

Goal Setting Reflection

Dear [Client's Name],

As we embark on this journey of goal setting together, I invite you to reflect deeply on the following questions:

1. What are your core values?

Consider what truly matters to you. Your values will guide your goals.

2. What areas of your life do you wish to focus on?

- Personal Growth
- Relationships
- Health and Wellness
- Career
- Spirituality

3. What is your vision for the future?

Visualize where you see yourself in [insert time frame]. What do you want to achieve?

4. What steps can you take to reach your goals?

Break down your aspirations into actionable steps. Remember, small progress is still progress.

5. How can I support you through this journey?

Reflect on the type of support and guidance you need from me as your spiritual counselor.

As we continue our sessions, let's keep these reflections in mind. Together, we can manifest your goals into reality.

With peace and guidance,

[Your Name]

Spiritual Counselor