



Your Life & Goals Worksheet





Your Life & Goals **Worksheet**

Are you an...

- ☐ Introvert
- ☐ Extrovert
- ☐ Ambivert

What do you most enjoy? (check all that apply)

- ☐ Writing
- ☐ Speaking from an outline
- ☐ Leading a discussion
- ☐ Conversation
- ☐ Meeting new people
- ☐ Project management

Which sounds like the most fun?

- ☐ Meeting people and building relationships
- ☐ Creating content
- ☐ Creating an advertising strategy

How many new customers could you easily handle next month?

- ☐ 1-5
- ☐ 5-10
- ☐ 10-20
- ☐ 20-50
- ☐ 50-100
- ☐ 100+



Your Life & Goals **Worksheet**

How many hours/week would it take you and/or your team to serve that number of customers?

hrs/wk

How many new customers per month do you anticipate being able to comfortably handle in 12 months from now?

- ☐ 1-5
- ☐ 5-10
- ☐ 10-20
- ☐ 20-50
- ☐ 50-100
- ☐ 100-500
- ☐ 500-1000
- ☐ 1000+

How many hours/week would it take you and/or your team to serve that number of customers?

hrs/wk

How many hours per week are you willing to put in to grow your business to this number of new customers?

hrs/wk

How many hours per week are you willing to continue to put in to maintain this amount of new customer acquisition?

hrs/wk
