


GOALS MOTIVATOR

YOUR BIG PICTURE

**How to Fine-Tune Your
Goal Setting Attitude**

B  **DHIHEART**

THE AVERAGE PERFECT DAY

Before setting a goal, it helps to cultivate an optimistic mental attitude. This activity can help shift your focus from the negative to the positive. Focusing on your perfect day is a fun activity that you will enjoy.

Start by taking a blank piece of paper or opening a fresh document on your computer and writing down your ideal daily schedule. Consider these things:

- What time do you want to wake up?
- What do you do once you are awake?
- Do you kiss your spouse?
- Do you open up windows and let the sun in?
- Do you go to the kitchen for a cup of coffee or tea?
- What do you do next, take a shower, watch the news, etc.?
- How do you spend your day?
- Who do you interact with?
- What do you do for lunch or dinner?
- How do you relax at the end of the day?
- What would you like to accomplish?

These may seem like simple tasks, but they can create a powerful vision. This perfect day should be a day where you can do whatever you want. This is not about focusing on a major life event, but, rather, on a typical day.

DEVELOP GOAL SETTING PLANS FOR EACH AREA OF LIFE

Create a mental picture for each area of your life. This is a great activity to help you see the big picture. Take another blank piece of paper or open fresh document on your computer and generate a vision for your life in these areas:

- Health and wellness.
- Career.
- Social life.
- Personal life.
- Spiritual life.

Notes:

For example, you may have a goal to get healthier by cutting back on processed foods and eating more nutrient-dense foods. In terms of family, you may want to dedicate more time to children or your spouse. Spiritually, you may make a goal to read spiritual texts and take more time to reflect over the weekdays or weekends.