

GOAL SETTING GUIDE

A practical guide to setting goals and building a life with options

Your Next Chapter is Loading....



WELCOME

Opportunity doesn't happen by accident. You have to position yourself for it.

Whether you're navigating your next career move, building a business, or exploring what's possible, one thing remains true: *how you position yourself matters.*

The right strategy, story, and relationships can open doors you didn't even know existed. That's why I created these resources, to help you get clear on your value, take intentional action, and build a future with more options.

Let's get to work.



Hi, I'm Ariel :)

I work across Startups, VC, and tech ecosystems to connect ambitious people with the networks, partnerships, and access they need to grow. From helping professionals land opportunities at top companies to building programs that support founders around the world, my work has always been about one thing: opening doors and helping people walk through them.

Now it's your turn.

Ariel Lopez xoxo

HOW TO USE THIS GUIDE

01 REFLECT

LOOK AT YOUR WINS,
VALUES, ENERGY, AND
WHAT MATTERS NOW.

02 PRIORITIZE

CHOOSE THE AREAS OF
LIFE THAT DESERVE YOUR
FOCUS.

03 ACT + REVIEW

SET MILESTONES, MAKE A
WEEKLY PLAN, AND CHECK IN
MONTHLY.

Use this guide for a quarter, six months, or a full year. Revisit it whenever your priorities change.

YOUR WORD FOR THE SEASON

1. **What word do you want to embody?**
2. **What action or behavior would bring that word to life?**
3. **What word reflects your values and goals?**

ACCOMPLISHMENTS

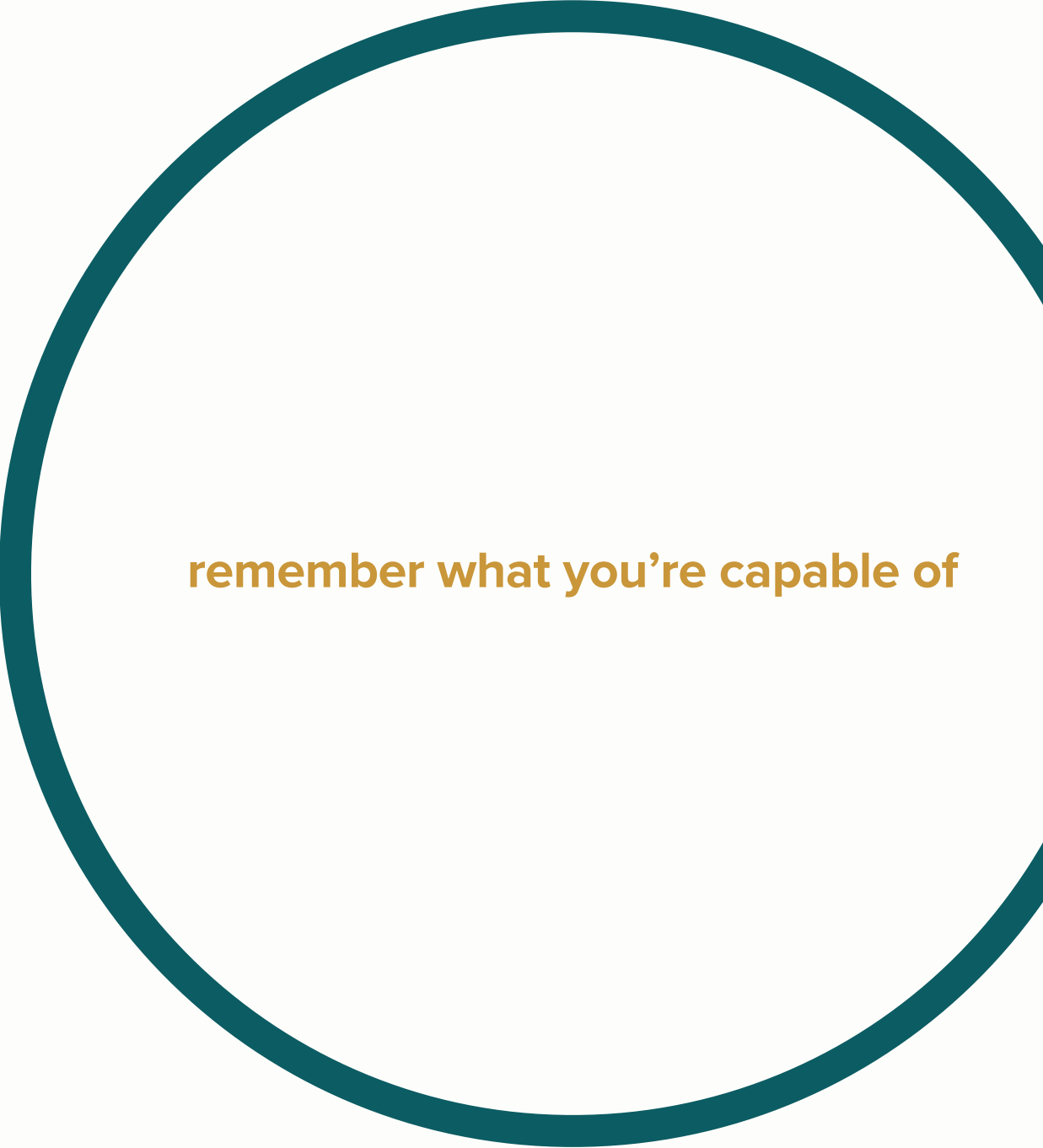
What are your current wins from the last 3 months? 6 months? Year?

What are the things that you've put in motion?

What are the things that unexpectedly worked out in your favor?

What have you released or outgrown?

What do you appreciate the most about yourself?

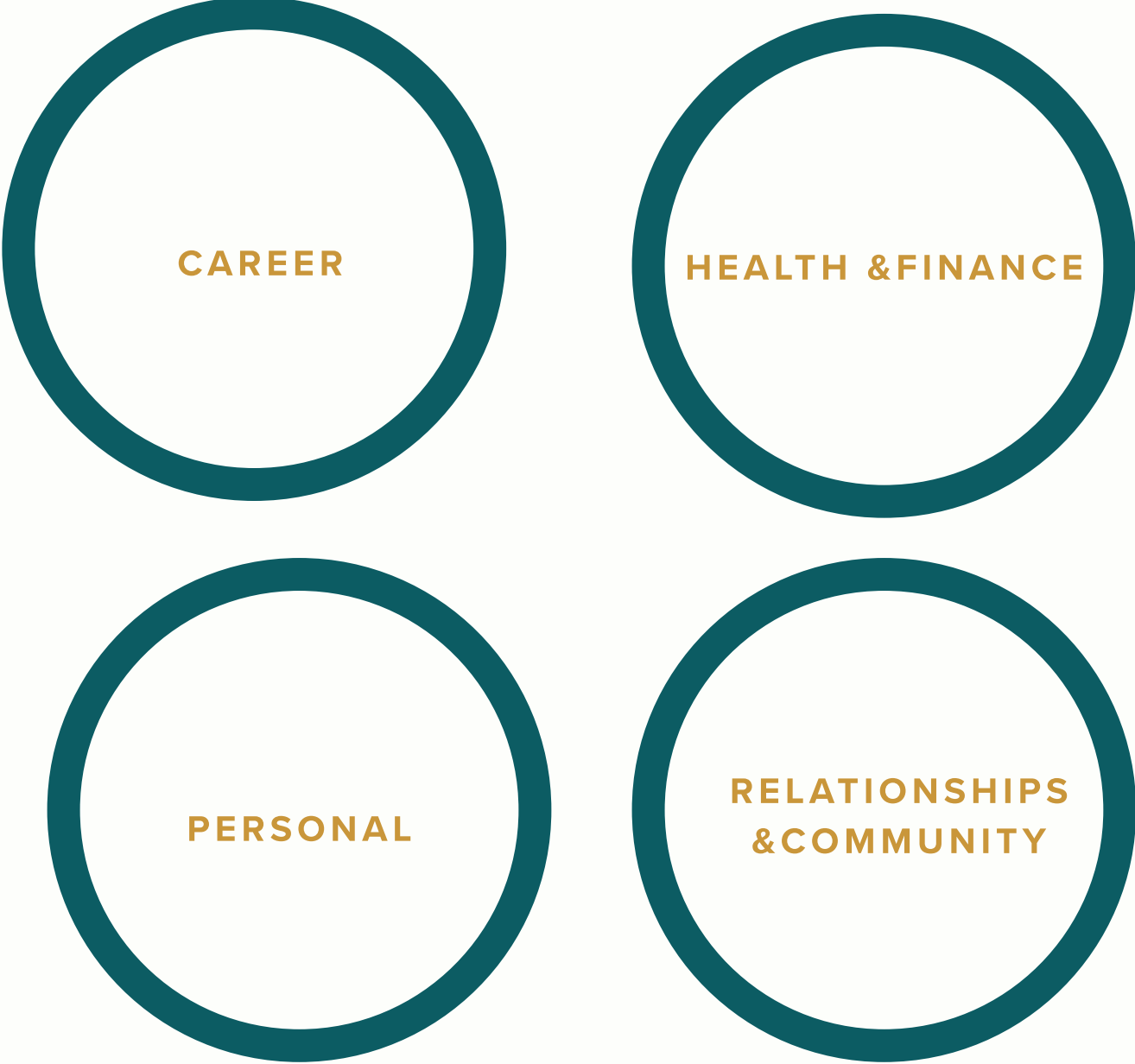


remember what you're capable of

YOUR FOCUS AREAS

1. What areas of your life do you want to focus on?
2. What areas of your life do you want to improve?
3. What areas of your life need more attention?
4. How do you ensure you have balance in each area?

EXAMPLES



CAREER

HEALTH & FINANCE

PERSONAL

RELATIONSHIPS
& COMMUNITY

NOW WRITE YOUR GOALS

Don't be daunted! You have done the groundwork to get you to this point. Here are some sentence prompts to get you on your way:

I AM WORKING TOWARDS...

I AM FOCUSED ON...

I ASPIRE TO...

BY THIS TIME NEXT YEAR....

MY GOAL IS TO...

MY TARGET IS TO...

I PLAN TO...

I WILL...

I AM DETERMINED TO...

I AM DEDICATED TO...

FOCUS AREA 1

OBJECTIVE STATEMENT

What are you looking to accomplish in this specific area? Pick a generalized statement that can apply to your goals and subtasks.

FOCUS AREA 1 GOALS & TASKS

Goal	Milestone	Weekly Action	Success Measure	Timeline
“overarching goal“	“what’s the tangible next step?”	“what action do you need to take this week?”	“how will you know if you’re successful?”	“what’s your target timeline for completion?”

FOCUS AREA 2

OBJECTIVE STATEMENT

What are you looking to accomplish in this specific area? Pick a generalized statement that can apply to your goals and subtasks.

FOCUS AREA 1 GOALS & TASKS

Goal	Milestone	Weekly Action	Success Measure	Timeline
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FOCUS AREA 3

OBJECTIVE STATEMENT

What are you looking to accomplish in this specific area? Pick a generalized statement that can apply to your goals and subtasks.

FOCUS AREA 1 GOALS & TASKS

Goal	Milestone	Weekly Action	Success Measure	Timeline
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FOCUS AREA 4

OBJECTIVE STATEMENT

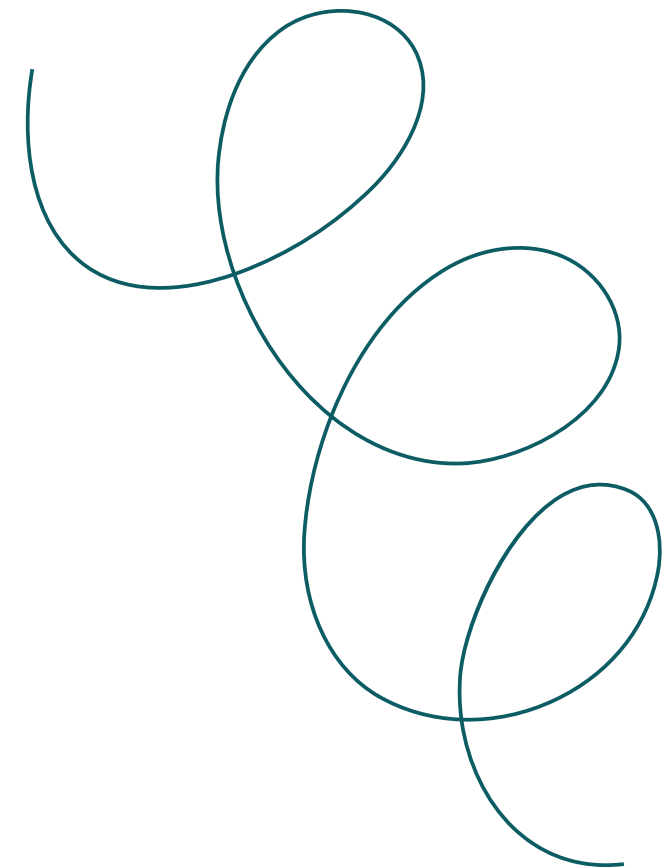
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FOCUS AREA 1 GOALS & TASKS

Goal	Milestone	Weekly Action	Success Measure	Timeline
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YOUR MONTHLY CHECK-IN

- WHAT MOVED FORWARD THIS MONTH?
- WHAT GOT IN THE WAY—AND WHAT DID I LEARN?
- WHICH HABITS OR ACTIONS HELPED MOST?
- WHAT WILL I CHANGE NEXT MONTH?
- WHAT IS ONE THING I CAN CELEBRATE?



REST IS PART OF THE PLAN

REST IS A PRIORITY

Rest is a critical component of achieving your goals, and you should make it a priority in your daily routine.

Schedule rest breaks into your calendar, and treat them with the same importance as you would any other task.

SET REST GOALS

Just as you set goals for your work or personal life, set goals for your rest time. These could include goals for getting enough sleep, taking regular breaks during the workday, or engaging in relaxing activities.

SELF-CARE GOALS

Engage in activities that promote self-care and relaxation, such as going for a walk in nature, or reading a book. Make self-care a regular part of your routine, and prioritise it as you would any other task.

YOUR ENERGY

Pay attention to your energy levels throughout the day, and adjust your rest schedule accordingly. If you find that you're particularly tired or overwhelmed, take a break to recharge and refocus.

YOUR NEXT STEP STARTS HERE

You don't need a perfect plan. You need a direction, a first step, and the willingness to adjust along the way.

STAY CONNECTED

JOIN THE A-LIST FOR CAREER INSIGHTS, RESOURCES, AND OPPORTUNITIES.

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