



NEIL HOPLEY

Building Success | Inspiring Freedom

# Values & Goals Workbook

[www.neilhopley.com.au](http://www.neilhopley.com.au)

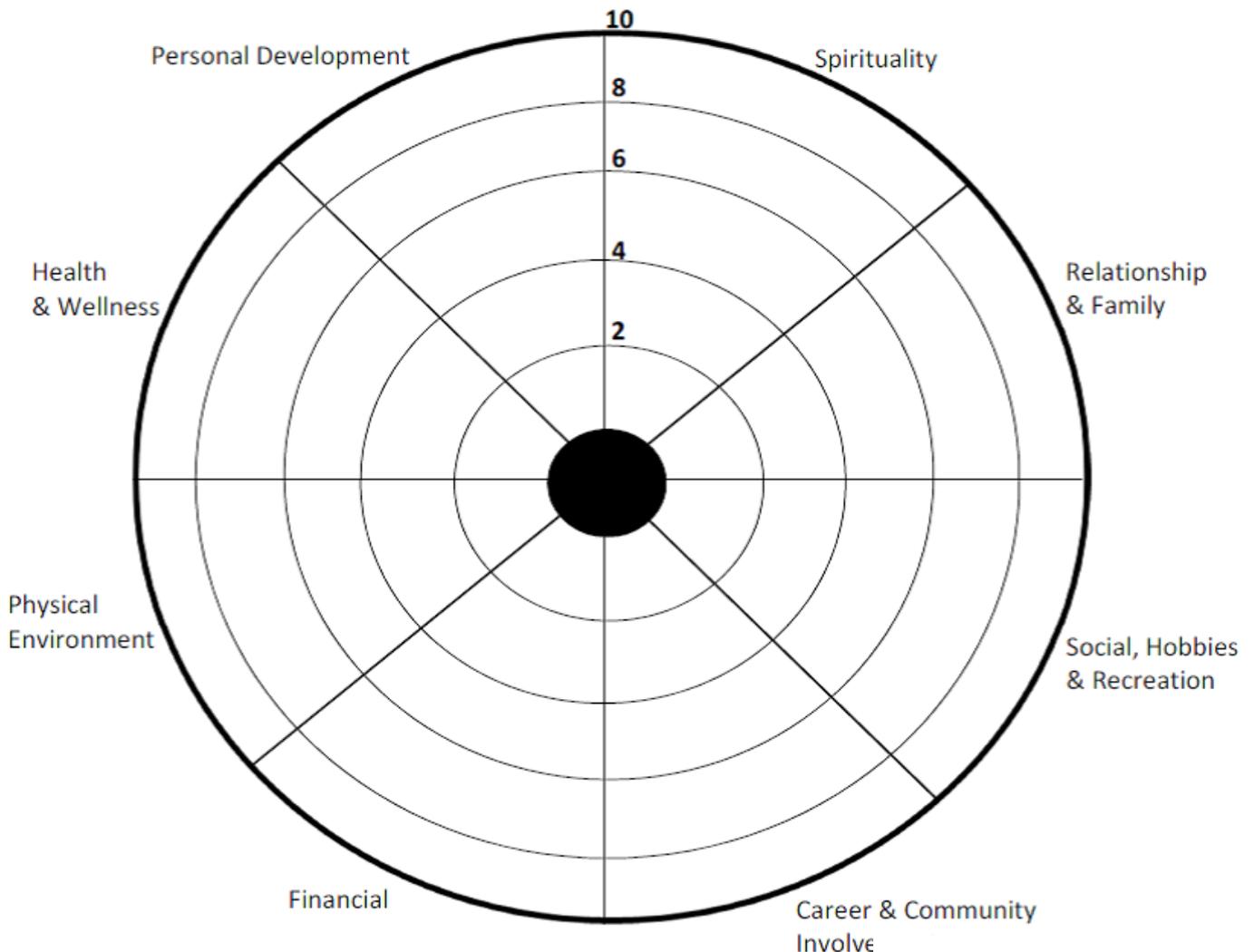


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## Start with your wheel of life

Complete this quick exercise which will demonstrate where you may be out of balance in your life.

- Imagine the centre of the wheel is point 0 and from there to the end of each spoke to the edge of the wheel is point 10. Make a mark along each spoke as to the approximate time you have given each area of your life in the last 6 months.
- Once all of your spokes are marked, join each mark to the one on the next spoke with a straight line, continuing around the wheel until it forms a completed 'wheel'





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## Analyse your wheel of life

This is your current wheel of life! How does it roll? If your wheel is buckled you have discovered areas of your life in which you need to set some short term goals. Whatever area is low needs your attention and focus, if you don't give this area some time it may potentially cause some crisis. Most people don't change until they have a significant crisis in their life - it could be a health, relationship or money crisis. This may sound a little dramatic, but if you think about it, it is true. For example, if you haven't spent any time focusing on your health and wellbeing over the last 6 months, you may experience some health issues or if you have been regularly working 7 days a week in your business without spending time with family and friends, you may encounter issues within your primary relationships.

The objective is not necessarily to have your wheel of life in perfect balance as it may never be. The objective is to always be aware of what areas you are sacrificing to achieve a result in another area, always mindful that you will need to balance the wheel at some time. If you want to or need to spend time in one area, then be conscious about your choices and explain these choices to those around you.

For example, I have always explained to my son that I go to work to add value to other people's lives, enjoy doing that and bring home money so we have a place to live and food to eat. My absence is so I can give him the best start in life. I have however created a business that gives me the freedom to balance my work / life and therefore reduce the absences and spend more time with my son.

I encourage you to complete this exercise every 6 months and make the necessary changes to rebalance the wheel.



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## Values & Goals Worksheet

What are 5 things you 'value' most? List in priority

What are the most important objectives in your life NOW?

What would you do if you won \$10,000,000?

What would you buy? What would you do with your time? Would you continue in your current profession? If not, what profession would you choose? Has there been something in your life you have always wanted to do?



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## Values & Goals Worksheet

What are 5 things you 'value' most? List in priority

What changes would you make? What would you do? Who would you see and spend your time with?

In looking back on all the things you have done in your life, what did you do that gave you the greatest sense of achievement?

You have been granted a wish, failure is impossible! What would you choose?



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## Values & Goals Worksheet

What are 3 to 5 goals for your family?

Things you can support them in, not what you want them to be

What are 3 to 5 goals in your career or business?

What are your financial goals for the next 3 years

Write targets for each year



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## Values & Goals Worksheet

What are 3 to 5 goals for you personally  
e.g. health and fitness, education, personal development

What are 3 to 5 aims for the world  
Things you want to happen for everyone

What do you feel are the most important qualities a person needs to have to guarantee long-term success?



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## Values & Goals Worksheet

Now write your lifestyle vision for the next 2 to 5 years

Make sure it is measurable

Now write your career or business vision for the next 2 to 5 years

Again, make sure it's measurable

Now write your Mission or Customer Statement. What do you want to "give" to support your vision

The answers to the last two questions will help you write this statement



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## The last word...

Keep your responses to this goal setting exercise with you, pondering upon them and reviewing them over the next few days. This will give you enormous insight and clarity into your vision and values for your life and assist you as you move forward into creating a clear and powerful Vision and Values statement for your business.

Remember to revisit your wheel of life and your answers every 6 months to review and see areas which have changed. This will also help you keep focused on your goals and overall mission.

Thank you.

*Neil Hopley*

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