



“What I focus on, I create”

There are lots of different ways to record your goals to help you focus and create the life you want. Here are a few ideas:

- Are you a list writer? Try the Goals Matrix on [Verve Wealth Tracker](#).
- Are you a visual person? Create a vision board.
- Do your thoughts flow when you journal? Write your story below.
- Prefer technology? Use a goal-setting app.
- Like to get into the details and make sure your dreams are planted into reality? Try the INSPIRE goal-setting template on the next page.

Yesterday was my 70th birthday...

Hint: If you're not sure where to start, think about where you are, who you might have spent your special day with, how would your loved ones describe future you, what adventures have you been on, what have you learnt, what have you achieved that you are most proud of? What have some of your favourite moments been?

Goal Name

Today's Date

Target Date for completion

Date Achieved

Write your goal as though it has been achieved. Include details and how you will know when it is done.

(For example: It's April 2025. I've just cut back my hours and am now only working 4-days a week. The kids just got home from school. I've had a day to myself and am feeling more relaxed. They can't wipe the smiles off their faces because I have promised to take them to the pool this afternoon.)

Now think about how and why your goal is inspiring to you. Rate each element out of 10.

- Interesting** - Does it inspire you, or take your interest?
- New** - Is it new? Something you haven't done before?
- Specific** - Is it written in enough detail, so that you know when to start, stop, celebrate?
- Productive** - Will it get you somewhere?
- I can do it** - On a scale of 1 (not attainable) - 10 (attainable), how attainable does it feel?
- Rewarding** - Will others benefit?
- Expansive** - Will it challenge you? Take you to a new place?

What benefits are there in achieving this goal?

What is my first step or next action I can take:

Possible obstacles that may arise:

Actions to overcome these obstacles: