



Goal setting

The guide to success

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Get in touch with me

you always pass

failure

on your way to

success.

MICKEY ROONEY



Introduction

There are 2 types of people: one who is willing to give all in for goals, and the other who just waits for the miracle to happen.

Can you guess which one will get there and succeed?

You guessed it right, the one who goes after her dreams. BUT it doesn't have to be sacrificing everything else, it doesn't have to be that hard. How can it be easier?

As a coach and nutritionist I face many types of goals. The most common ones are: losing weight and success in business. No matter on which field of your life you are struggling right now, there are techniques to improve all of them based upon the tools you already have.

How?

This is what this guide is for, to show you the way, keep you accountable, manage priorities and discover the abilities inside you. Use it anywhere, anytime, print it out, you can use it multiple times, in several areas of your life.

Because you can. YES, you can.

Of course any time you need a little extra help, feel free to contact me, or check out my website for further information.

Love,

Dora

Basics

The who, the how and the why

The who

The most important thing is to always DO IT FOR YOU. Nobody else but you.

You want to lose that weight because than the man who you like will notice you, maybe fall in love with you? He will only like your body, that is not love, it is not your soul. I get it, you think "it is easier to get the attention if I look pretty". But I have to tell you something: you look pretty already! What's inside shows outside. How many pretty girls are out there saying one word and men will run away? Or how many of them are insecure, wether the other is loving them for only their body or also interested in their personality?

You want to be more successful in business, because others will admire you? I can tell you this is not the way to happiness. There is always a "bigger fish" and if you are constantly working for money, you will loose your dreams on the way, get burnt out, unhappy and left unmotivated. Does it sound successful?

Noone is perfect, you have to BE ENOUGH for yourself. If someone tells you, that you are not good enough in something, then what? Don't care. Only you know what you did for that level to get there. Did you do everything? Can you do better? Are you satisfied with the person in the mirror? If the answer is a yes to all, than you're good. If there is a no, then keep on doing what you started and you will get there. But again: do it for yourself.

Go to the **goal planner page** in the guide and add your abilities and missing habits.



Basics

The who, the how and the why

The why

First of all you have to find your mojo. The WHY which will motivate you when you are feeling meh, or just getting lazy, sluggish, out of focus, call it whatever you wish. It has to be strong enough to take you through these days.

For example you want to lose weight. What is the reason for that?

- you want to fit in your wedding dress?
- you want to be healthier? to be able to move more, play more with your kids, pets, etc.
- have a better love life?

You want success in business? What is the reason for that?

- you want to buy a house?
- you want to support your family?

Always look for the real reason behind your first goal. We tend to say "I want to have more money" or "I want to loose weight".

But the real question is: why do you want more money? why do you have to loose the weight?

In itself it doesn't have any value, we add our dreams and it makes it worth. Always ask yourself further and further.

You want to buy a house? Why? Because it can give a home to my family. Why? Because we can start having children, or everyone could have a safe space for their own.

All our dreams and goals are coming from our insecurities. And you have to dig deep to the roots. Go to the **goal planner page** in the guide and think about your whys. give time to yourself, that's an important step.





I can

Basics

The who, the how and the why

The how

Set **REALISTIC GOALS**. Can you get rid of 20 pounds in one day? No, it didn't come up in a day, did it? If you want to achieve anything, let it be losing weight, business goals, partnership goals, you have to think about the end result you wish for.

Now imagine your future self, you got what you wanted. Start breaking it down:

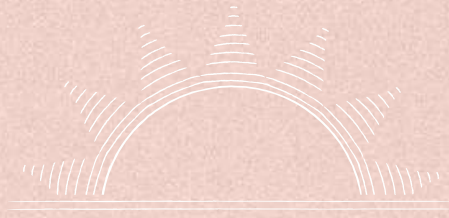
- what could be the first step?
- how long will it take?
- what can I do for this today?
- what can I do for it this week?
- what can I do for it this month?

List these in the **success planner** at the end of this guide, and start with step one today. Do you feel better about it? Already feeling hyped that you can do it? Then comes the last step.

Set a **DEADLINE** for yourself. It is a key component of your plan. If you are just doing things and okay I will be done when I'm done you will never achieve those goals, or it lasts forever to get there. Have you ever been in a situation, where you had to finish a task, make a presentation, write an essay for tomorrow? We tend to procrastinate, and do all the hard work in one day. There are some things which can't be achieved in one day, so set dates for your steps, mini goals, and celebrate all of them.

Just do it. Take that step, Show up for yourself. **YOU CAN!**





*Stop Dreaming
Start Doing*



GOAL PLANNER

Date _____

What is my goal?

What's my "WHY" for that?

My strength and abilities to achieve

What habits do I need to form?

SUCCESS PLANNER

Date _____

Long term goals

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Priority

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Important steps

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Timeline

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Strength & abilities

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Habits to form

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Notes



To get more tips or personal guidance for
your special journey please visit my
website at:

www.freeyourwoman.com
freeyourwomancoach@gmail.com