

GOALS + GROWTH

{Start the year with strength}

RECAP: It's important to see where we are now and where we want to be by the end of 12 months. What are the ways we want to grow, improve and secure our alignment to our greatest selves? It's not about creating unrealistic goals, nor is it about mimicking the ways we see others move, which may confuse our journey. It's about diving into who we truly are, our strengths, and the ways we can show up to help others in this beautiful world. The goal ideally can be bringing our strengths to make life better for others or help them grow their business while we make money too.

Let's get started:

PART 1 // What is your goal or top 3 goals for 2023?

- 1.
- 2.
- 3.

PART 2 // How committed are you on a scale from 1-10 to each goal you noted? Be honest with yourself.

In order to move forward in strength, we need to know where we are currently:

1-10 {10 being 100% totally committed}

Why is this so?

PART 3 // Note each question on a line below or use the back of this sheet:

1. How much time are you dedicating to your goals?
2. How serious are you in these 1-3 goals for 2023?
3. When do you plan to work on these goals with proven action steps?

HOMEWORK // CREATE AN ACTION PLAN : {Now to put this all together}

The ideal way to curate and craft a great year is to take the components you noted on Page 1 and create a plan.

This plan will be your roadmap for the 12 months of this year.

You will refer back to this plan every week to ensure you are on track and making strides to make your 12 months all you envision they could be. I like using Friday or Sunday as my days to review, tweak and adjust to be stronger toward my goals. But see what feels best for you. As long as you are reviewing at least once a week, it will keep you on track and connected to your goal.

Start with the end in mind and note on line #12, your three goals. Each line is equal to one month, with #1 being January and #12 being December.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
12. {Note your end-of-year goals on this line}

Now create a summary of action steps you know you have to get down in order to line up with those 3 goals. As an example, if you are looking at writing a book and that is on your #12 line for your yearly goals, then the action steps would be : writing a chapter a week, finding an editor, illustrator, a publisher, PR person, etc.

- Once you have created your summary of action steps for all 3 of your goals, start to place them on the lines that lead up to line #12, which is your month of achievement.
- The next step is to break them down into time blocks with themes/action steps that are needed, and start to add them to your calendar.
- Add a weekly 30-min time block to review your progress and make edits that may make your journey more in flow, with higher efficiency or with more productivity.

BONUS:

Each time you procrastinate, ask your higher self, why do you purposely hold yourself back from getting to your goals? Is this a pattern? What is the narrative that you are circling in your mind that is holding you back?

Note why you totally deserve these three goals. Spend time in this space as this is one of the biggest reasons why we don't accomplish our goals... because deep down inside in our sub-mind, we don't believe we deserve a curated, purposeful and intentional life and business.

You may have a series of blocks and old narratives that need to be unleashed. Use a journal to work your way out of these blocks by replacing thoughts that don't support your higher purpose and greatness with thoughts that will support your destiny and greatest self.

You deserve everything you envision for yourself. Why not you?

Follow me on Instagram for supplemental videos and support.

I am ALWAYS cheering you on!

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