

GOAL SETTING WORKBOOK



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Grant Herbert

The People Builder - Speaker / Trainer / Coach / Author

“Bringing out your personal best”

Grant Herbert, (aka The People Builder), is an ordinary guy with an extraordinary wife and kids and a passion to help people break free of the sense of hopelessness that comes from not having enough knowledge, time or energy to be all we are called to be in our world.

Grant is a Personal Leadership Expert. He is a dedicated, well organised training and coaching professional with extensive experience in several environments requiring people development. A creative thinker, he has a proven ability to assess the needs of both individuals and teams. He is skilled in initiating change management strategies and engaging people in continual improvement programs. A passionate motivator, committed not only to self improvement but to making a difference in the lives of those around him. He is a strong communicator with active listening skills and a proven ability to succeed in a variety of industries. He has captured the hearts of many audiences in Australia, USA and Africa.



Testimonials

“It is so rare these days to see a speaker and trainer like Grant who is so real, genuine, and so giving of himself. He is a remarkable teacher and excellent communicator of messages that inspire and delight. I am so happy to have met him.” Joe Pane - TCI

“I believe first impressions are very important in establishing the character of a person. From the moment I heard Grant speak I was impressed by his excellent communication skills, particularly his ability to adapt and understand his audience. In subsequent meetings Grant has continued to impress me with his professionalism and drive to deliver results.” Tim Bryan - BCP Group Services

“Wow Grant is a fantastic presenter / speaker. I attended a Goal Setting workshop in our local area with Grant and it was fantastic. Everyone seemed very comfortable and at ease and the time just flew by. The material was great and very professionally put together. If you need a speaker at your event - then I would highly recommend Grant. Debbie Corlet - Deb e Secretarial

“Grant is a seriously talented and entertaining speaker. You know these types of sessions can be pretty boring sometimes but not with Grant. He has a wealth of knowledge and great ideas and what's more, he knows how to communicate them in a useful and entertaining fashion.” David Young - Glenavon Finance

The Key is Balance

Setting Goals with an overall perspective

As we start our Goal Setting journey, it is important to recognise the value of setting goals in all areas of our life. To just set goals for our business, without taking into consideration our lifestyle, would lead to an imbalance and create undue stress.

There is balance in your life when.....	There's imbalance in your life when.....
Work, home, friends and other interests all seem to dovetail seamlessly.	Your habits and behaviour limit your satisfaction from the other parts of your life.
Your personal priorities are in harmony with your work priorities.	Your personal priorities conflict with your work priorities.
The moment you arrive home you're in a "home frame of mind".	You see home as a place to recharge for work the next day.
Your personal life compliments your work life an vice versa.	You depend on one part of your life to compensate for shortcomings in another.
You relax and enjoy work, home and the company of others.	You bring home your work tension or concerns at the end of each day.
You quickly recover from setbacks.	With every setback, your life seems less in control.
You're enjoying yourself in what you do, and you feel useful.	You go through the motions and don't get any fun out of it anymore.
You feel content, unhurried and not overly worried by events.	There are so many things on your plate you don't know where to turn.
You perform your duties smoothly and effortlessly, and enjoy every moment of them.	You think there simply are not enough hours in the day to accomplish what you want in life.
All aspect of your life seem in place, and everything makes sense.	You have it all, but you still don't feel satisfied.

There are four main areas in our life that motivate us and consume our resources.

PHYSICAL - our needs and comforts, health, fitness, food, sex, security, sleep, recreation.

SPIRITUAL - our beliefs, values, sense of purpose, need to make a difference.

WORK - our business, career, personal growth, recognition, respect, desire to achieve.

SOCIAL - our human interactions, family, home, kids, relationships, friends, community.

These sometimes opposing forces can work together in harmony through goal setting.

MASTER DREAMS & DESIRES LIST

Write down a list of everything you've ever wanted, every place you've wanted to go, everything you'd like to become or achieve. Do it without over thinking. Add to it constantly.

Date	Item	Area of Life

PERSONAL MISSION STATEMENT

VALUES & BELIEFS

NOTES

WHO AM I GOING TO BECOME TO MAKE SURE I WILL ACHIEVE MY GOALS?

you have
the business
...but do you have
the balance?



You have what it takes to be in control of your life!

Everyone on the planet has been created with the same seeds of greatness as those around them. The only thing that sets us apart is the soil we plant them in and what we feed the seeds.

People Builders exists to provide you with a fertile environment to produce an abundant harvest in your life and those in the community around you.

It is never too late to start!

Our Services include:

- Balance Coaching
- Personal Best Coaching
- Relationship Coaching
- Effective Team Coaching
- Staff Retention Coaching
- Sales & Marketing Coaching
- Workplace Training and Assessment
- Goal Setting Workshops
- Personal Leadership Coaching

**Contact us today for your
FREE Business Balance Check.**

peoplebuilders 
Bringing out your personal best

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