

A pink-themed desk setup featuring a keyboard, a bouquet of pink roses, an orange pen, and a pink notebook. The background is a soft, light pink color. A black border frames the central text area.

# Goal Setting

# WORKBOOK

PRINTABLE

WORKBOOK

## LET'S GET STARTED!

I know how it feels to be where you are. Because I've been there too. Which is why I've created the Big Ass Goal Digger course for you to follow. Each question will guide you closer to smashing your goals! Let's do this!



**1** WHAT WOULD YOU LIKE TO ACHIEVE FROM THIS COURSE?

**2** WHAT HAS STOPPED YOU IN THE PAST FROM ACHIEVING YOUR GOALS?

**3** HOW COMMITTED ARE YOU TO CREATING A TRUE CHANGE?

# MODULE 1

KNOW THY SELF

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# SELF CHECK-IN

**YOUR WHY STATEMENT.** Take some time to write down why you have chosen to embark on this path and take this journey to set and smash goals?

**STEP ONE:** Brainstorm all the reasons why you want to achieve your desired goals.





# VALUES

**STEP TWO:** Personal values are the things that are **most important** to you, they shape our characteristics and behaviours that motivate and guide our decisions throughout your life.

**VALUES:**



# PRIORITIES

**STEP THREE:** Use the space below to list all of the things that are important to you. Priorities are the areas of your life that are the **most meaningful** and important to you. Examples include: activities, practices, or relationships that you want to put your time and effort into.

**PRIORITIES:**



# BOUNDARIES

**STEP FOUR:** Use this area to list what your willing to say yes and no to in order to achieve your goals

**BOUNDARIES:**



# MINDSET

**STEP FIVE:** Use the two columns below to articulate any negative mindset thoughts you have on the right side and your positive mindset on the left. Focus on how you can flip any negatives into a positive. You will use your positive mindset mantra later in the workbook.

## MINDSET

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# ALIGNMENT

**STEP SIX:** Select 3-5 items from each list you've created that are most important to you. Write them each in the appropriate boxes below.

## TOP 3-5 VALUES

## TOP 3-5 PRIORITIES

## TOP 3-5 BOUNDARIES

## TOP 3-5 MINDSET MANTRAS

# SWOT

ANALYSIS

## EXAMPLE

### STRENGTHS

Punctual  
Determined  
Creative  
Methodical

### WEAKNESSES

Disorganized  
Non-Committal  
Forgetful  
Easily distracted

### OPPORTUNITIES

Mentor  
Volunteer  
Learn a new skill

### THREATS

Missed Opportunities/Experiences  
Negative Mindset  
Lose Confidence

# SWOT

## ANALYSIS

**STEP #7:** Use the boxes below to list your strengths, weaknesses, opportunities and threats when it comes to committing to your goals and seeing it through to completion. This exercise will help you understand what drives you and what demotivates you and why.

STRENGTHS	WEAKNESSES
OPPORTUNITIES	THREATS

# NAME | FLIP | FRAME

Before moving forward, take some time to fill out the spaces on the page below based on your identified weaknesses or threats. Then go through the exercise of what it would look like if you 'flipped' it to a positive and frame it as your desired outcome. Review the content in the course for a further example.

## DESIRED OUTCOME #1

**Name It:** \_\_\_\_\_

**Flip It:** \_\_\_\_\_

**Frame It:** \_\_\_\_\_

## DESIRED OUTCOME #2

**Name It:** \_\_\_\_\_

**Flip It:** \_\_\_\_\_

**Frame It:** \_\_\_\_\_

## DESIRED OUTCOME #3

**Name It:** \_\_\_\_\_

**Flip It:** \_\_\_\_\_

**Frame It:** \_\_\_\_\_



# NAME | FLIP | FRAME

Extra space if you need it!

## DESIRED OUTCOME #1

*Name It:* \_\_\_\_\_

*Flip It:* \_\_\_\_\_

*Frame It:* \_\_\_\_\_

## DESIRED OUTCOME #2

*Name It:* \_\_\_\_\_

*Flip It:* \_\_\_\_\_

*Frame It:* \_\_\_\_\_

## DESIRED OUTCOME #3

*Name It:* \_\_\_\_\_

*Flip It:* \_\_\_\_\_

*Frame It:* \_\_\_\_\_

# VISION STATEMENT

TIPS AND LINKS

## Make your own vision board

Create your own vision board using the example of the template in the guidebook

## Why you need a vision statement

<b>CLARITY</b>	Provides a clear understanding of your why and what's important to you
<b>INSPIRES</b>	Genuinely excites you and motivates you to live your vision
<b>IDENTIFY</b>	Provides you a sense of meaning and the direction you want to live your life
<b>ROADMAP</b>	Provides concrete & actionable steps that help you move forward with your goals
<b>FILTER</b>	Say "yes" to what matters most and "no" to activities that distract from your vision

## Be Bold in your Vision Statement

Using all the insight you have discovered about yourself, use the information to help shape your Vision Statement.

**Remember: BE BOLD, BE AUTHENTIC, BE YOU!**

# VISION STATEMENT

COMMITMENTS + PROMISES

**STEP #1:** Review your work from your values, priorities, boundaries and mindset and list the positive attributes you've discovered about yourself.

**STEP #2** Review your work from your personal SWOT analysis and list the attributes you want to include in your vision statement. Include any items that were a weakness or opportunity that you used in the **Name-Flip-Frame** exercise.



# VISION STATEMENT

OWN IT!

**WRITE YOUR VISION STATEMENT BELOW**

A large, empty white rectangular area intended for writing a vision statement, set against a solid red background.

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# MODULE 2

CALM YOUR CHAOS

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# C.A.P.E METHOD

## REVIEW

### **CATEGORIZE**

Categorize each area of your life as a category  
(Family, Work, Finance, Wellness, Personal Growth, etc)

### **ANALYZE**

Using the Start | Stop | Continue exercise to optimize efficiencies  
in your life so you have the time and energy to smash your goals!

### **PRIORITIZE**

Aligning on what's important to you to achieve your goals and  
strategies to prioritize like a boss

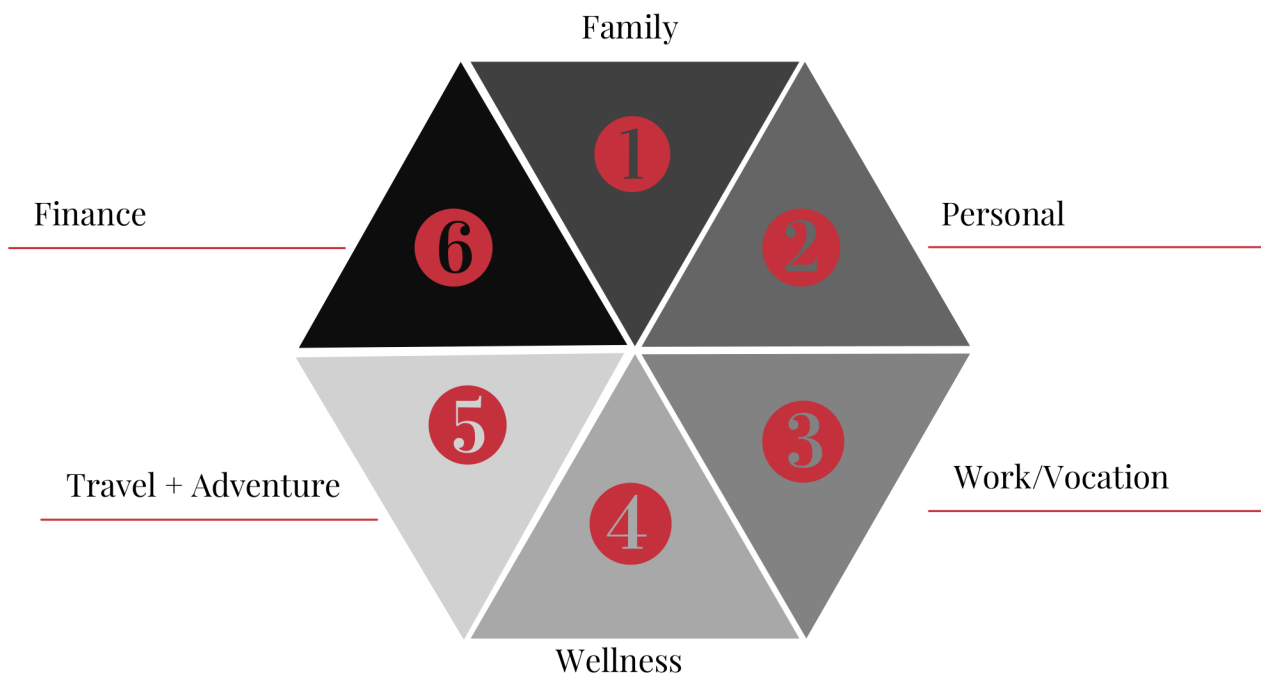
### **ENGAGE**

How to get the work done, stay motivated and plan for your  
milestone rewards!

# CATEGORIZE

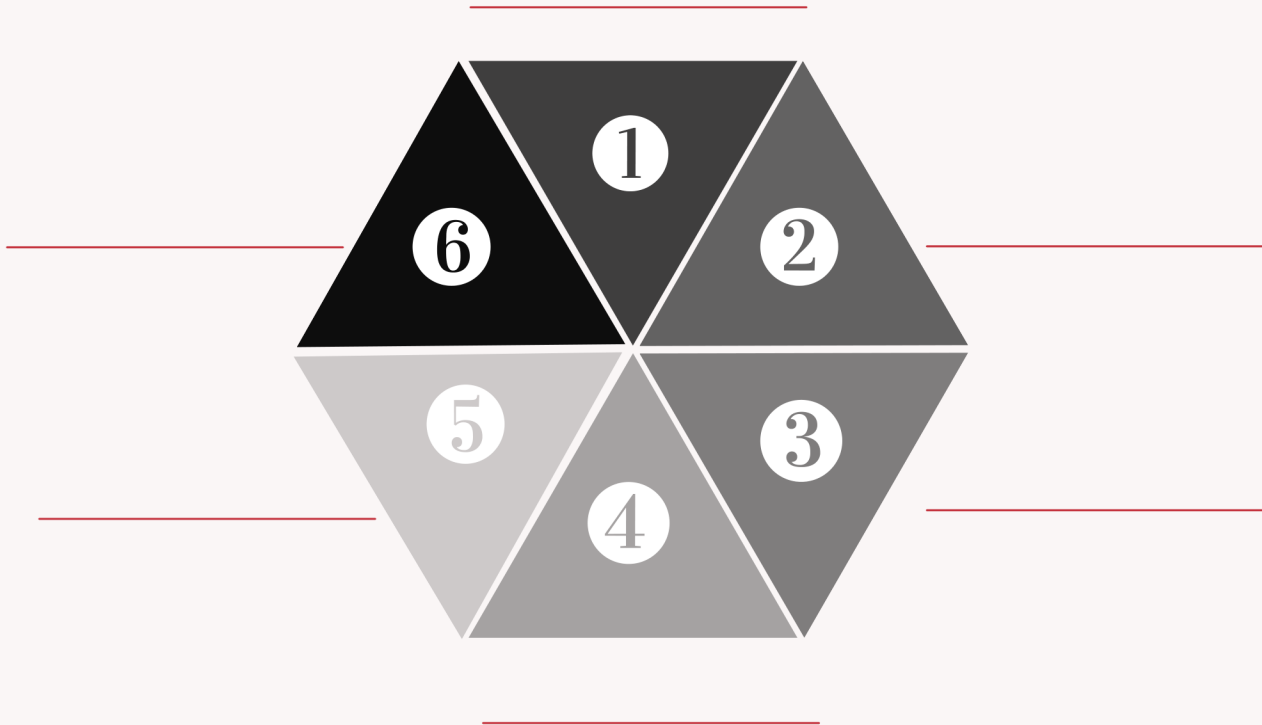
EXAMPLE

**QUESTION #1:** What are your goals and intentions for this module?



# CATEGORIZE

YOUR LIFE CATEGORIES



- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_
- ④ \_\_\_\_\_
- ⑤ \_\_\_\_\_
- ⑥ \_\_\_\_\_



# CATEGORIZE

**Categorize:** Now that you have determined each category in your life, use the next two pages to list your goal in each category and what emotion would it evoke to achieve your goal.

<b>CATEGORY EX.</b>	<b>NAME:</b> <u>FINANCE</u>
<b>GOAL:</b>	I want to save enough money for a downpayment in 12 months
<b>EMOTION:</b>	I would feel proud, excited, grateful and accomplished

<b>CATEGORY #1</b>	<b>NAME:</b> _____
<b>GOAL:</b>	
<b>EMOTION:</b>	

<b>CATEGORY #2</b>	<b>NAME:</b> _____
<b>GOAL:</b>	
<b>EMOTION:</b>	

# CATEGORIZE

**CATEGORY #3**

**NAME:** \_\_\_\_\_

**GOAL:**

**EMOTION:**

**CATEGORY #4**

**NAME:** \_\_\_\_\_

**GOAL:**

**EMOTION:**

**CATEGORY #5**

**NAME:** \_\_\_\_\_

**GOAL:**

**EMOTION:**

**CATEGORY #6**

**NAME:** \_\_\_\_\_

**GOAL:**

**EMOTION:**

# ANALYZE

**Analyze:** For each category and goal identified, list why this goal is important to you, what you need to achieve this goal, then select one thing you will start doing, stop doing and will continue doing in order to smash your goal!

<b>CATEGORY #1</b>		
<b>GOAL:</b>		
<b>WHY IS THIS GOAL IMPORTANT TO YOU?</b>		
<b>WHAT'S NEEDED TO ACHIEVE YOUR GOAL?</b>		
<b>START:</b>	<b>STOP:</b>	<b>CONTINUE:</b>

# ANALYZE

<b>CATEGORY #2</b>		
<b>GOAL:</b>		
<b>WHY IS THIS GOAL IMPORTANT TO YOU?</b>		
<b>WHAT'S NEEDED TO ACHIEVE YOUR GOAL?</b>		
<b>START:</b>	<b>STOP:</b>	<b>CONTINUE:</b>



# ANALYZE

CATEGORY #3		
GOAL:		
WHY IS THIS GOAL IMPORTANT TO YOU?		
WHAT'S NEEDED TO ACHIEVE YOUR GOAL?		
START:	STOP:	CONTINUE:

# ANALYZE

CATEGORY #4		
GOAL:		
WHY IS THIS GOAL IMPORTANT TO YOU?		
WHAT'S NEEDED TO ACHIEVE YOUR GOAL?		
START:	STOP:	CONTINUE:

# ANALYZE

CATEGORY #5		
GOAL:		
WHY IS THIS GOAL IMPORTANT TO YOU?		
WHAT'S NEEDED TO ACHIEVE YOUR GOAL?		
START:	STOP:	CONTINUE:

# ANALYZE

CATEGORY #6		
GOAL:		
WHY IS THIS GOAL IMPORTANT TO YOU?		
WHAT'S NEEDED TO ACHIEVE YOUR GOAL?		
START:	STOP:	CONTINUE:

# ANALYZE CHEAT SHEET

CATEGORY	GOAL:	START:	STOP:	CONTINUE:
1				
2				
3				
4				
5				
6				

# PRIORITIZE

## RANKING YOUR GOALS

**LIST** your goals, the length of time to achieve the goal and then rank 1-6 based on importance.

GOAL	TIME	RANK



# PRIORITIZE

Rank

## GOAL

LIST EVERYTHING NEEDED TO ACCOMPLISH THIS GOAL

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

# PRIORITIZE

Rank

## GOAL

LIST EVERYTHING NEEDED TO ACCOMPLISH THIS GOAL

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>



# PRIORITIZE

Rank

## GOAL

LIST EVERYTHING NEEDED TO ACCOMPLISH THIS GOAL

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

# PRIORITIZE

Rank

## GOAL

LIST EVERYTHING NEEDED TO ACCOMPLISH THIS GOAL

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

# PRIORITIZE

Rank

## GOAL

LIST EVERYTHING NEEDED TO ACCOMPLISH THIS GOAL

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

# PRIORITIZE

Rank

## GOAL

LIST EVERYTHING NEEDED TO ACCOMPLISH THIS GOAL

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>



# ENGAGE

IN THE WORK | TIPS + TRICKS

## Be Accountable

There are many ways to hold yourself accountable to ensure you are staying the course to smash your goals. Select the oneS that resonate with you the most.

- **ACCOUNTABILITY BUDDY**
- **TRELLO BOARDS**
- **REMINDERS ON YOUR PHONE**
- **APPS (STRIDES, HABIT TRACKER)**

## Create a Reward System at Key Milestones

Create a reward system at key milestones that will motivate and inspire you to keep that momentum going! It also gives the opportunity to pause and celebrate your accomplishments.

Your reward can be something that contributes to your goal or it can be anything else your heart desires. From a new coat, to a cup of coffee watching the world go by, there is no right or wrong formula here.

Treat yourself, your working hard and you deserve it!

## Be Bold in your Vision Statement

Using all the insight you have discovered about yourself, use the information to help shape your Vision Statement.

**Remember: BE BOLD, BE AUTHENTIC, BE YOU!**

# MODULE 3

SMASH YOUR GOALS

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# SMART(IE) GOALS

## A closer view of SMART(IE) Goals

**S**PECIFIC

A successful goal must be specific. The more details you can include, the better.

**M**EASUREABLE

A successful goal must be measurable. Set milestones to track your progress towards your goal.

**A**CHIEVABLE

A successful goal must be attainable to keep you motivated and on task. Be clear on how you will accomplish your goal + what is needed to achieve it.

**R**ELEVANT

A successful goal must be relevant to your overall desired accomplishments. Understanding the why behind your goal is crucial.

**T**IME BOUND

A successful goal must have a timeline or deadline so you can prioritize the order tasks need to occur.

**I**NDIVIDUAL

A successful goal must be individualized. This has to be your goal or dream to accomplish, not someone else's goal.

**E**NJOYABLE

A successful journey to smashing your goals is to ENJOY each task and milestone. Make planning the goal fun and reward yourself along the way.



# SMART GOAL

## REVIEW

**Review your goals to make sure you've incorporated the SMART(IE) goal, follow the steps below.**

**STEP ONE:** Write your goal below

**STEP TWO:** Review the key markers

Is your goal **SPECIFIC?**      YES       NO

---

Is your goal **MEASURABLE?**      YES       NO

---

Is your goal **ACHIEVABLE?**      YES       NO

---

Is your goal **RELEVANT?**      YES       NO

---

Is your goal **TIME BOUND?**      YES       NO

---

Is your goal **INDIVIDUAL?**      YES       NO

---

Is your goal **ENJOYABLE?**      YES       NO

---

**STEP THREE:** If you answered 'NO' to any of the questions, review what's missing and make necessary revisions.





# SMART GOAL

## REVIEW

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---

Is your goal **MEASURABLE?**      YES       NO

---

Is your goal **ACHIEVABLE?**      YES       NO

---

Is your goal **RELEVANT?**      YES       NO

---

Is your goal **TIME BOUND?**      YES       NO

---

Is your goal **INDIVIDUAL?**      YES       NO

---

Is your goal **ENJOYABLE?**      YES       NO

---

**STEP THREE:** If you answered 'NO' to any of the questions, review what's missing and make necessary revisions.



# SMART GOAL

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---

Is your goal **MEASURABLE?**      YES       NO

---

Is your goal **ACHIEVABLE?**      YES       NO

---

Is your goal **RELEVANT?**      YES       NO

---

Is your goal **TIME BOUND?**      YES       NO

---

Is your goal **INDIVIDUAL?**      YES       NO

---

Is your goal **ENJOYABLE?**      YES       NO

---

**STEP THREE:** If you answered 'NO' to any of the questions, review what's missing and make necessary revisions.



# SMART GOAL

## REVIEW

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Is your goal **SPECIFIC?**      YES       NO

---

Is your goal **MEASURABLE?**      YES       NO

---

Is your goal **ACHIEVABLE?**      YES       NO

---

Is your goal **RELEVANT?**      YES       NO

---

Is your goal **TIME BOUND?**      YES       NO

---

Is your goal **INDIVIDUAL?**      YES       NO

---

Is your goal **ENJOYABLE?**      YES       NO

---

**STEP THREE:** If you answered 'NO' to any of the questions, review what's missing and make necessary revisions.



# SMART GOAL

## REVIEW

**Review your goals to make sure you've incorporated the SMART(IE) goal, follow the steps below.**

**STEP ONE:** Write your goal below

**STEP TWO:** Review the key markers

Is your goal **SPECIFIC?**      YES       NO

---

Is your goal **MEASURABLE?**      YES       NO

---

Is your goal **ACHIEVABLE?**      YES       NO

---

Is your goal **RELEVANT?**      YES       NO

---

Is your goal **TIME BOUND?**      YES       NO

---

Is your goal **INDIVIDUAL?**      YES       NO

---

Is your goal **ENJOYABLE?**      YES       NO

---

**STEP THREE:** If you answered 'NO' to any of the questions, review what's missing and make necessary revisions.



# SMART GOAL

## REVIEW

**Review your goals to make sure you've incorporated the SMART(IE) goal, follow the steps below.**

**STEP ONE:** Write your goal below

**STEP TWO:** Review the key markers

Is your goal **SPECIFIC?**      YES       NO

---

Is your goal **MEASURABLE?**      YES       NO

---

Is your goal **ACHIEVABLE?**      YES       NO

---

Is your goal **RELEVANT?**      YES       NO

---

Is your goal **TIME BOUND?**      YES       NO

---

Is your goal **INDIVIDUAL?**      YES       NO

---

Is your goal **ENJOYABLE?**      YES       NO

---

**STEP THREE:** If you answered 'NO' to any of the questions, review what's missing and make necessary revisions.

# POST IT PARTY!

WHERE THE FUN + MAGIC HAPPENS

My recommendation is to have a collection of colors for POST IT Notes, use one color for each of your goals and write your milestone tasks using a different color.

GOAL



MILESTONE 1



MILESTONE 2



MILESTONE 3



MILESTONE 4



MILESTONE 5



MILESTONE 6



MILESTONE 7



MILESTONE 8

**Repeat for each goal... and have fun! I even use coloured pens!**

# MILESTONE ONE

Review each milestone and decide on a timeline/due date for the milestone. Write down all the tasks (including deadlines) that need to be done to complete the milestone.

GOAL:

MILESTONE 1:

DEADLINE:

**Task 1:**

---

Deadline:

---

**Task 2:**

---

Deadline:

---

**Task 3:**

---

Deadline:

---

**Task 4:**

---

Deadline:

---

**Task 5:**

---

Deadline:

---

**Task 6:**

---

Deadline:

---

**Task 7:**

---

Deadline:

---

# MILESTONE TWO

Review each milestone and decide on a timeline/due date for the milestone. Write down all the tasks (including deadlines) that need to be done to complete the milestone.

GOAL:

MILESTONE 2:

DEADLINE:

**Task 1:**

---

Deadline:

---

**Task 2:**

---

Deadline:

---

**Task 3:**

---

Deadline:

---

**Task 4:**

---

Deadline:

---

**Task 5:**

---

Deadline:

---

**Task 6:**

---

Deadline:

---

**Task 7:**

---

Deadline:

---



# MILESTONE THREE

Review each milestone and decide on a timeline/due date for the milestone. Write down all the tasks (including deadlines) that need to be done to complete the milestone.

GOAL:

MILESTONE 3:

DEADLINE:

**Task 1:**

---

Deadline:

---

**Task 2:**

---

Deadline:

---

**Task 3:**

---

Deadline:

---

**Task 4:**

---

Deadline:

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**Task 5:**

---

Deadline:

---

**Task 6:**

---

Deadline:

---

**Task 7:**

---

Deadline:

---

# MILESTONE FOUR

Review each milestone and decide on a timeline/due date for the milestone. Write down all the tasks (including deadlines) that need to be done to complete the milestone.

GOAL:

MILESTONE 4:

DEADLINE:

**Task 1:**

---

Deadline:

---

**Task 2:**

---

Deadline:

---

**Task 3:**

---

Deadline:

---

**Task 4:**

---

Deadline:

---

**Task 5:**

---

Deadline:

---

**Task 6:**

---

Deadline:

---

**Task 7:**

---

Deadline:

---

# MILESTONE FIVE

Review each milestone and decide on a timeline/due date for the milestone. Write down all the tasks (including deadlines) that need to be done to complete the milestone.

GOAL:

MILESTONE 5:

DEADLINE:

**Task 1:**

---

Deadline:

---

**Task 2:**

---

Deadline:

---

**Task 3:**

---

Deadline:

---

**Task 4:**

---

Deadline:

---

**Task 5:**

---

Deadline:

---

**Task 6:**

---

Deadline:

---

**Task 7:**

---

Deadline:

---

# MILESTONE SIX

Review each milestone and decide on a timeline/due date for the milestone. Write down all the tasks (including deadlines) that need to be done to complete the milestone.

GOAL:

MILESTONE 6:

DEADLINE:

**Task 1:**

---

Deadline:

---

**Task 2:**

---

Deadline:

---

**Task 3:**

---

Deadline:

---

**Task 4:**

---

Deadline:

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**Task 5:**

---

Deadline:

---

**Task 6:**

---

Deadline:

---

**Task 7:**

---

Deadline:

---

# MILESTONE SEVEN

Review each milestone and decide on a timeline/due date for the milestone. Write down all the tasks (including deadlines) that need to be done to complete the milestone.

GOAL:

MILESTONE 7:

DEADLINE:

**Task 1:**

---

Deadline:

---

**Task 2:**

---

Deadline:

---

**Task 3:**

---

Deadline:

---

**Task 4:**

---

Deadline:

---

**Task 5:**

---

Deadline:

---

**Task 6:**

---

Deadline:

---

**Task 7:**

---

Deadline:

---

# MILESTONE EIGHT

Review each milestone and decide on a timeline/due date for the milestone. Write down all the tasks (including deadlines) that need to be done to complete the milestone.

GOAL:

MILESTONE 8:

DEADLINE:

**Task 1:**

---

Deadline:

---

**Task 2:**

---

Deadline:

---

**Task 3:**

---

Deadline:

---

**Task 4:**

---

Deadline:

---

**Task 5:**

---

Deadline:

---

**Task 6:**

---

Deadline:

---

**Task 7:**

---

Deadline:

---



# 60 DAY PLAN

Now that you have your milestones and tasks listed. Determine which **two** milestones you will need to do **first**, based on the deadlines and order in which you need to complete before you can move to the next milestone. Aim to complete each milestone in 30 days. Pick the first two milestones and that becomes your **60 day plan**.

MILESTONE ONE  
- MONTH ONE -

MILESTONE TWO  
- MONTH TWO -



# 30 DAY PLAN

Prioritize the tasks previously identified ranking them 1-4. **1** being the most important. All tasks prioritized as a **1** should be listed in week **one** of the grid below. All tasks identified as a **2** is listed in week **two** and so on.

## MILESTONE

### - MONTH TWO -

WEEK 1

WEEK 2

WEEK 3


WEEK 4



*Week 1*

WEEKLY FOCUS




*“People will forget what you said.  
People will forget what you did. But  
people will never forget how you  
made them feel.”-Maya Angelou*

MON		GOALS
		
TUES		NOTES
		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
WED		MANTRA
THURS		
FRI		
SAT		
SUN		

# Week 2

WEEKLY FOCUS





*“The world of reality has its limits; the world of imagination is boundless.” - Jean-Jacques Rousseau*

MON		GOALS
		   
TUES		NOTES
WED		
THURS		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
FRI		
SAT		MANTRA
SUN		

# Week 3

WEEKLY FOCUS





*“The best you’ll ever do is to understand yourself, know what it is that you want, and not let the cattle stand in your way.” - Janet Fitch*

MON		GOALS
		   
TUES		NOTES
WED		
THURS		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
FRI		MANTRA
SAT		
SUN		

*Week 4*

*“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.” - Ralph Waldo Emerson*

WEEKLY FOCUS

MON		GOALS
		   
TUES		NOTES
WED		
THURS		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
FRI		
SAT		
SUN		MANTRA

# *Monthly Review*

Before moving forward, take some time to fill out the spaces on the page below to reflect on your goals, any progress that you may have made and the next steps you need to take to make those goals a reality!

*Main Goals*

*Progress Made*

*Next Steps*

<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
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<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>

*Day 1*

*"The way you tell your story to yourself matters." -Amy Cuddy*

DAILY FOCUS

SCHEDULE	TODAY'S GOALS
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	NOTES
1:00	<hr/>
2:00	<hr/>
3:00	<hr/>
4:00	<hr/>
5:00	<hr/>
6:00	GRATITUDE
7:00	<i>1.</i>
8:00	<i>2.</i>
	<i>3.</i>

# Day 2

## DAILY FOCUS

*"If you have an idea, you have to believe in yourself or no one else will." -Sarah Michelle Gellar*

SCHEDULE	TODAY'S GOALS
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	NOTES
1:00	<hr/>
2:00	<hr/>
3:00	<hr/>
4:00	<hr/>
5:00	GRATITUDE
6:00	<i>1.</i>
7:00	<i>2.</i>
8:00	<i>3.</i>

# Day 3

## DAILY FOCUS

*“I am not free while any woman is unfree, even when her shackles are very different from my own.”-Audre Lorde*

SCHEDULE	TODAY'S GOALS
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	NOTES
1:00	<hr/>
2:00	<hr/>
3:00	<hr/>
4:00	<hr/>
5:00	GRATITUDE
6:00	<i>1.</i>
7:00	<i>2.</i>
8:00	<i>3.</i>



# Day 4

## DAILY FOCUS

*“I am not free while any woman is unfree, even when her shackles are very different from my own.”-Audre Lorde*

SCHEDULE	TODAY'S GOALS
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	NOTES
1:00	<hr/>
2:00	<hr/>
3:00	<hr/>
4:00	<hr/>
5:00	<hr/>
6:00	GRATITUDE
7:00	<i>1.</i>
8:00	<i>2.</i>
	<i>3.</i>

# Day 5

## DAILY FOCUS

*“I am not free while any woman is unfree, even when her shackles are very different from my own.”-Audre Lorde*

SCHEDULE	TODAY'S GOALS
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	NOTES
1:00	<hr/>
2:00	<hr/>
3:00	<hr/>
4:00	<hr/>
5:00	<hr/>
6:00	GRATITUDE
7:00	1.
8:00	2.
	3.

# Day 6

*"You can have it all. Just not all at once." – Oprah Winfrey*

## DAILY FOCUS

SCHEDULE	TODAY'S GOALS
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	NOTES
1:00	<hr/>
2:00	<hr/>
3:00	<hr/>
4:00	<hr/>
5:00	<hr/>
6:00	GRATITUDE
7:00	<i>1.</i>
8:00	<i>2.</i>
	<i>3.</i>

# Day 7

*“If your dream only includes you,  
it’s too small.” - Ava DuVernay*

## DAILY FOCUS

SCHEDULE	TODAY'S GOALS
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	NOTES
1:00	<hr/>
2:00	<hr/>
3:00	<hr/>
4:00	<hr/>
5:00	<hr/>
6:00	GRATITUDE
7:00	1.
8:00	2.
	3.