

A close-up photograph of a red dart with a silver-colored barrel hitting the bullseye of a dartboard. The dartboard has various colored segments (blue, green, red, yellow) and is slightly out of focus in the background. The text is overlaid on the right side of the image.

Choose your
ONE BIG GOAL

5-DAY CHALLENGE

**Follow-Along
Guide**

WELCOME TO THE **Choose Your ONE BIG GOAL** 5-DAY CHALLENGE!



This workbook is intended as a place for you to store your notes from the daily videos and complete your daily challenge assignments that will help you discover your **ONE BIG GOAL**—the goal that will bring the most joy and fulfillment to your next chapter.

Onward!

Hélène

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Your Midlife Mentor

DAY 1: UNDERSTAND WHY GOALS ARE CRITICAL

NOTES FROM THE DAY 1 VIDEO: The Top 3 Reasons Goals are Critical

Reason #1: Goals focus our time, energy, and resources.

Reason #2: Goals motivate and challenge us.

Reason #3: Goals grow our self-mastery and confidence.

YOUR CHALLENGE FOR TODAY:

Answer this question: What is YOUR motivation behind taking this challenge and identifying your ONE BIG GOAL?

DAY 2: UNCOVER YOUR DREAMS



NOTES FROM THE DAY 2 VIDEO: 3-Step Process to Identify Your Dream Goals

Step 1: Make a list of all the areas of your life that are important to you. Like these:

- **Family** – Parents, children, grandchildren, siblings, extended family
- **Love/Romance** – Spouse, significant other, partner, dating, sex
- **Friends** – Old or new, deep friendships, acquaintances, neighbors, colleagues, pets
- **Health and Personal Growth** – Physical, mental, emotional, mindset
- **Learning** – Education, certifications, skills, knowledge
- **Finances** – Income, spending, savings, retirement, insurance, investments, literacy, attitudes
- **Environment** – Geography, neighborhood, setting, home ownership, home décor, comfort
- **Work** – Career, job, side gig, success, achievement
- **Lifestyle** – Hobbies, recreation, pastimes, leisure, travel, fun and play
- **Contribution** – service, purpose, volunteer, donate, support
- **Spiritual** – Religion, meditation, mindfulness

Make this list your own. Add or remove categories. Rename them to use words that resonate with you.

Step 2: Identify one or more lifetime goals you wish to pursue in each of area from step 1. To do so, sit in a quiet place with no distractions and feel deeply into your desires and dreams. For each category, ask yourself: What do I most want to experience or accomplish? Then write as many goals as come to mind.

MY CATEGORIES

MY DREAM GOALS



You will end up with a list of dream goals that you would truly love to achieve. The number will depend on you. Some may have 3, some 20. It really doesn't matter, as long as you have at least 1!

List your final dream goal(s) here:

Handwriting practice lines (dotted lines on a white background).



DAY 3: DISCOVER YOUR ONE BIG GOAL

NOTES FROM THE DAY 3 VIDEO:

Goal competition = the psychology concept that encourages us to focus on one goal.

The 4 questions to ask about each dream goal:

1. Is this the number one goal I could pursue that will have the biggest positive impact on my life?
2. Am I willing to put in the hard work and to persevere in the face of setbacks to achieve this goal?
3. Am I willing to sacrifice other goals and priorities to go "all in" on this goal?
4. If I don't get the result I'm hoping for, will I still be glad I pursued this goal?



"You don't need more time, you just need to decide"

– Seth Godin

YOUR CHALLENGE FOR TODAY:

Identify your ONE BIG GOAL:

DAY 4: DISCOVER YOUR ONE BIG GOAL

NOTES FROM THE DAY 4 VIDEO:

The P-U-R-E Method

P = Profound

U = Urgent

R = Realistic

E = Explicit

YOUR CHALLENGE FOR TODAY:

Rewrite your ONE BIG GOAL to make it P-U-R-E:

DAY 5: KNOW YOUR WHY

NOTES FROM THE DAY 5 VIDEO:

Set a timer for 5 minutes. Write stream of consciousness, without judgment or censorship, in response to this question: What are my reasons for pursuing this ONE BIG GOAL?

Use these additional prompts as needed:

- When I've achieved my ONE BIG GOAL, what will be different in my life?
- While I pursue it with everything I have, how will I feel?
- As I make progress on it, even if it's two steps forward and one step back, how will I see myself?
- If I had to convince someone that this is a critical goal I absolutely need to pursue, what would I say?

YOUR CHALLENGE FOR TODAY:

Write one sentence, your motivating statement, that crystallizes WHY you want to pursue this ONE BIG GOAL:



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Here's to getting clear on your
ONE BIG GOAL and going after
it!

Hugs,

Helene