

GOALS + GROWTH

{Start the year with strategy, focus and 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 with 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 is to showcase our strengths to make life better for others or help them grow their business while we make money too. Our strengths make life better for others and help them grow their business while we make money.

Let's get started with your strengths and then build a strategy from there:

PART 1 // What are your top 3 strengths on how you help others live a better life or grow their business, worth or revenue?

- 1.
- 2.
- 3.

How are those 3 strengths you noted above aligned with your 2024 goals?

PART 2 // Thinking about your strengths, what are your top 3 goals for 2024?

- 1.
- 2.
- 3.

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How committed are you on a scale from 1-10 to each goal you noted for 2024? Be honest with yourself.

If you're not at a 10, what would it take to get to a 10 for your commitment? Write it out here so we can change narratives and come from a point of strength.

PART 3 // Please answer the following:

- How much time are you dedicating to your goals?
- How serious are you in these 1-3 goals for 2024?
- When do you plan to work on these goals with proven action steps?
- Why are these goals important to you?
- How will achieving these goals change your life or make you happier?

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 each month in 2024.

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, one of your 3 goals. Each line below 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 one of your end-of-year goals on this line}

Now create a summary of at least 12 action steps you know you have to get done in order to line up with that one of three goals. As an example, if one of your goals is to write a book and that is on line #12 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 one of your three 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.

*****Once you have finished, repeat these steps for your #2 goal and #3 goal of the 3 goals you noted at the start of this worksheet.***

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 subconscious mind that is holding you back?

Note why you totally deserve this goal. 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?

For supplemental videos and support, follow me on Instagram

I am ALWAYS cheering you on!

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