

*Week 3*

**DETERMINATION  
&  
DYNAMIC ACTION**

I can.  
I will.  
End of story.

# Don't wait until Later



So many of us go through life putting off our happiness and pleasure until a future date. It's so common, it even has a name - it's called 'When, Then' thinking. 'When I have my own business, Then I'll be happy', 'When I meet a nice guy, Then I'll be happy.' 'When I finish my masters, Then I'll be happy'.

From this perspective, setting goals means that you only get the hit of satisfaction and pleasure once you cross the finish line.

But have you noticed.....there is always something else.

As soon as that thing we have been working towards and striving for is achieved, we barely acknowledge it and we're onto the next goal.

But the truth is that if we decide to be happy now, we'll actually achieve more, be more productive and feel more joy, happiness, pleasure and meaning in our lives.

Goals are brilliant for providing direction and focus, but we need to strive to live each day to its fullest, squeezing all the pleasure and good stuff we can out of each moment. Instead of measuring our success and failure in life on our ability to achieve a specific goal, we need to remember that the direction we're heading, how we are choosing to feel, the Systems we're forming, the wisdom we're gaining and who we are becoming is more important than the specific results.

Knowing how you want to feel is the most potent clarity that you can have and generating those feelings is the most powerful thing you can do with your life- Danielle LaPorte



# Aligning my Desires

How are my 3 Most exciting goals in alignment with my theme and behaviours for 2017?

**Big Goal 1:**

**Big Goal 2:**

**Big Goal 3:**

# Creating Supportive Systems

What new systems can I put in place to support me in as I turn my desires into reality?  
(Make sure your systems fit well with your theme and chosen behaviours!)

Goal 1: \_\_\_\_\_

System 1:

System 2:

System 3:

Goal 2: \_\_\_\_\_

System 1:

System 2:

System 3:

Goal 3: \_\_\_\_\_

System 1:

System 2:

System 3:

# Having the Craic in 2017!

Think of your top 4 behaviours that you want to demonstrate in 2017 and create your own list of new/amazingly fun and very 'you' things that you can do to honour that behaviour! Try come up with at least 10!

# Accountability

**Who can be my mentors, coach or role models? Who can help me see what's possible?**

**What is the best way for me to track my goals and behaviours?**

**What's the best way for me to check in with myself to ensure I'm honouring my Theme Word?**

**What other support do I need to put in place to help me reach my goals?**

**How can I reward myself?**



# Winter/Spring Goals:

Jan, Feb & March 2017

**Goal 1:**

**My Powerful Systems:**

Honours these behaviours:

Every Day:

Why it's important:

Every Week:

Action Steps:

Every Month:

How I will know I'm on track?

How will I reward myself?

**Goal 2:**

Honours these behaviours:

Why it's important:

Action Steps:

How I will know I'm on track?

How will I reward myself?

**My Powerful Systems:**

Every Day:

Every Week:

Every Month:

**Goal 3**

Honours these behaviours:

Why it's important:

Action Steps:

How I will know I'm on track?

How will I reward myself?

**My Powerful Systems:**

Every Day:

Every Week:

Every Month:

# Winter/Spring:

## Jan, Feb & March Review

1. What worked really well?
2. What was particularly challenging? What did I learn from that?
3. Did I honour my theme word? In what ways?
4. Did I honour my chosen behaviours? In what ways?
5. How can I carry forward the wisdom I've gained in Winter/Spring?
6. What am I yearning for next?
7. What or who am I particularly grateful for the past 3 months?
8. What 3 things can I improve on for the next 3 months? What actions will I take to work towards this?

# Spring/Summer Goals

April, May & June 2017

**Goal 1:**

**My Powerful Systems:**

Honours these behaviours:

Every Day:

Why it's important:

Every Week:

Action Steps:

Every Month:

How I will know I'm on track?

How will I reward myself?

**30**

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**Goal 2:**

**My Powerful Systems:**

Honours these behaviours:

Every Day:

Why it's important:

Every Week:

Action Steps:

Every Month:

How I will know I'm on track?

How will I reward myself?



**Goal 3:**

Honours these behaviours:

Why it's important:

Action Steps:

How I will know I'm on track?

How will I reward myself?

**My Powerful Systems:**

Every Day:

Every Week:

Every Month:

# Spring/Summer:

## April, May & June Review

1. What worked really well?
2. What was particularly challenging? What did I learn from that?
3. Did I honour my theme word? In what ways?
4. Did I honour my chosen behaviours? In what ways?
5. How can I carry forward the wisdom I've gained in Spring/Summer?
6. What am I yearning for next?
7. What or who am I particularly grateful for the past 3 months?
8. What 3 things can I improve on for the next 3 months? What actions will I take to work towards this?

# Summer/Autumn Goals:

July, August & September 2017

**Goal 1:**

**My Powerful Systems:**

Honours these behaviours:

Every Day:

Why it's important:

Every Week:

Action Steps:

Every Month:

How I will know I'm on track?

How will I reward myself?

**34**

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**Goal 2:**

**My Powerful Systems:**

Honours these behaviours:

Every Day:

Why it's important:

Every Week:

Action Steps:

Every Month:

How I will know I'm on track?

How will I reward myself?

**35**

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**Goal 3:**

Honours these behaviours:

Why it's important:

Action Steps:

How I will know I'm on track?

How will I reward myself?

**My Powerful Systems:**

Every Day:

Every Week:

Every Month:

# Summer/Autumn Review:

July, August & September 2017

1. What worked really well?
2. What was particularly challenging? What did I learn from that?
3. Did I honour my theme word? In what ways?
4. Did I honour my chosen behaviours? In what ways?
5. How can I carry forward the wisdom I've gained in Summer/Autumn?
6. What am I yearning for next?
7. What or who am I particularly grateful for the past 3 months?
8. What 3 things can I improve on for the next 3 months? What actions will I take to work towards this?

**37**

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# Autumn/Winter Goals:

October, November & December 2017

**Goal 1:**

**My Powerful Systems:**

Honours these behaviours:

Every Day:

Why it's important:

Every Week:

Action Steps:

Every Month:

How I will know I'm on track?

How will I reward myself?

**38**

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**Goal 2:**

Honours these behaviours:

Why it's important:

Action Steps:

How I will know I'm on track?

How will I reward myself?

**My Powerful Systems:**

Every Day:

Every Week:

Every Month:

**Goal 3:**

Honours these behaviours:

Why it's important:

Action Steps:

How I will know I'm on track?

How will I reward myself?

**My Powerful Systems:**

Every Day:

Every Week:

Every Month:



# Autumn/Winter:

## October, November & December Review

1. What worked really well?
2. What was particularly challenging? What did I learn from that?
3. Did I honour my theme word? In what ways?
4. Did I honour my chosen behaviours? In what ways?
5. How can I carry forward the wisdom I've gained in Autumn/Winter?
6. What am I yearning for next?
7. What or who am I particularly grateful for the past 3 months?
8. What 3 things can I improve on for the next 3 months? What actions will I take to work towards this?

41

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Yay gorgeous!

You've done it! Time to crack open the bubbly and toast your success and commitment! This workbook is your personal, tailor-made guide to your incredible 2017!

You've taken the time out to honour yourself, your strengths, your dreams, your passions and your lessons! Keep doing that- make it a ritual to give yourself the time you need each day, week or month to work towards the life that you are yearning. You are more than capable of making this happen!

This is your life, your one and only life so go after your dreams with fierce passion and everything your soul can muster! You deserve it!

Life will get tough and messy, it always does and that is fine! But when it does, lean back onto your supportive systems including your fellow Wisdom Circle crew -you know what you need to get yourself back on track. And I'm always here if you get stuck.

To you and your amazingness!

It's been my honour to support you over the past 3 weeks!

Paula xx



*Thank you!*



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