

FREE DOWNLOAD

Visioning



and Setting Intentions Guide *with Coach Ru*

Feeling stuck? Discover how you
can create more clarity for yourself
in just 3 months!

Visioning & Setting Intentions

"You don't know where you're going until you know where you have been."

-English Proverb

In order for me to help you achieve your goals, let's address where you are at currently. Please share with me what your life is like right now in the following areas. (Write down as much detail as you can. This is your starting point).

Relationships

What does your self talk look like? Do you spend time alone? Who do you spend time with the most? Who do you get along with? What do your relationship with others look like at home, work and with friends? Please share the good and the challenging.

Relaxation

Do you find time to relax? What do you do to relax?



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Finances

What is your relationship money? Do you pay your bills on time? Do you save or spend what you do not have? Do you make enough to pay your bills?

Employment

What do you do for a living? What do you like about it? What do you dislike? Are you making the money you desire? How long have you been working there?

Spirituality

What does your spiritual practice look like? What does spirituality mean to you? Do you meditate? Pray? Do you have a daily practice? If yes, please share.

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Sleep

What time do you go to bed? What time do you wake up? Do you wake up throughout the night? If yes, why? Do you dream? If so, can you remember your dreams? Do you have electronics in your bedroom? If so, please list what you have.

Food

Please list what you eat for breakfast, lunch, dinner, & any snacks. Do you skip meals? Do you drink coffee, soda or tea? Do you have any food sensitivities? Do you experience any stomach issues? List any food habits that you currently have.

Exercise

Do you currently workout If so, what activities do you do? For how long? How many days of the week?

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The Vision

A clear vision optimizes your chance of success far beyond what you could achieve without a clear vision. Creating a vision is clearing a path to your personal and professional dreams.

When creating your three month vision, I suggest starting with the category that is speaking to you the most. What are the daily steps that will lead you to where you want to be in three months? (The last thing you want to do is overwhelm yourself with trying to tackle all categories at once). Small, attainable steps, lead to long lasting results.

What do you want out of life?

Take a moment to think about what you really want in all areas above. Put money, pressure, & judgement aside. Close your eyes, take some deep breaths, and envision what you want your life to become. **Write a sentence or two** explaining what this life will look like. What will this life feel like? What activities will you be engaging in? How will you be spending your time, money and energy? With whom and where?

Intention + Action = Results

Goal Setting Worksheet

The category I'm working on is: _____

In 3 months, I will be: (Ex: exercising 4x a week, for 30 minutes, doing these activities, eating this, etc)

The daily steps I'm taking to get there:

Daily goals

Weekly goals

Final Thoughts

Repeat what you want and you will get it. That's my strategy when I feel down, or it all feels like too much.

I speak it into existence.

I tell myself positive things again and again.

Why?

It makes you believe in yourself.

It lightens the mood.

It lifts your spirits up.

You are focused on what CAN happen.

Try it.

GOOD THINGS ARE COMING
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