



A GUIDE TO GOAL GETTING

WORKBOOK

BY TARA "ARTICULATE TEE" OMOROGBE

[@articulateteeinc](https://www.instagram.com/articulateteeinc) | www.articulatetee.com



**“You’re fearless
by creating
the life you’ve envisioned for
yourself”**

**-Tara “Articulate Tee”
Osahonumwen Omorogbe
(Master Certified Mindset &
Goal Success Coach)**

ESCAPING MY COMFORT ZONE

Mood: 😞 😟 😐 😊 😄

Date: / /

Why do you avoid going out of your comfort zone? What are your biggest fears about the things that are out of your comfort zone?

How can you reframe/overcome the fears and obstacles you outlines in the previous question?

What new things can you try to solve your problems/achieve your goals?

What kind of things will you be missing out on if you only stay in your comfort & fear zone? How will your life look like in 1/5/10 years' time?

How will your life look like in 1/5/10 years' time when you decide to venture out in the learning and growth zone?

PLANNING MY S.M.A.R.T GOALS

Mood: 😞 😟 😐 😊 😄

Date: / /

S

What do you want to achieve?

M

How do you know that you have achieved your goal or that you are on the right path?

A

What steps do you have to take to accomplish the goal?

R

What is this goal important to you? How does this impacts others?

T

When will you accomplish the goal? What's the timeline?

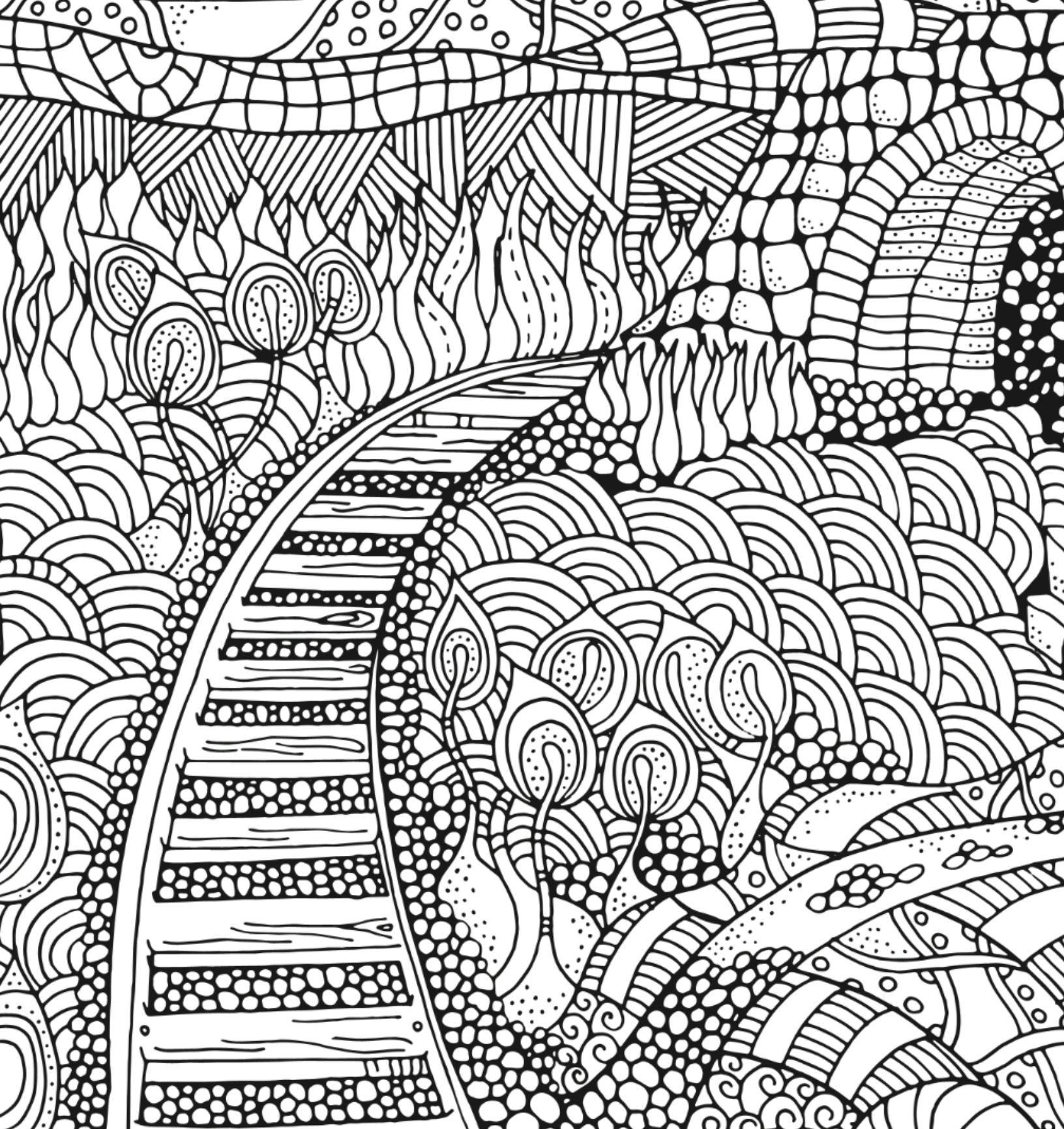
CALLING OUT MY FEAR(S)

Mood: 😞 😟 😐 😊 😄

Date: / /

WHAT ARE THE COSTS OF INACTION?
(emotional, physical, financial, etc.)

6 MONTH	1 YEAR	5 YEARS



FEARLESS IS!

(COLOR ME)



FEARLESS IS I

(COLOR ME)



FEARLESS IS I

(COLOR ME)

thank
you

Well hello, hello...

**Dear Goal Getter,
I wanted to take a moment to express my
gratitude for your support and loyalty.**

**Your presence on my account means the
world to me and I am so thankful for
each and every one of you.**

**Your likes, comments, shares, and
purchases have not gone unnoticed and
have truly helped me grow as a content
creator.**

**Thank you for following along on my
journey and for your continued support.**

Sincerely,

Tara "Articulate Tee" Omorogbe

**P.s. here's a code to get 15% off of a 2nd
coaching journal when you buy one at
regular price.**

Automatically applied at checkout