster or cork board, create a visual representation of this ideal life. The clearer the vision is in your mind, the clearer your path will be to accomplishing your biggest goals. Put this mood board where you can see it or create an image that represents your online mood board and make it your screensaver.

Good luck and let us know if you have any questions!

**Feel free to come over
and say hi on our instagram
@doweldept or our website
www.doweldept.com**

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