

2018 Goals Workbook



Bless this Wild Mess

In this workbook,
we will cover

SETTING ATTAINABLE GOALS

Level 10 Goals

accountability

MAKING GOALS THAT ARE ACTIONABLE AND PRIORITY ORIENTED

Focus

Organization

Choosing a word for the year

Remember that you will need to refer to the 2017 Reflections and Life Assessment workbook in order to complete this goal workbook. If you have not completed the first part, please start there to make the most out of these resources!!

This workbook belongs to the

FASCINATING, beautiful,
MAGICAL, amazing

Believe in yourself
and you will be
unstoppable.

Setting Sustainable Goals

One of the best ways to ensure that your goals are achievable is to base them on where you are and where you want to be as well as your personal priorities.

For instance, while it would be awesome to learn Italian for no apparent reason (Eat, Pray, Love anyone?), it's less likely that I will focus on that goal if it is not in tune with my long-term hopes or priorities. Instead, a good goal for me would involve looking at where I am in my life and what areas need to be worked on.

Sound familiar?

Yes--that is why we did the Level 10 Life Assessment in the last book!

Level 10 Braindump

Look at where you are according to your assessment. What do you need to do to bring each area up to a 10?

*Just write it down. Don't organize or overthink it!

 very important!

1. Family and Friends

2. Personal Development

3. Spirituality

4. Finances

5. Career

6. Relationships

7. Fun and Recreation

8. Giving and Contribution

9. Physical Environment

10. Health and Fitness

Level 10 Goals

Now--the next step is to take the ideas from the brain dump and make concrete goals.

Remember, make your goals SMART

- Specific
- Measurable
- Actionable
- Reasonable
- Time Bound

Go through the 10 categories again. This time make 1-2 goals in each area that will take you all the way to level 10!

1. Family and Friends

2. Personal Development

3. Spirituality

4. Finances

5. Career

6. Relationships

7. Fun and Recreation

8. Giving and Contribution

9. Physical Environment

10. Health and Fitness

"It always seems
impossible until
it's done."

- Nelson Mandela

Actionable + Pri

ARE YOU OVERWHELMED YET?

Don't be.

Remember that "A" in SMART?

The best way to make goals less overwhelming and make them manageable is to break them down into bite size pieces.

For instance, let's say my goal is to finish my dissertation. That overall goal would then be broken down into writing each chapter. The chapters are broken down into research, outlines, writing, getting edits, and revising. Research is broken down further into finding and accessing materials, reading them, and synthesizing them...

Does that make sense?

And with the Level 10 Life goals, you can further cut them down by asking if that overall goal is a top priority, a low priority, or a goal for the future.

Go back through your goals and star only the ones that are a priority in 2018 or are time-bound.

DONE? OKAY--LET'S DO THIS.

Priority-Oriented

For each of the starred goals, break them down. I'll do one as an example:

Goal: Finish Chapter 3 by January 15

1. Read through research

a. access materials

b. read

c. take notes

d. synthesize/blog

2. Outline by December 15

3. Draft to reviewers by December 30

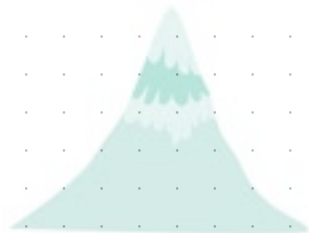
4. Meet with reviewers January 5

5. Revised draft to director January 15.



DEADLINES ARE CRUCIAL!

Now, take the next few pages to break down your goals.







The Importance of Accountability

One of the most important ways to achieve your goals is to have someone hold you accountable for them. It's so much better to ignore goals when you're not accountable than when you are. It's so much easier to accomplish them.

Having an accountability buddy can make all the difference in the world.

It can be one friend you meet bi-weekly for coffee.

It can be a group you communicate with by email.

Whatever you do, just make sure you have someone who will also support and celebrate you. You deserve it.

My accountability partner is _____

We will be in contact every _____

by _____.

accountability

our goals is to actually tell someone else about
you're the only one who knows you aren't

e difference.

ffee or skype with or check in on the phone.

mail.

someone who will not only hold you accountable, but
serve it.

DON'T SKIP THIS PART!

Focus...

I always find it easier to succeed if I can focus on one or two things at a time. As you are planning out your year, you may want to choose areas to focus on during certain months.

Month:

Focus:

January

February

March

April

May

June

July

August

September

October

November

December

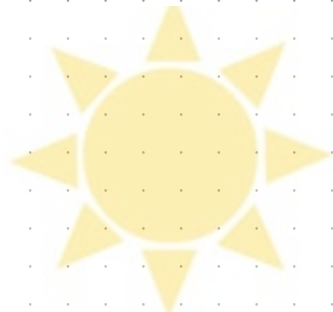
Organization...

Staying organized is crucial, too.

For 2018, I will have a planner specifically for planning out weekly and monthly goals.

How will you stay organized?

Brainstorm



Word for the Year:

Another thing a lot of people do is select a word to focus on for the year. It can be an attitude you want to practice, something inspiring, or something that speaks to your identity.

Brainstorming...

Below I have included some ideas.
Brainstorm your own, too!

HAPPY

Progress

JOY

LOVE

For more ideas, visit oneword365.com

My word
for 2018 is



The rest of this book
is for you to
Brainstorm, Map,
Organize, Envision,
Plan, Hope, Dream,
Process, and
Braindump

HAVE AN AMAZING YEAR!



A note about resources:

In the past I have read many resources that led to creating this workbook.

These include:

Leonie Dawson

Miracle Morning by Hal Elrod

Kara of Bohoberry.com

Planners Gone Wild

Sacred Ordinary Days

Susannah Conway





BlessThisWildMess.com