



Vixen's Goal Setting Crash Course

A condensed version of my Goal Setting program. The key to happiness may be in the celebration of accomplishing your goals! You'll need a journal/paper and a pen!

PILLARS OF GOAL SETTING

There are 3 pillars of goal setting. In this crash course, you'll be doing just a hint of each of them!

1. Prepare and visualize- opening your mind and setting the stage to set goals that are truly important to you
 2. Organize and clarify- transforming your goals into the proper goal verbiage, setting dates and creating action plans.
 3. Reflect and maintain- how to keep your goals alive, finding accountability and creating a maintenance schedule.
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PREPARE & VISUALIZE

For this set of exercises you'll need to set aside about 30 minutes of quiet time. If you have a journal or a legal pad, get it out and let's go to work! If you like, you can print out each of these documents.

1. Reflect (2 minutes): What made last year amazing? What do you wish you would have accomplished last year?
 2. Scribble (5 minutes): Get out a sheet of paper or a notebook. Write down LITERALLY everything you desire. Really let your brain go here; this is designed to be outrageous, silly and wild. For example, I want a private jet so I can fly with my pets and husband anywhere in the world. It seems lofty, but I want it, so I wrote it down. Keep the 10 categories of goal setting in mind: **career, material, health, wealth, spirituality, love and romance, family and friends, recreation, personal development, attitude.**
 3. Insanely Happy List (5 minutes): Write down at least 5 things that make you insanely happy. The goal is to do more of what makes you happy!
 4. Balance/bother list (5 minutes): Write down 1-5 things that feel out of balance in your life right now. Maybe it's too much wine, not enough sleep or too much stress. Next, write down 1 thing you can do to remedy each of your "bothers." Try and work these remedies into a goal!
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ORGANIZE & CLARIFY

In this section, we'll organize and clarify your goals. We'll also set dates, and

define why these goals are important to you.

1. **1 Year Goals (10 minutes):** First step is to get VERY clear on your 1 year goals. Walk through each of the 10 categories (above) and choose 1-3 that you can work on THIS year. Also, take into consideration the exercises in “prepare & visualize” above.
2. **Goal Verbiage (10 minutes):** The ideal goal verbiage is “I _____ by DATE.” If you have a new habit you’d like to work on try “I consistently _____ for the next 30 days.
3. **By-Whens (15 minutes):** Set “by-whens” for each goal. A specific month, day and year should be assigned to each goal. Schedule reminders in your phone and/or planner.
4. **Action Plans (10 minutes):** for each goal set 3 action items that you need to do to accomplish each goal. Think of these as supporting activities. Example- Goal: I want to dead lift 300 lbs. by 10/31/18. Action plan: I will dead lift 2 times per week, every week until 10/31/18.
5. **Celebrate (5 minutes):** For each goal, write down how you’ll celebrate when you achieve it. Anything from a luxurious bath, to a weekend getaway. Find what feels good!

REFLECT & MAINTAIN

Here, I’ll show you how to keep your goals as priorities as well as how to work your action plans into your week.

1. **Check in on your goals EVERY, SINGLE WEEK.** I like to take 10 minutes every Monday morning to create my weekly goals and tasks that will support my 1, 5 and 10 year goals. For example, my health goal for Q1 is to get to 24% body fat. I think about what action plans I can work into the week. In my calendar for the week, I’ll schedule in 3 workouts with weights and 1 session of yoga to support my health goal.
2. **Accountability Buddy.** Find someone who you can count on to keep you accountable. I recommend meeting with them once a month at the very least for a check in. Set up clear rules, rewards and punishments. For example, if I do not achieve "goal x" by "date x" I will volunteer at a local charity for a weekend. If I achieve "goal x" by "date x" I will buy myself a new pair of stretchy pants. You and your accountability buddy should set some ground rules on how you will keep each other on track as well as when you'll check in with each other. There's nothing worse than an accountability buddy that doesn't keep you on your toes!

3. Keep your goals visible. Take a photo of them with your phone and set them as your background image on your phone, print them out and tape them somewhere in your car or above your workspace.

CONCLUSION

I know there's a lot of info here sweet Vixen! There's a lot to goal setting but with practice, this process will feel like second nature! If you're feeling overwhelmed, try just choosing ONE goal to work toward. Likewise if you need some one-on-one support I'm here for you! [CLICK HERE](#) to learn about my 1 hour goal coaching special and my full goal coaching program!