



LESSON WORKBOOK

# 5 MISTAKES OF GOAL SETTING



### QUICK OVERVIEW:

These five goal-setting mistakes often keep us from experiencing true personal transformation. Understanding and moving beyond them allows us to use goals as powerful catalysts for growth and self-discovery.

### KEY IDEA:

Setting goals based only on what you know you can do limits your potential for growth and self-discovery.

### Reflection Questions:

1. Where in your life are you choosing comfort over growth?
2. What dreams have you downsized to feel "realistic"?
3. What would you attempt if you knew you couldn't fail?

# SECTION 1

## PLAYING IT SAFE

### Exercise: Dream Expansion

In the columns below, write out responses to the below prompts:

For each of your dreams, write:

- How achieving it would transform you
- What growth it would require
- Why it's worth the journey

Safe goals I've been setting:

What I really want:

What scares me about wanting more:

### KEY IDEA:

Over-planning is often a form of resistance that keeps us from taking meaningful action.

### Reflection Questions:

1. How has excessive planning held you back?
2. Where are you using planning as a shield?
3. What small step could you take today?

### NOTES:

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## Exercise: Liberation Through Action

1. List your current life dreams
  
2. For each dream:
  - What's one immediate action possible now?
  - What's the smallest first step?
  - What permission do you need to give yourself?
  
3. Create a "Just Start" ritual for daily action

### NOTES:

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### KEY IDEA:

Needing to know how before starting keeps us from our most meaningful achievements.

### Reflection Questions:

1. What dreams have you abandoned because you didn't know how?
2. Where has life shown you unexpected paths?
3. What are you waiting to feel "ready" for?

### NOTES:

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# SECTION 4

## WORTHINESS WISDOM

### KEY IDEA:

Question whether the goal is worthy of you, not whether you're worthy of the goal.

### Reflection Questions:

1. How does questioning your worthiness limit you?
2. What would change if you knew you were already worthy?
3. Which goals truly deserve your life energy?

### NOTES:

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# SECTION 5

## BECOMING VS. GETTING

### KEY IDEA:

Goals are about who you become in their pursuit, not what you acquire.

### Reflection Questions:

1. Who must you become to achieve your dreams?
2. What qualities are your goals calling forth?
3. How is each goal inviting you to grow?

### NOTES:

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### Daily Implementation Practices:

#### 1. Morning Reflection

- Review your bigger dreams
- Connect with who you are becoming
- Choose one growth action

#### 2. Evening Review

- Celebrate growth moments
- Notice unexpected paths
- Acknowledge your courage

#### 3. Weekly Integration

- Review transformation progress
- Adjust action steps
- Expand your vision

### Growth Markers:

- Comfort zone expansions
- Trust level increases
- Action despite uncertainty
- Self-worth strengthening
- Identity evolution

### KEY REMINDER:

Remember: Every goal is an invitation to become more of who you truly are. The journey itself is where the real transformation happens.

### Personal Growth Practices:

1. Daily dream connection
2. Trust-building rituals
3. Worth affirmation
4. Growth celebration
5. Vision expansion

### KEY REMINDER:

Remember: The universe doesn't give you the dream without giving you the power to achieve it. Your role is to grow into the person who can manifest it.

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