

ThriZen Goal Setting Template

Purpose of This Template

The ThriZen Goal Setting Template is designed to help you create and achieve goals in a way that honors both your aspirations and your well-being. Unlike traditional goal-setting methods that focus solely on achievement, this template ensures that your journey towards your goals is balanced, mindful, and fulfilling.

This template will help you:

- Set goals that align with your values and overall life vision
- Maintain inner peace while pursuing ambitious objectives
- Create practical action steps that feel manageable and energizing
- Track your progress in a balanced, mindful way
- Celebrate achievements while staying grounded
- Build sustainable habits that support both growth and peace

How to Use This Template

1. Set aside quiet time to fill this out - rushing through it defeats its purpose
2. Complete sections in order - each builds upon the previous
3. Revisit and revise regularly - this is a living document
4. Be honest with yourself - there are no "right" answers
5. Focus on balance - if any section feels overwhelming, that's a signal to adjust

Vision Alignment

Personal Vision Statement

Write a statement that captures both your aspirations and desired state of being

Core Values Check

List your top 3-5 values and how this goal aligns with each:

1.

Value:

Alignment:
2.

Value:

Alignment:
3.

Value:

Alignment:

Goal Definition

Goal Statement

Write your goal in a way that balances achievement with well-being

Goal Category and Timeline

Goal Category

☐ Personal Growth ☐ Professional ☐ Relationships ☐ Health & Wellness ☐ Spiritual ☐ Financial ☐ Other

Timeline

Start Date: _____ Target

Completion: _____

The ThriZen Goal Analysis

Growth Dimension

1. Skills I'll develop:

2. Challenges I'll embrace:

3. Learning opportunities:

Peace Dimension

1. How will I maintain balance while pursuing this goal?

2. Potential stress points and management strategies:

Examples of Stress Points:

- Time pressure (e.g., balancing this goal with other commitments)
- Learning curves (e.g., mastering new skills or technologies)
- Financial pressure (e.g., investment needed for the goal)
- Relationship impact (e.g., less time with family)
- Energy management (e.g., maintaining consistent effort)
- Self-doubt (e.g., questioning your abilities)
- External pressure (e.g., others' expectations)

Example:

Stress Point: Time pressure with work deadline.

Management Strategy: Block out specific hours for goal work, communicate boundaries clearly with team, practice time-boxing tasks

Your Stress Points and Strategies:

Stress Point:

Management Strategy:

Your Additional Stress Points:

Stress Point:

Management Strategy:

3. Self-care practices to integrate:

- Morning: _____
- During: _____
- Evening: _____

Fulfillment Dimension

1. How does this goal contribute to my life's purpose?

2. What joy will this goal bring?

Short-term:

Long-term:

3. How will this goal impact others?

Action Planning

Milestone Framework

Break down your goal into peaceful, progressive steps

Milestone 1: Foundation

Target Date: _____

Actions:

Milestone 2: Growth

Target Date: _____

Actions:

Milestone 3: Integration

Target Date: _____

Actions:

Support System

1. Mentors/Guides: _____
2. Resources Needed: _____
3. Accountability Partners: _____

Progress Tracking

Weekly Check-in Template

Week of: _____

1. Progress Made:

2. Challenges Faced:

3. Peace Level (1-10): ____ Why? _____

4. Growth Insights:

5. Adjustments Needed:

Monthly Review

Month: _____

1. Major Achievements:

2. Learning Experiences:

3. Balance Assessment:

Growth Score (1-10): _____

Peace Score (1-10): _____

Fulfillment Score (1-10): _____

4. Course Corrections:

Celebration & Integration

Success Indicators

How will I know I've achieved my goal?

Tangible Measures:

Intangible Measures:

Celebration Plan

How will I mindfully celebrate this achievement?

Integration Questions

1. What did I learn about myself?

2. How has this goal changed me?

3. What's my next peaceful step forward?



Regular Reflection Prompts

Daily Reflection

- Today's progress: _____
- Peace maintained?: _____
- Tomorrow's intention: _____

Weekly Reflection

- Biggest win: _____
- Peace challenge: _____
- Next week's focus: _____

Monthly Reflection

- Progress overview: _____
- Balance assessment: _____
- Adjustments needed: _____

Remember: ThriZen goal-setting is about creating meaningful progress while maintaining inner peace. Your journey is as important as your destination.

"Achievement flows naturally when growth and peace dance together." - ThriZen Philosophy