

GOALS + GROWTH

{FINISH THE YEAR STRONG}

RECAP: It's important to see where we are now and where we want to be by the end of 6 months. What are the ways we want to grow, improve and secure our alignment to our greatest selves? It's not about creating unrealistic goals nor is it to mimic the ways we see others move, which may confuse our journey. It's about diving into who we truly are, our strengths, and the ways we can show up to help others in this beautiful world.

Let's get started:

PART 1 // What was your goal or top 3 goals for 2022?

- 1.
- 2.
- 3.

PART 2 // How close are you on a scale from 1-10? Be honest with yourself. In order to move forward in strength, we need to know where we are currently:

1-10 {10 being almost just about there}

Why is this so?

PART 3 // Note each question on a line below:

1. How much time are you dedicating to your goals?
2. How serious are you in these 1-3 goals for 2022?
3. What is your commitment level on a scale of 1-10?

PT. 2

HOMEWORK // CREATE AN ACTION PLAN : {Now to put this all together}

The ideal way to curate and craft a great year is to take the components you noted on Page 1 and create a plan.

This plan will be your roadmap for the remaining 6 months of this year.

You will refer back to this plan every week to ensure you are on track and making strides to make your 6 months all you envision they could be. I like using Friday or Sunday as my days to review, tweak and adjust to be stronger towards my goals.

Start with the end in mind and note on #6, your three goals. Each line is equal to one month, with #1 being July and #6 being December

- 1.
- 2.
- 3.
- 4.
- 5.
6. {Note your end-of-year goals on this line}

Now create a summary of action steps you know you have to get down in order to line up with those 3 goals. An example, if you are looking at writing a book and that is on your #6 line for your yearly goals, then the action steps would be : writing a chapter a week, finding an editor, illustrator, a publisher, PR person, etc.

PT. 3

- Once you have created your summary of action steps for all 3 of your goals, start to place them on the lines that lead up to line #6, which is your month of achievement.
- The next step is to break them down into time blocks with themes/action steps that are needed, and start to add them to your calendar.
- Add a weekly 30-min time block to review your progress and make edits that may make your journey more in flow, with higher efficiency or with more productivity.

BONUS:

Each time you procrastinate, ask your higher self, why do you purposely hold yourself back from getting to your goals? Is this a pattern? What is the narrative that you are circling in your mind that is holding you back?

Note why you totally deserve these three goals. Spend time in this space as this is one of the biggest reasons why we don't accomplish our goals... because deep down inside in our sub-mind, we don't believe we deserve a curated, purposeful and intentional life and business.

You may have a series of blocks and old narratives that need to be unleashed. Use a journal to work your way out of these blocks by replacing thoughts that don't support your higher purpose and greatness with thoughts that will support your destiny and greatest self.

You deserve everything you envision for yourself. Why not you?

Follow me on Instagram for supplemental videos and support. I am cheering you on! Violette de Ayala @violette de ayala