

GOAL-SETTING BLUEPRINT

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HOW TO USE

If you fail to plan, you plan to fail, as they say.

This exercise is about dreaming bigger and creating a roadmap for the future you're excited to build.

"Give me six hours to chop down a tree and I will spend the first four sharpening the axe."
Abraham Lincoln

This worksheet will help you map out the next stage of your journey by setting, tracking, and achieving meaningful goals.

Instructions

- **Reflect:** identify what matters most to you in each of your 7 Life Segments.
- **Set Goals:** Write 1-3 specific, measurable goals for each segment.
- **Plan Actions:** Break down each goal into smaller, actionable steps.
- **Track Progress:** Regularly review your progress and adjust your actions as needed.
- **Celebrate Wins:** Acknowledge milestones, no matter how small, and recalibrate for continued growth.

GOAL-SETTING IDEAS FOR YOUR 7 LIFE SEGMENTS

1: FAMILY & RELATIONSHIPS

- Example Goal: Schedule a weekly family game night.
 - Action Steps: Set a day, gather games, and block time on everyone's calendar.
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2: CAREER & WORK

- Example Goal: Complete a certification course by [date].
 - Action Steps: Research courses, enrol, and allocate study time weekly.
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3: MONEY & FINANCES

- Example Goal: Save \$1,000 for an emergency fund in 3 months.
 - Action Steps: Calculate monthly savings, cut unnecessary expenses, and automate deposits.
 - Progress Indicator: \$333 per month (or \$77.50 per week).
-

4: HEALTH & WELLBEING

- Example Goal: Exercise for 30 minutes, 5 times a week.
 - Action Steps: Choose activities, set a routine, and track sessions in a fitness app.
-

5: LEARNING & EDUCATION

- Example Goal: Read 12 books this year.
 - Action Steps: Choose books, set reading targets, and schedule daily reading time.
-

6: FUN & ADVENTURE

- Example Goal: Explore one new place each month.
 - Action Steps: Research destinations, plan trips, invite friends/family.
-

7: SPIRITUALITY & ETHICS

- Example Goal: Practice daily gratitude journaling.
 - Action Steps: Keep a journal, set a reminder, and write three things you're grateful for daily.
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You may like to purchase “The Flea Circus”, a guidebook to break bad habits and live effectively.

[Read more >>](#)



The Flea Circus
HOW TO BREAK BAD HABITS
& LIVE EFFECTIVELY

SCOTT ZARCINAS M.D.

THE FLEA CIRCUS
HOW TO BREAK BAD HABITS
& LIVE EFFECTIVELY

READ MORE
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HERE

scottzarcinas.com

The image is a promotional graphic for the book "The Flea Circus" by Scott Zarcinas M.D. It features a central parchment-style banner with the title "THE FLEA CIRCUS" in large, bold, black letters. Below the title is the subtitle "HOW TO BREAK BAD HABITS & LIVE EFFECTIVELY". To the right of the banner is a 3D rendering of the book cover, which includes a red and yellow striped tent illustration and five yellow stars above it. The entire graphic is set against a background of red and white stripes with a yellow border. A dark blue circular button with the text "READ MORE CLICK HERE" and a white arrow points to the right. The website "scottzarcinas.com" is printed at the bottom of the graphic.

GOAL-SETTING BLUEPRINT

FAMILY & RELATIONSHIPS	
GOAL	
ACTION STEPS	
TIMELINE	
PROGRESS NOTES	

CAREER & WORK	
GOAL	
ACTION STEPS	
TIMELINE	
PROGRESS NOTES	

MONEY & FINANCES

GOAL

ACTION
STEPS

TIMELINE

PROGRESS
NOTES

HEALTH & WELLBEING	
GOAL	
ACTION STEPS	
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PROGRESS NOTES	

LEARNING & EDUCATION

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NOTES

FUN & ADVENTURE	
GOAL	
ACTION STEPS	
TIMELINE	
PROGRESS NOTES	

SPIRITUALITY & ETHICS

GOAL

ACTION
STEPS

TIMELINE

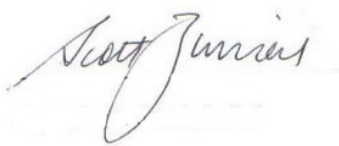
PROGRESS
NOTES

CONNECT

Have fun with this strategy and let me know how it goes!

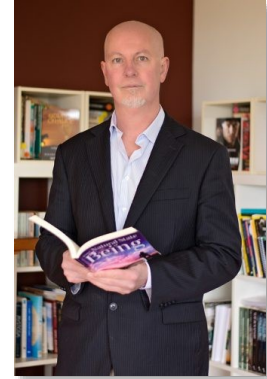
Connect with me on [LinkedIn](#) or reach out at scott.zarcinas@doctorzed.com

Yours Truly,

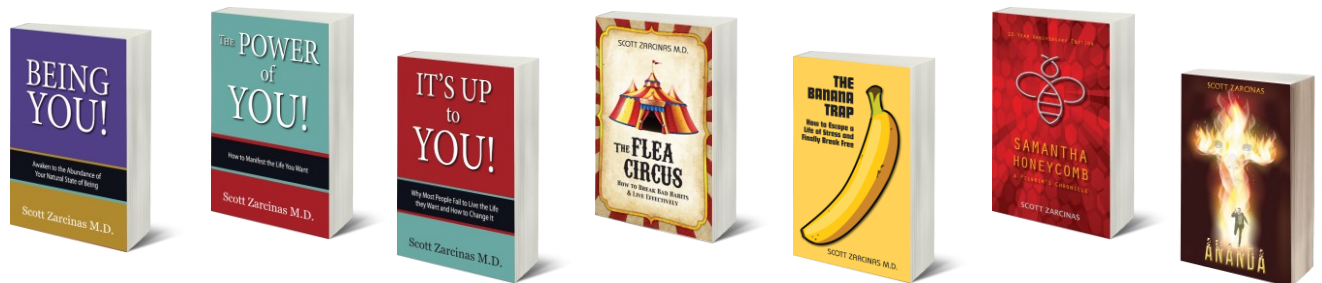


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Books by Dr. Scott Zarcinas



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