HAVASS

Academy & Coaching

I know the way !

HAVASS ME APP - GOAL SETTING PROGRAM

WORK AGENDA

Module 1

What do we learn in this module?

⭐ Have an idea of the ideal life

⭐ Set the right goal

⭐ Finding strong reasons for the goal

⭐ Create a roadmap and action plan

⭐ Create habit

I d e a l   l i f e

Create your ideal life

Relationships

Physical health

Career and financial status

Mental health

I d e a l l i f e

What kind of person do you want to be

Is there something you always wanted but afraid to try?

Is there something where you would take more time?

What feelings do you wish for in your life?

How about an ideal day for you?

My Goals

My wonderful goals

	Yes / No	
expressed positively		
clear enough		
not far from reality		
makes me exciting		
just about me		

3 DAY

Strong reasons

My Goal

Why I want this?

1. _____

2. _____

3. _____

My Goal

Why I want this?

1. _____

2. _____

3. _____

My Goal

Why I want this?

1. _____

2. _____

3. _____

Roadmap

My Goal

Where are you now? How do you feel?

Where will you be in the situation you want? How will you feel?

What can you do to achieve this goal?
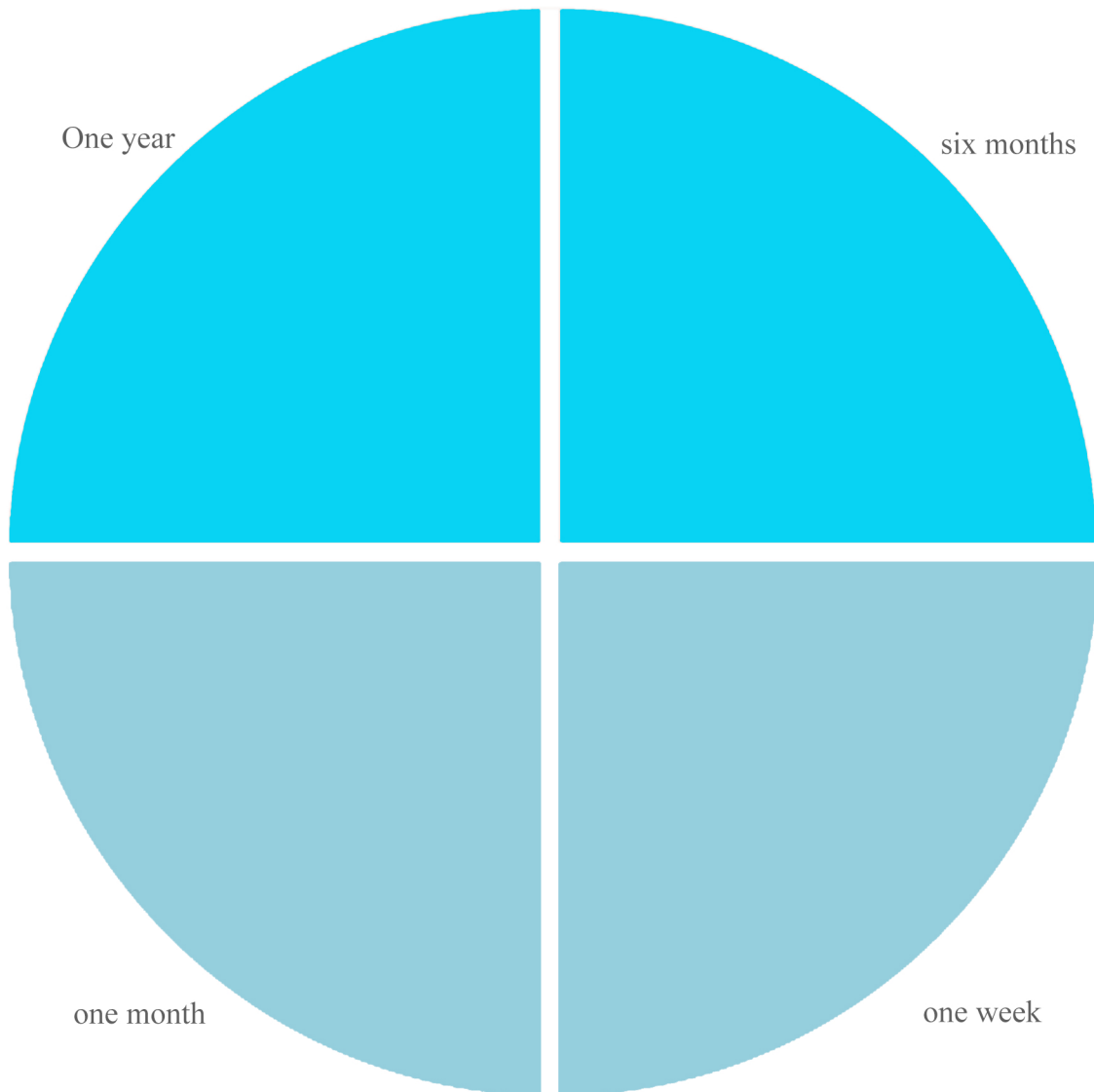
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Who can you get support from in order to achieve this goal?

A c t i o n P l a n

In order to achieve your goal, you can use this table to write down your tasks and place the action steps you have set on your roadmap

One year

six months

one month

one week

I take immediate action for:

Habit tracking table

Habits	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

R e s t !

Today is a great day for you to rest and absorb what you have learned and applied. If you want, you can write down on this page what you have learned and experienced in the entire module and leave memories.

If you say I want to rest, that's okay too. Then just leave the page blank.

Notes for me

Little reminder: Don't forget to look at your habit table!