



DR. KIM BURNS
IMAGINE THE POSSIBILITIES

Goals Wheel



Reflect on each area of the wheel. Use the blank area for a category meaningful to you.

Assign a score from 1-10 regarding how satisfied you are.

A 1 represents feeling depleted and challenging. A 10 represents abundance and joy.

Brainstorm goals for each area - it's ok if it gets messy! You will narrow them down on the next page.



Goal Setting

1. When have you been at your best and most fulfilled?
2. What worked well in the last year or the last six months?
3. What didn't work well in the last year or the last six months?
4. What lessons did you learn from the past year or the last six months?
5. What do you want more of? What do you want less of?
6. What does your best year look like?



Goal #1

S	
M	
A	
R	
T	

Goal #2

S	
M	
A	
R	
T	

Goal #3

S	
M	
A	
R	
T	

SMART = Specific, Measurable, Actionable, Relevant, Time-bound



Books

The 7 Habits of Highly Effective People by Stephen R. Covey (1989)
Getting Things Done: The Art of Stress-Free Productivity by David Allen and James Fallows (2015)
Design Your Day: Be More Productive, Set Better Goals, & Live Life on Purpose by Claire Diaz-Ortiz (2016)
The Long Game: How to Be a Long-Term Thinker in a Short-Term World by Dorie Clark (2021)

Videos

Big Rocks | FranklinCovey <https://youtu.be/zV3gMTOEWt8>
Why the Secret to Success is Setting the Right Goals | John Doerr <https://youtu.be/L4N1q4RNi9I>
2022 Goal Planning | Power Sheets | LindseyScribbles <https://youtu.be/8dcFJezAwD4>

Podcasts

Hello Monday with Jessi Hempel - *Playing the Long Game with Dorie Clark*, Episode 127 9/13/21
The Anxious Achiever with Morra Aarons-Mele - *What You Want Matters*, S5 Episode 7 11/15/21
Brave Women at Work with Jen Pestikas - *Feel the Fear & Do It Anyway*, 11/11/21
You've Got This with Dr. Katie Linder - *Adjusting My Annual Goals*, Episode 538, 8/11/21
The Imposter Syndrome Files w/ Kim Meninger - *It Will Be Worth It In the End*, S2, Episode 80, 9/14/21
Pick the Brain with Erin Falconer & Jeremy Fisher - *Be All in to Win*, Episode 308, 5/3/21

Articles, Blog Posts & Tools

[Are you working towards the right goals?](#) by Kim Burns, 11/8/21
[Get Better at Setting Goals: Our Favorite Reads](#) by Vasundhara Sawhney, 10/8/21
[Four Ways to Take Your Goal Setting to the Next Level](#) by Jeff Grover, 8/3/20
[10 Smart Strategies for Achieving Your Goals](#) by Ruby Smith, 9/30/21
[10 Goals I'm Trying to Complete by 2022](#) by Katie Linder, 10/23/21
[Planning During Uncertain Times](#) by Chelsea Hetherington, 11/28/21

