



Be Kind to Yourself!

**3 MONTH GOAL-SETTING
FOR FUN & RESILIENCE**



This 3 Month Goal-Setting Workbook belongs to: _____

How & Why to use this Workbook!



Feel more resilient, take better care of yourself—and achieve what matters most to you.

With ongoing economic issues, big social and technological changes as well as civil and political unrest around the world, it's a challenging time. We're all busier than ever, and it can be hard to think big and set larger goals that span an entire year or more. And yet, it's more important than ever that we take control of our lives—and destiny!

So welcome to this *different*, fun goals workbook that covers just 3 months—and helps boost your resilience.

This workbook offers **simple "goals" so we can enjoy life in these challenging times**. You'll identify actions to become **more resilient** (like gratitude, learning, self-care), choose ways to **enjoy yourself**—and much more.

This workbook starts with a review of your high and lowlights of the past 12 months, explores what's working in your life—and what isn't—as well as looking at what you want for your life, how you'll have fun and more. Then you'll choose *just 3 things* (small easy goals) to achieve over the next 3 months.

I hope you love this workbook and that it brings some focus, meaning—and joy to your life.



Love

Emma-Louise



Let's Get Started!

1. Choose a cosy spot and block out an hour in your schedule where you can focus on you without interruption and complete this workbook.
2. Then simply answer the questions below to set yourself up for the next 3 months.
3. If you feel the urge to skip a question—it may mean there's something important to learn... Instead breathe deeply, settle into yourself, and put pen to paper. And of course, you can always go back and add things later!

Step 1) Life Review: Highlights & Lowlights

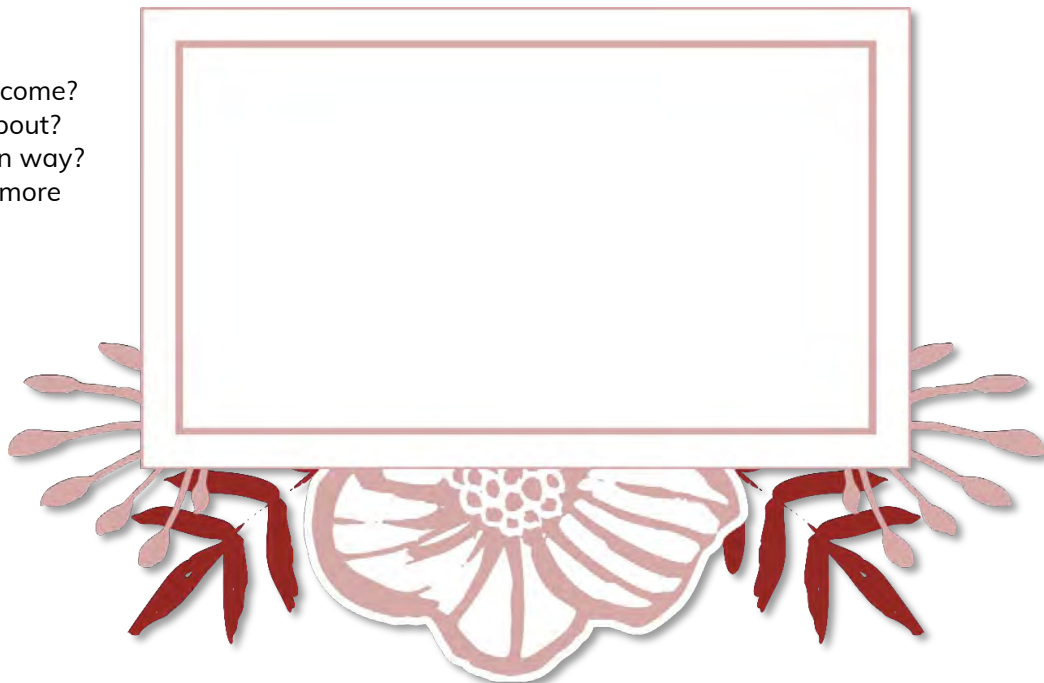
What were the *best* parts of the last 12 months for you?



- What are you grateful for?
- What did you learn?
- What did you achieve?
- What fun did you have?
- What difference did you make?
- What relationships did you grow?

What were the *worst* parts of the last 12 months?

- What was hardest for you?
- What challenges did you overcome?
- What are you disappointed about?
- Where did you get in your own way?
- Which relationships have felt more disconnected?



Step 2) Set the Stage!

What *do you want* for your life
but don't have yet?

1. _____

2. _____

3. _____

What do you have in your life,
but *don't want*?

1. _____

2. _____

3. _____

What's most important in life right now? My Top 3 Priorities are:

1. _____

2. _____

3. _____

How do you want your life to be *in a year or so's* time?



Where would you like your life to be *in 3 month's* time?



And how do you want to *feel* over the next 3 months?

What do you need? Describe how you want to feel both emotionally and physically.

Step 3) Learning & Making a Difference

Over the next 3 months:

What will I learn? How will I grow?

Making sure we keep learning empowers us—and builds our resilience. Some questions to help:

- Where will you stretch yourself?
- Thinking ahead (into the next 12 months), what knowledge would be useful for you to increase?
- What skills could you develop?
- What course ideas excite or inspire you?
- What would be fun to learn?

How will I contribute and make a difference in my community or world?

However small our contribution, looking outward as well as inward adds meaning to our lives. Here are some questions to help:

- What are you already doing, that you'll continue to do?
- How else could you help the planet?
- What will you reduce/repair/reuse/recycle?
- How might you help others?
- Where could you donate your time, goods or money?
- What is just one small thing you could do?



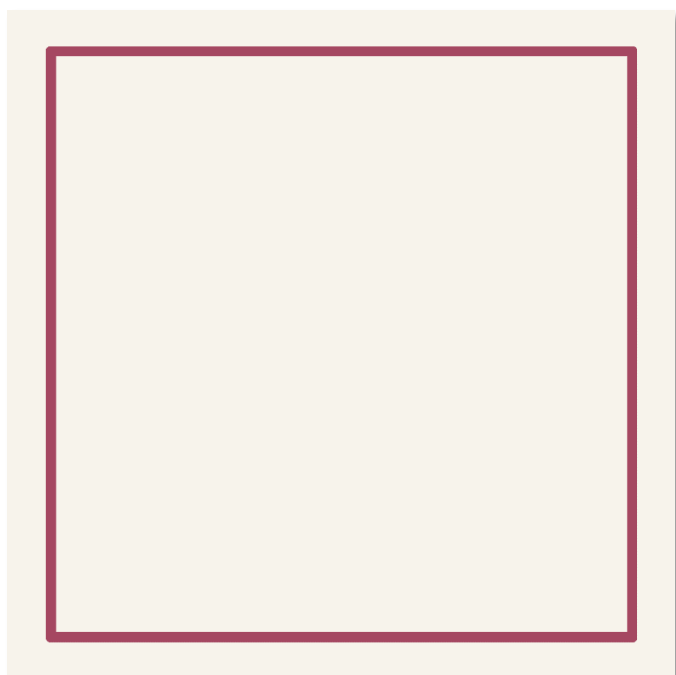
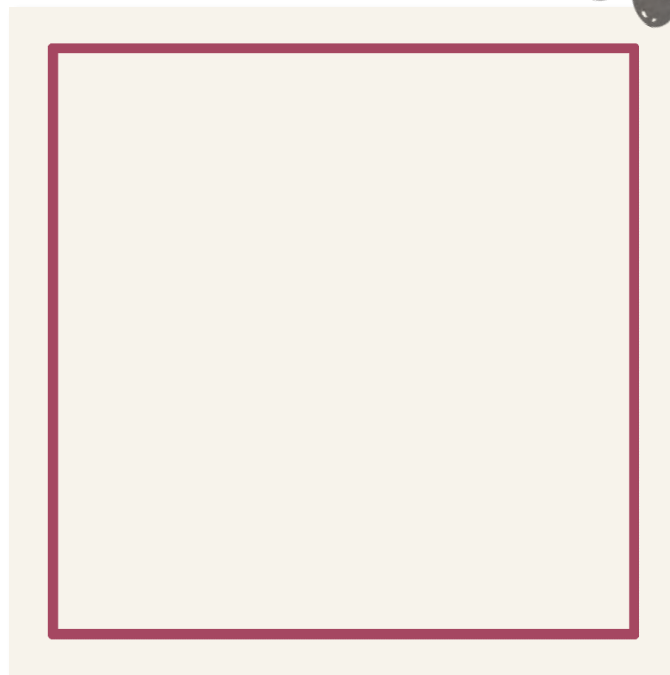
Step 4) Enjoy Life...

Over the next 3 months:

What books will you read or listen to? (include Audiobooks and Podcasts)

Books offer both learning and pleasure. Even fiction expands our minds with different ways of thinking and being, new cultures, ideas—and more.

- Fiction or non-fiction? Book, audiobook or podcast?
- Will it be a novel, memoir, essay collection, poetry, short stories?
- Will you read purely for pleasure, to learn or both?
- Do you want to think, relax or have an adventure?
- What new genre could you try out and expand your horizons?
- What reading and listening adventures await you?



How else will you have fun, take care of and enjoy yourself?

- Where will you enjoy yourself?
- How could you play more?
- What self-care do you most need?
- What could you do to take great care of yourself?
- What pleasures can you plan in (however small)?
- How will you move your body (whether it's exercise, dance, hiking, yoga or something else)?
- What makes your heart sing?



Step 5) Choose Just 3 Simple Goals

Now that you've reviewed what you like (and don't) in your life, your priorities, how you'd like your life to be and what you'd like to do for learning and fun, it's time to pick *just 3* easy goals you'd LOVE to complete in the next 3 months.

What 3 specific things would you like to achieve?

Areas to consider include Home, Career/Occupation, Friends, Family, Fun, Finances, Learning & more.

Use the questions below to help:

- Big or small, what would make you proud?
- What gets you inspired or excited?
- What's most important to get done? (It can be at work or play, fun or not)
- What self-kindness do you most need?
- If you did just 3 things, what would they be?

I will complete these 3 goals by the end of:

add due date, 3 months from now here

1. _____

2. _____

3. _____

WHY bother? The BENEFITS to me of these 3 goals are:

Goal 1) gives me _____

Goal 2) gives me _____

Goal 3) gives me _____

The best advice I could give myself to ensure I achieve these goals is:

Step 6) Boost Your Resilience!

Over the next 3 months:

What 3 things will you focus on being thankful for?

Gratitude teaches us what we value most in life. It's also a great practice that helps us appreciate the life we already have. When we place our focus here, it helps us grow from our difficult experiences—and enjoy life more.



1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

What challenges do you anticipate?

- What could get in the way of accomplishing your 3 goals?
- What do you expect to be hard/difficult?
- Where might you get in your own way?

Which of your strengths will help you achieve your goals, and enjoy life, over the next 3 months?

1. _____
2. _____
3. _____



Step 7) Set Yourself up for Success



Pick an uplifting *theme* to sum up your next 3 months

Choose a Cheerleading Team

*Who leaves you feeling better about yourself after spending time with them? Who inspires, supports & encourages you?
eg. Friends, Family, Gym-buddy, Colleagues. Be sure to write what you specifically need them to do to support you.*

1. _____ HOW Specifically? _____

2. _____ HOW Specifically? _____

3. _____ HOW Specifically? _____



The Difference That Makes the Difference...

What ONE thing will make the BIGGEST difference to you having the best possible 3 months?

Step 8) Commit to Yourself!

Sign here _____

Date _____



Wrap-up

We build resilience through learning, self-kindness, gratitude—and setting goals that both move our life forwards and help us enjoy the life we already have.

I hope this Fiercely Kind Goal-Setting Workbook helps you make the best of your next 3 months!

Do not judge me by my success, judge me by how many times I fell down and got back up again.

Nelson Mandela

About Fierce Kindness.com

At Fierce Kindness we believe that courage and kindness is what we, and our world, need now more than ever. We need courage to do the right thing, to go after what we *deeply* want and become all of who we are. And we need kindness, *fierce* kindness, to set boundaries, learn to love ALL of ourselves and BE in our world in a new and exciting way.

Help spread the word about the importance of Fierce Kindness toward ourselves, others and our world through resources, stories, articles, inspiring and beautiful quotes and much more!

We may want to change the world! But to change our world, we must start with ourselves. And so, one of the things we do here at Fierce Kindness, is help people get to know themselves deeply through worksheets and workbooks like this one!

Our intention is that you can come to Fierce Kindness any time to:

- Get inspiration and ideas for your life!
- Get tips and learn techniques to deeply connect with yourself & others.
- Get inspired to make a difference and help make the world a better place.



And if you haven't already, we'd love you to [Sign up for our Fierce Kindness newsletter here >>](#)

About the author: Emma-Louise Elsey fell in love with personal development in 2003. She'd created a life that had everything she *thought* she wanted, but she wasn't happy on the inside. Thinking it would help, she quit her successful career to become a life coach and moved to a new country - but still struggled to be truly happy. Slowly she learned that self-kindness IS the answer to finding peace within - along with great courage. She realised we are ALL much braver and more capable than we realise. With Fierce Kindness, *everyone* can create a life and self they love. And she's dedicated herself to helping people do just that.

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Emma-Louise

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