

# HANS SCHUMANN COACHING



What

## Spring Clean Your Life GOAL-SETTING SHEET

My **3 New DAILY SUCCESS HABITS** are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### THOUGHT

*"The greatest power that a person possesses is the power to choose."*

*-J. Martin Kohe*

My **Top 3 Goals to "Spring Clean" my Life** are:

1. I \_\_\_\_\_ by \_\_\_\_\_
2. I \_\_\_\_\_ by \_\_\_\_\_
3. I \_\_\_\_\_ by \_\_\_\_\_

The **BENEFITS to Me** of My GOALS are:  
*Think of one inspiring benefit for each Top 3 goal.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My **3 KEY Action Steps** are:

*Choose one KEY action for each of your Top 3 Goals.*

1. \_\_\_\_\_  
by \_\_\_\_\_
2. \_\_\_\_\_  
by \_\_\_\_\_
3. \_\_\_\_\_  
by \_\_\_\_\_

**I will LET GO of:**

*You might want to let go of; limiting beliefs, bad habits, energy zappers, someone in your life or something else!*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

For personalised coaching and to learn more about **HANS SCHUMANN COACHING** visit:  
<https://www.hansschumann.com>

### STAY ON TRACK

Now you have completed this Goal Setting Sheet, put it somewhere you will see it regularly like your fridge or bathroom mirror.