

**Goal Setting – Intentions for 2023**

A new year brings with it sparkling hopes and anticipation of the things to come.

What will your story be for 2023? Write the next chapter of your life by setting goals to create the opportunities and that wonderful plot you seek.

1. **What's your vision, theme, or slogan for 2023?**

What will you paint on this blank canvas of 2023?



1. **What would you like to achieve by the end of 2023 (or after the first quarter/month)?**

Ensure these goals are **SMART** - **S**pecific, **M**easurable (e.g. “walk for 30 mins a day” not “exercise more”), **A**chievable (realistic given your capabilities and time), **R**elevant (to your values and career/life goals), and **T**ime-Bound (with timeframes/deadlines).



1. **What makes these goals important to you?**

Goals that are **personally meaningful** to you (as opposed to what you think you ‘should’ do or what others tell you to do) will have a greater success rate. The right **motivation** is key to ensure real and lasting behaviour change.



**Some people have thousands of reasons why they cannot do what they want to, when all they need is one reason why they can.**

**~ Willis R. Whitney**



1. **How will you achieve these goals?**

Unfortunately, there are no magic wands or genies here. Write down the specific steps you’ll need to take to achieve your goal.   
Break down your goals into smaller, **micro goals**, which make them easier to do. **Anchor** them to an existing habit (what Stanford Behaviour Scientist BJ Fogg calls “**habit stacking**”), e.g. if your goal is to exercise more, do 10 pushups before brushing your teeth (stack new habit of pushups onto existing habit of brushing teeth).



1. **What obstacles might you face along your journey and how will you surmount those obstacles?**

It is natural to face roadblocks or even to have a slip up. Over 80% of people give up on their New Year’s resolutions, many by mid-January[[1]](#footnote-1). What matters is what you do next to pick yourself up afterwards. By anticipating obstacles or setbacks, you will be better prepared to overcome them. Another way to help motivate you is to **visualize** the steps you need to take, how you plan to recover from setbacks, and how you will feel when you achieve these goals.

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**“Do not judge me by my successes, judge me by how many times I fell down and got back up again.”   
 ~ Nelson Mandela**

Don’t forget to **celebrate your achievements** by rewarding yourself with a small treat!

**Operant Conditioning Theory** tells us that when behaviour is followed by a pleasant outcome (positive reinforcement), we are more likely to repeat that behaviour.

1. **When will you start? Who will hold you accountable?**

Set timelines and choose accountability partners who will be supportive yet firm to ensure you ***actually*** do what you say you will do.



**To achieve goals you’ve never achieved before, you need to start doing things you’ve never done before.**

**~ Stephen Covey**



According to the American Society of Training and Development (ASTD), the likelihood of achieving a goal is just 25% when you make a decision to do it, but it increases to 95% when you have a specific appointment with an accountability partner[[2]](#footnote-2) who will ask about your progress.

Just as a simple twist of the kaleidoscope reveals a different image each time, **Kaleidoscopic Sky (KSky)** symbolizes the infinite potential that exists when we look at things differently and gain clarity in our careers, business, relationships, and lives.

KSky Coaching can help you reach that infinite potential and transform your life.   
Email us to book your session at [jeanette@kskycoaching.com](mailto:jeanette@kskycoaching.com).

Find out how coaching has helped our clients at: <https://kskycoaching.com/testimonials/>

I hope this worksheet will help you achieve your goals and get you closer to your hopes and dreams. Please keep me posted on your progress. Thanks and happy reflecting!

**Happy Holidays!** 🎄🎁🎊🌈



2022 2023

May 2023 bring us all much laughter, joy, love, success, growth, and good health.❤️🌻

All the very best, Jeanette

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**For more tips on Goal Setting or to reflect on 2022, check out our other resources here:**   
<https://kskycoaching.com/worksheets-and-workbooks/>

1. <https://health.usnews.com/health-news/blogs/eat-run/articles/2015-12-29/why-80-percent-of-new-years-resolutions-fail> [↑](#footnote-ref-1)
2. <https://observer.com/2017/03/psychological-secrets-hack-better-life-habits-psychology-productivity/> [↑](#footnote-ref-2)