

Wisdom Whispers: Goal-Setting Templates

Inspired by the problem-solving approaches of Llama Tron, Llama Bot, Zen Bot, and Coach Rossa

How to Use These Templates

Each template is designed around one of the four characters' approaches to achieving goals. Choose the template that best matches your goal type and personality, or try different approaches for different goals.

Template Guide:

- **Llama Tron's Creative Goals:** For artistic, innovative, or creative projects
 - **Llama Bot's Systematic Goals:** For academic, technical, or complex projects
 - **Zen Bot's Mindful Goals:** For personal growth, wellness, or emotional goals
 - **Coach Rossa's Action Goals:** For fitness, habits, or high-energy goals
-

Template 1: Llama Tron's Creative Goal Canvas

"Darling, every goal is a work of art waiting to be created!"

My Creative Vision

Goal:

Why this goal excites me:

How achieving this goal will make me feel:

Inspiration Collection

Colors that represent my goal: ☐ _____ ☐ _____ ☐ _____

Images/symbols that inspire me: ☐ _____ ☐ _____ ☐ _____

People who inspire me in this area: ☐ _____ ☐ _____ ☐ _____

Words that motivate me: ☐ _____ ☐ _____ ☐ _____

Creative Action Steps

Step 1 (This week): _____ *Make it fun by:*

Step 2 (Next week): _____ *Make it fun by:*

Step 3 (Week 3): _____ *Make it fun by:*

Step 4 (Week 4): _____ *Make it fun by:*

Creativity Boosters

When I feel stuck, I will: ☐ Try the "random connection" game (connect my goal to 3 random objects) ☐ Change my environment (work somewhere new) ☐ Talk to someone with a completely different perspective ☐ Take a creative break (draw, dance, sing, etc.) ☐ Other:

Celebration Planning

Small wins to celebrate:

- Week 1: _____
- Week 2: _____
- Week 3: _____
- Week 4: _____

Big celebration when I achieve my goal:

Progress Tracking (Make it Visual!)

Draw, color, or decorate your progress:

Week 1: ☐ Started ☐ Made progress ☐ Completed Week 2: ☐ Started ☐ Made progress ☐ Completed

Week 3: ☐ Started ☐ Made progress ☐ Completed Week 4: ☐ Started ☐ Made progress ☐ Completed

Creative reflection space (draw, write, or collage):

[Large blank space for creative expression]

Template 2: Llama Bot's Systematic Goal Planner

"Complex goals become manageable when approached with logic and structure."

Goal Definition & Analysis

Primary Goal: _____

SMART Goal Check: ☐ **Specific:** Exactly what will I accomplish? ☐ **Measurable:** How will I track progress? ☐ **Achievable:** Is this realistic given my resources? ☐ **Relevant:** Why does this matter to me? ☐ **Time-bound:** What's my deadline?

Success Criteria (How will I know I've succeeded?):

1. _____

2. _____

3. _____

Resource Assessment

What I already have:

- Knowledge/Skills: _____
- Tools/Materials: _____
- Time Available: _____
- Support People: _____

What I need to acquire:

- Knowledge/Skills: _____
- Tools/Materials: _____
- Additional Time: _____
- Additional Support: _____

Systematic Breakdown

Major Milestones (3-5 big steps):

Milestone 1: _____ **Target Date:** _____

_____ **Status:**

☐ Not Started ☐ In Progress ☐ Complete

Milestone 2: _____ Target Date:

_____ Status:

☐ Not Started ☐ In Progress ☐ Complete

Milestone 3: _____ Target Date:

_____ Status:

☐ Not Started ☐ In Progress ☐ Complete

Milestone 4: _____ Target Date:

_____ Status:

☐ Not Started ☐ In Progress ☐ Complete

Milestone 5: _____ Target Date:

_____ Status: ☐ Not Started ☐ In Progress ☐ Complete

Weekly Action Plans

Week 1 Tasks: ☐ Task: _____ Time needed: _____ ☐ Task:

_____ Time needed: _____ ☐ Task:

_____ Time needed: _____ ☐ Task:

_____ Time needed: _____

Week 2 Tasks: ☐ Task: _____ Time needed: _____ ☐ Task:

_____ Time needed: _____ ☐ Task:

_____ Time needed: _____ ☐ Task:

_____ Time needed: _____

Week 3 Tasks: ☐ Task: _____ Time needed: _____ ☐ Task:

_____ Time needed: _____ ☐ Task:

_____ Time needed: _____ ☐ Task:

_____ Time needed: _____

Week 4 Tasks: ☐ Task: _____ Time needed: _____ ☐ Task:

_____ Time needed: _____ ☐ Task:

_____ Time needed: _____ ☐ Task:

_____ Time needed: _____

Risk Analysis & Contingency Planning

Potential Obstacles:

1. *Solution:* _____

2. *Solution:* _____

3. Solution: _____

Progress Tracking & Metrics

Daily Check-in Questions:

- What did I accomplish today toward my goal?
- What challenges did I encounter?
- What do I need to focus on tomorrow?

Weekly Review:

- Week 1 Progress: ____% complete. Notes: _____
- Week 2 Progress: ____% complete. Notes: _____
- Week 3 Progress: ____% complete. Notes: _____
- Week 4 Progress: ____% complete. Notes: _____

_____ **Final Analysis:** Goal Achievement: ☐ Fully

Met ☐ Partially Met ☐ Not Met **What worked well:**

What I would do differently:

Next steps:

Template 3: Zen Bot's Mindful Goal Journey

"True progress comes from staying present with each step of the journey."

Intention Setting

My Goal:

_____ **Deep**

reason (Why does this matter to my heart and spirit?):

How achieving this goal aligns with my values:

Mindful Preparation

Current state reflection:

- How do I feel about this goal right now? _____
- What emotions come up when I think about it? _____
- What past experiences affect my confidence? _____

_____ Inner resources I can draw upon:

- Personal strengths: _____
- Past successes: _____
- Support systems: _____
- Calming practices that help me: _____

Present-Moment Action Steps

This week, I will focus mindfully on:

- One small action: _____
- How I'll stay present while doing it: _____
- How I'll be kind to myself if it's difficult: _____

Next week, I will focus mindfully on:

- One small action: _____
- How I'll stay present while doing it: _____
- How I'll be kind to myself if it's difficult: _____

Week three, I will focus mindfully on:

- One small action: _____
- How I'll stay present while doing it: _____
- How I'll be kind to myself if it's difficult: _____

Week four, I will focus mindfully on:

- One small action: _____
- How I'll stay present while doing it: _____
- How I'll be kind to myself if it's difficult: _____

Daily Mindfulness Practices

Morning intention setting (30 seconds): "Today I will take one small step toward my goal with awareness and self-compassion." **Midday check-in (1 minute):**

- How am I feeling about my progress?
- Am I being kind to myself?
- What do I need right now to stay centered?

Evening reflection (2 minutes):

- What did I accomplish today?
- What am I grateful for?
- How did I show up for myself today?

Dealing with Challenges Mindfully

When I feel overwhelmed, I will: ☐ Take 5 deep breaths ☐ Remember that progress isn't always linear ☐ Ask myself: "What small step can I take right now?" ☐ Practice self-compassion instead of self-criticism ☐ Connect with my support system ☐ Other:

When I feel discouraged, I will: ☐ Remind myself why this goal matters to me ☐ Review my progress so far ☐ Practice the "Tree of Peace" meditation ☐ Talk to someone who believes in me ☐ Focus on the present moment instead of worrying about the future ☐ Other:

Gratitude & Celebration

Week 1 - I'm grateful for:

Week 2 - I'm grateful for:

Week 3 - I'm grateful for:

Week 4 - I'm grateful for:

Reflection Space

What I'm learning about myself:

How this goal is helping me grow:

Ways I can apply this mindful approach to other goals:

Template 4: Coach Rossa's Action-Packed Goal Crusher

"Champions are made one energetic action at a time!"

Goal Declaration

My Goal:

Why

I'm EXCITED about this goal:

How I'll feel when I CRUSH this goal:

Energy Assessment

Current energy level: ☐ Low ☐ Medium ☐ High ☐ UNSTOPPABLE!

What gives me energy: ☐ Music that pumps me up ☐ Exercise/movement ☐ Encouragement from others ☐ Seeing progress ☐ Competition ☐ Working with others ☐ Other:

Energy vampires to avoid: ☐ Negative self-talk ☐ Perfectionism ☐ Procrastination ☐ Comparison to others ☐ Overwhelming myself ☐ _____

High-Energy Action Plan

Week 1 - IGNITION WEEK: ☐ Action 1: _____ Energy Level:

⚡ ⚡ ⚡ ⚡ ⚡ ☐ Action 2: _____ Energy Level: ⚡ ⚡ ⚡ ⚡ ⚡ ☐
Action 3:

Energy Level: ⚡ ⚡ ⚡ ⚡ ⚡

Week 2 - MOMENTUM WEEK: ☐ Action 1: _____ Energy Level:

⚡ ⚡ ⚡ ⚡ ⚡ ☐ Action 2: _____ Energy Level: ⚡ ⚡ ⚡ ⚡ ⚡ ☐
Action 3:

Energy Level: ⚡ ⚡ ⚡ ⚡ ⚡

Week 3 - POWERHOUSE WEEK: ☐ Action 1: _____ Energy Level:

⚡ ⚡ ⚡ ⚡ ⚡ ☐ Action 2: _____ Energy Level: ⚡ ⚡ ⚡ ⚡ ⚡ ☐

Action 3:

_____ Energy Level: ⚡ ⚡ ⚡ ⚡ ⚡

Week 4 - CHAMPION WEEK: ☐ Action 1: _____ Energy Level:

⚡ ⚡ ⚡ ⚡ ⚡ ☐ Action 2: _____ Energy Level: ⚡ ⚡ ⚡ ⚡ ⚡ ☐

Action 3:

_____ Energy Level: ⚡ ⚡ ⚡ ⚡ ⚡

Daily Champion Routine

My Morning Energy Booster: ☐ Physical exercise (_____ minutes) ☐ Energizing music ☐ Positive affirmations: "I am _____" ☐ Visualize my goal achievement ☐ Review today's action items with excitement ☐ Other:

My Evening Victory Review: ☐ Celebrate what I accomplished today ☐ Rate my energy level:

⚡ ⚡ ⚡ ⚡ ⚡ ☐ Plan tomorrow's champion actions ☐ Gratitude for my progress ☐ Prepare for tomorrow's success

Motivation Maintenance

When I need an energy boost: ☐ Play my pump-up playlist ☐ Do 20 jumping jacks or push-ups ☐ Call my most encouraging friend ☐ Review my "why" for this goal ☐ Look at my progress so far ☐ Reward myself for recent efforts ☐ Other:

_____ **My personal pump-up playlist:**

1.

2.

3.

4.

5.

Accountability & Support

My goal accountability partner: _____

How they'll help me stay motivated:

How I'll update them on progress: ☐ Daily check-ins ☐ Weekly calls ☐ Text updates ☐ Other:

Victory Celebrations

Daily wins to celebrate:

- Completing each action item: _____
- Maintaining high energy: _____
- Overcoming obstacles: _____

Weekly celebration rewards:

- Week 1: _____
- Week 2: _____
- Week 3: _____
- Week 4: _____

ULTIMATE GOAL ACHIEVEMENT CELEBRATION:

Champion Mindset Mantras

Choose 3 mantras to repeat when you need motivation:

- ☐ "I am unstoppable when I take action!"
- ☐ "Every small step builds champion momentum!"
- ☐ "I choose energy and enthusiasm over doubt!"
- ☐ "Champions show up even when they don't feel like it!"
- ☐ "My goals are worth my best effort!"
- ☐ Custom mantra: _____
- ☐ Custom mantra: _____
- ☐ Custom mantra: _____

Progress Tracking (High Energy Style!)

Week 1: ⌘ Actions completed: ___/3 Energy Level: ⚡ ⚡ ⚡ ⚡ ⚡ **Week 2:** ⌘ Actions completed: ___/3 Energy Level: ⚡ ⚡ ⚡ ⚡ ⚡ **Week 3:** ⌘ Actions completed: ___/3 Energy Level: ⚡ ⚡ ⚡ ⚡ ⚡ **Week 4:** ⌘ Actions completed: ___/3 Energy Level: ⚡ ⚡ ⚡ ⚡ ⚡

CHAMPION STATUS: ☐ GOAL CRUSHED! ☐ MAJOR PROGRESS! ☐ BUILDING MOMENTUM!

Bonus: Mixed-Approach Goal Template

For goals that need multiple character approaches

Goal: _____

Which character approaches will I use? ☐ Llama Tron's creativity for:

_____ ☐ Llama Bot's system for:

_____ ☐ Zen Bot's mindfulness for:

_____ ☐ Coach Rossa's energy for:

Weekly focus rotation:

- Week 1 focus: _____ character approach
- Week 2 focus: _____ character approach
- Week 3 focus: _____ character approach
- Week 4 focus: _____ character approach

How I'll combine approaches:

Tips for Success

Choosing the Right Template

- **Creative goals** (writing, art, innovation): Start with Llama Tron
- **Academic/technical goals** (studying, projects): Start with Llama Bot
- **Personal growth goals** (habits, wellness): Start with Zen Bot
- **Physical/action goals** (fitness, activities): Start with Coach Rossa
- **Complex goals:** Use the mixed-approach template

Making Templates Work for You

- **Customize freely** - add sections that help you
- **Use color** - make your templates visually appealing
- **Keep visible** - post somewhere you'll see daily
- **Review regularly** - weekly check-ins keep you on track
- **Celebrate progress** - acknowledge every step forward

When Things Get Difficult

- Remember that setbacks are normal
 - Ask yourself: "What would my chosen character do?"
 - Focus on the next small step, not the entire goal
 - Reach out for support when needed
 - Adjust your approach if something isn't working
-

Remember: Every character in Wisdom Whispers succeeded because they combined their natural strengths with persistence, self-compassion, and willingness to adapt. You have the same potential for success!

For more resources: <https://kraczekpublishing.com>

© 2025 Kraczek Publishing. These templates may be reproduced for personal and educational use.