



Your 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



**Private Counselling
In Havering**

Kylea Sustek

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. _____

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. _____

My **3 KEY Action Steps** are:

Choose one KEY action for each of your Top 3 Goals.

1. _____
_____ by _____
2. _____
_____ by _____
3. _____
_____ by _____

Signed: _____

Date: _____

THOUGHT

"To make changes within your current struggles, you must start at your own personal starting line. To get ahead, you need to get started."

Kylea Sustek

For more self-help resources, or to find out how Counselling could help you, visit:

www.kyleasustek.com

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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.

BE SURE TO REWARD YOURSELF ONCE A GOAL HAS BEEN ACHIEVED

ALLOW YOURSELF TO FEEL PROUD