DREAM IT.
WRITE IT.
DO IT.

Creating Goals that Stick (Even in the Midst of Chaos)

by

Christy Pennison

NOTES

THINGS TO REMEMBER

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REFLECT ON 2020.

START HERE

Think about everything that happened in your life in 2020.
Write down or circle the number that best describes how you feel about each part of your life in 2020 and explain why you feel that way.

HEALTH(PHYSICAL & MENTAL):

Terrible - 1 2 3 4 5 6 7 8 9 10 - Amazing

RELATIONSHIPS:

Terrible - 1 2 3 4 5 6 7 8 9 10 - Amazing

WORK/PASSION:

Terrible - 1 2 3 4 5 6 7 8 9 10 - Amazing

FINANCES:

Terrible - 1 2 3 4 5 6 7 8 9 10 - Amazing

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REFLECT ON 2020.

CONTINUED...

Think about everything that happened in your life in 2020.
Write down or circle the number that best describes how you feel about each part of your life in 2020 and explain why you feel that way.

FAITH/SPIRITUAL:

Terrible - 1 2 3 4 5 6 7 8 9 10 - Amazing

OVERALL:

Terrible - 1 2 3 4 5 6 7 8 9 10 - Amazing

BIGGEST LESSONS LEARNED/BIGGEST WINS:

WHO OR WHAT AM I MOST GRATEFUL FOR THIS PAST YEAR?:

Now that you've reflected on the past year. It's time to look forward to the future. It's time for new commitments. Think, "Now what?"
"Life can only be understood backwards; but it must be lived forwards."
-Søren Kierkegaard-

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DREAM IT.

CREATE A VISION

It's time to dream. Do you remember when you were a little child? Dreaming and imagination came easy. But, somewhere along the way this became harder to do. Let's imagine right now what the next year of your life will look like.

1

Close your eyes and put your hands over your heart.

Take deep breaths in and out.

2

Take a moment to imagine your life in one year.

It's a year later. Imagine the life that you're living. You've accomplished the goals you have set and more. Your experiencing the feelings and things that you've always wanted. The thing you've always imagined for yourself (relationships, family, health, faith, finances, work, joy), you are now experiencing it. Think about your vision for yourself, your body, health, mind, and spirituality Your vision for your family. Your vision for your work or passion. Your vision for your world. It's a year later and your vision is a reality. Imagine what it's like to live it. You've achieved it. You created it. Look at each moment of the day. What does it feel like? Sound like? Look like? Imagine going through the whole day living and experiencing that vision. What were the limiting beliefs you needed to give up to accomplish this vision? See yourself celebrating life, love, health, and joy. Take a deep breath in and out. Slowly open your eyes.

3

Write down your vision.

Write down what you imagined possible for your life a year from now. What did you experience? What did you see? What was it like?

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IF YOU CAN IMAGINE IT. YOU CAN CREATE.

What did you imagine a year from now?

*This visualization exercise was adapted from The School of Greatness (Lewis Howes) podcast with Chris Lee: https://lewishowes.com/uncategorized/episode-1000-a-journey-to-greatness-this-will-inspire-you/ starting at minute 47.

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""Create a vision of who you want to be, and then live into that picture as if it were already true.""
-Arnold Schwarzenegger-

DREAM IT.

DREAM MAP

Okay, now let's take things a step further. Imagine anything is possible (because it is)! You are about to create the ultimate "goal list" for your life. Imagine that what you write will come true. Don't worry how you will achieve it. Just write everything you would like to be, create, do, or have in your life (health, relationships, work, fun, finances, faith). Be specific. (5 minutes)

3 MONTHS

1 YEAR

5 YEARS

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REFLECT AND PRIORITIZE

Go back to your list above. Ask yourself, "Which goal, if I could achieve it tomorrow, would have the most positive impact on my life?" Circle one from each section and write it down below.

Look at the list above and ask yourself, "Which one would have the most positive impact on my life right now?" Write it in the space below.

QUOTES

My goal is not to be better than anyone else, but to be better than I used to be.
WAYNE DYER

You are never too old to set a new goal or to dream a new dream.
C.S. LEWIS

Believe you can and you're halfway there.
THEODORE ROOSEVELT

Life's too short to be miserable.
CHRISTY

Creativity is intelligence having fun.
ALBERT EINSTEIN

It does not matter how slowly you go as long as you do not stop.
CONFUCIUS

Without dreams and goals there is no living, only merely existing, and that is not why we are here.
MARK TWAIN

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WRITE IT.

MIND STORMING

Now we are going to mind storm. First, write you goal down in the form of a question. Then, write down all the necessary steps to achieve this goal. Here's a twist. You must write a minimum of twenty answers to the question.

Now circle one thing you can take action on today or this week.
Once you take action on this one thing, it will help you gain the momentum to take action on the rest. Go through the steps listed and prioritize them in the order you will complete them. Add specifics. Assign dates to specific steps. Work at it. Repeat.

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BONUS: If you want to take the exercise one step further, you can go back and do this exercise for the different areas of your life (health, relationships, work, fun, finances, faith) to identify a specific goal for each.

DO IT.

COMMIT TO ACTION

Once you create the goals you want to focus on, you must TAKE ACTION. Start today.
In the space below, reflect on what you will do to make your goals happen.

KEY MOTIVATORS:
What are your key motivators for achieving the goals you set?

POSSIBLE OBSTACLES/LIMITING BELIEFS:
What are the possible obstacles or negative thoughts that may get in your way?

REWARDS:
How will you celebrate your wins (achieving your goals)?

MY "JUST SAY NO LIST":
What or what will you say no to?

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ACCOUNTABILITY

If you are serious about reaching your goals in 2021, find an individual or get in a community to support you on your journey. You must create an environment that will support your goals. Write down 3 people who you can share your goals with this week.

1

_____

2

_____

3

_____

MY 2021 STORY: WRITE IT LIKE IT HAPPENED

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""Surround yourself only with people who are going to lift you higher.""
-Oprah Winfrey-

THANK YOU!

You are amazing! Thank you for showing up for your awesome self this year and taking the time to live intentionally. I believe life is one of the greatest gifts we've been given. You have unique gifts, talents, and dreams. Don't let fear, self-doubt, or others keep you from achieving your goals and making your dreams a reality! Sure, it won't be easy. But believe me, it will be worth it. This year my hope for you is to live on purpose, in the moment, and unapologetically. There may be others who don't get your dreams and goals, and that's okay! Believe in yourself, have faith, and trust the journey! You never know, this may just be your best year yet!

MUCH LOVE,

Christy Pennison

P.S. Reach out and let me know what goals you achieve and things you create this year! I'd love to hear them!

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Christy's Favorite Goal Setting Resources:

- Your Best Year Ever- Michael Hyatt
- The One Thing- Gary Keller & Jay Papasan
- The Power of Discipline- Brain Tracy
- The School of Greatness- Lewis Howes
- Seize the Day- Joyce Meyer
- Passion Planner