



## Setting Your Goals Workshop

### **A Goal Without a Plan is Just a Wish**

Goal setting is a fundamental part of growth and the reason behind consistent results.

Our goals are to be loyally protected and freed from any distractions which may come in to play on your journey.

Distractions come in to play due a noisy world which we live in, however for many, distractions only take over when we are failed to be shown how to set goals properly.

Success does not happen by accident, it takes determination, courage, dreams with a date and complete worth over your goal itself, in order to keep the fire inside of you when distractions or wrong turnings appear.

### **The Difference Between a Goal and Your Vision**

Your vision is your end result, it's how you vision your life to look like 12 months from now, 3 years from now, 5 years, 10 years etc.

Your goals are your visions broken down - think of your goals as stepping stones to get to your vision.

We can't just leap straight from where we are now into our long-term vision, we have to break it down and achieve the small goals each month in order to be rewarded with our long term wants.

This starts by getting crystal clear on your vision, where you want to be in 3 years, 5 years, 10 years and then breaking that down by setting your goals each month.

It's important to remember that your visions and goals are fuelled by your desires – so keep in tune with this when connecting.

If you have difficulties with visualising, give yourself compassion and redirect your train of thought back to your desired results.

### **How Do I Connect With my Vision?**

There are some who connect with their visualisations without their minds straying whilst some report to struggle with this.

What's always really important to remember is to keep in self-love and to allow your mind to be redirected back to the connection of your vision without any judgement.

With practice, this becomes easier and much more enjoyable.

### **Exercise to Connect to Your Vision**

In your journal, take half an hour of quietness and no distractions whilst you brainstorm everything you would like from your life. Remember - do not limit yourself, really go for what you want and get it all out on paper.

After this you can begin the process of 'A day in the life...'

Place yourself in the picture of exactly what your day looks like, 3 years from now.

Be sure to really go into detail, do not hold back, be as creative as you can possibly be.

### **Create Your Vision Board**

This your opportunity to get creative and colourful! Find pictures associated with what you want and connect with, and attach these to on your vision board. Be as creative as you like, print off pictures, cut out pieces from magazines and make sure these will stretch you.

Once your vision board has been completed, you can place this on your wall as a reminder to yourself of your vision every single day.

HAVE LOTS OF FUN DOING THIS, IT'S DESIGNED TO LIGHT UP YOUR SOUL AND HELP YOU CONNECT!

## **How do I Become Clear on How my Goals Will be Achieved?**

Start by brainstorming all of the things you need to do/actions you need to take to achieve your goal.

Now put these all in order and write them in the steps to goal section below, with the date you are going to achieve them by.

Start brainstorming here...

## My Scheduler

Use this type of scheduler to plan your days and keep you focused on the actions you need to take to achieve your goals.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am							
6:30 am							
7:00 am							
7:30 am							
8:00 am							
8:30 am							
9:00 am							
9:30 am							
10:00 am							
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12:00 Noon							
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1:30 pm							
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4:00 pm							
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5:00 pm							
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6:00 pm							
6:30 pm							
7:00 pm							
7:30 pm							
8:00 pm							
8:30 pm							

### Use Motivating Phrases

One way to shift any blocks around motivation when hitting your goals, is by being aware of your language and changing it where needed.

It's really important to use words which keeps us attached to our desire and to remember our WHY.

Here are a few ideas when filling in your schedule...

'Going to the gym' - 'I'm getting my sexy back'

'Family time' - 'Bonding time with my babies'

'Morning Routine' - 'Awakening my Genius'

'Work time' - 'Doing my due to feed my family'

'Sideline income' - 'Shaping my destiny'

'Me time' - 'self-love time'

And remember...

...The flower does not dream of the bee and the bee comes!