

GOAL SETTING STRATEGIES TO CREATE YOUR BEST YEAR EVER!



Simple and Fun Goal Setting Strategies

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Simple and Fun Goal Setting Strategies

Goal setting can be simple and fun.

You can enjoy the process of creating your desires out of thin air with strategic goals.

The goals that are most fun to set usually possess two magical qualities:

They ARE attainable...yet stretch you out of your comfort zone, and they are in alignment with your most important **values**.

They also offer you huge benefit: Every goal takes you one step further towards attaining **your** dream lifestyle.

Yep. **Every** Goal.

Do you think you suck at goal-setting and goal-keeping-on-track-ness?

Knowing more about yourself and your personality will help...

STEP 1. DISCOVER YOUR GOAL SETTING PERSONA

See which of these resonates the most with the way goal-setting makes you feel.

1. You are excited for a while about setting big new goals... but then you become easily distracted—or feel limited and discouraged when too much time goes by without completion or significant progress.
2. Your stomach turns into a dismal little lump when you try to set a goal. You make the goal smaller so it doesn't disappoint you, then you put it off till later... or just let the whole fantasy go. Who needs goals, anyway?
3. You have great self-discipline. You set goals often. Although it's not easy for you to keep showing up and moving towards them, you keep reminding yourself of the benefits if you keep going, and it helps you achieve them fairly fast.

Chances are you fall somewhere within categories one and two, like most people. But here's an organizing space that might bring a sigh of relief no matter what goal-setting type you are: Goal-setting should to be fun. So why isn't it? Why is it, at best, a chore, somewhere on your to-do list, and at its worst, wishful thinking—the kind that tempts you into self-sabotage or leaves you feeling completely defeated?

It's because of a misconception: That your goal is the end-point of your journey. Very often, what we view as "goals" are actually just tasks or **steps you need to take** in order to reach a goal. If you separate your journey into steps, mini-goals, or tasks, each big goal feels smaller, more manageable and more attainable.

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Steps can become goals in themselves—and achieving these mini-goals along the way should be fully as satisfying as achieving your big goals.

Here's an important point to remember...

Mini-goals and steps are **the building blocks of belief**.

The more of these you successfully fulfill, the more easily you can believe-and-achieve your “big” goals.

These small successes are the **proof** you can, indeed, do anything you set your mind to.

Steps and mini-goals are way more **immediate**—so you're less likely to procrastinate and put off starting. Taking it one step at a time will make goal setting feel more rewarding as you complete each step.

When you think of goals as a big end-game-thing, instead of a step or task, you go into 'black & white' thinking. You achieved it, or you didn't.

But we are fluid colorful creatures, and we can easily become adrift, tossed and turned by many forces and situations where we really have very little control. That is why “black-and-white” thinking rarely pays off.

Spend a few minutes thinking about your goal-setting experiences. Based on past goals and their outcome, and also on what you know about yourself, which goal-setting type are you?

STEP 2. GO WITH THE FLOW

You've heard the phrase: "Go with the flow." It feels like the absolute opposite of being goal-oriented—allowing yourself to drift from one situation to another, with no rhythm or purpose.

That's not good either.

A little fluidity does make everything work better. When you set goals, you need to be **flexible**, accommodating your life changes, while keeping your eye on the prize.

It's not enough to identify what prize you're aiming for: Imagination is key to creative goal setting. Allow yourself to dream, visualize and explore alternatives.

"Going with the flow" means allowing yourself to have flexible thinking—and always looking around for a method or way that suits you better and works for you.

Imagine there's this river to get across. Everyone around you is busy telling each other which the best boat is to step into or arguing over the benefits of environmentally-friendly manual propulsion systems like rowing or paddling over the speed and pollution of the engine-powered boats. Some are asking who has a boating license and others are telling about previous boating experiences. You sit down beside the river with your water bottle and look around you at the bright morning. The sun sparkles on the water. You are taking in the scenery.

From this vantage point, you notice there's a perfectly good footbridge (!) over the river, just under the swaying branches of the willow trees. No one else even looked in this direction.

How easy can you stand it??? While some of them are figuring out how to get gas in their tanks, or reading boating manuals, or seriously out of shape and struggling to row, you stroll across the bridge, stopping in the middle to admire the view, and take a quick selfie. You reach the other side easily, not even out of breath. Done. You're off to meet your next goal.

Sometimes if something is really just too hard, it might be a big a clue it's not right for you. Sit with it and see if there's creative or super-easy ways to get what you want or even a way to go around it. Look for the alternative that no one else is seeing. Sometimes, the right solution for you can turn out to be breathtakingly simple.

Think back on situations where you've accomplished something amazing in your life or work. Did you take an established path, find your own way, or was it something else? How did you feel about your results?

STEP 3. DREAM THE BIG DREAM

You can plod along, wearily, towards what others say are the “right” goals for your life ... But what if you were to let all those preconceptions go, and spend your time experiencing what **you** really want out of life?

To create a big goal—your dream lifestyle—Let’s try the “What if...” game.

Imagine now, you have **no limits** to what you can:

- Spend
- Do
- Achieve
- Attempt

Imagine you have **perfect health**. Now imagine you are the perfect age.

What perfect age ARE you? _____

Be curious. Can you remember what age you were the happiest? What age bracket would you like to redo, with what you know now?

You might think it’s great to be a younger age, but with the wisdom you’ve earned already throughout your lifetime. You might immediately visualize yourself at ten years old, winning horse show classes on your dream pony and wishing you could stay in that moment. Maybe a retreat to the wonderful world of being a preschooler, when everything was safe and happy and simple. You might want to go back and experience the wild youth you never had because you had a family or career straight away. Try and let your emotions answer, after first dreaming you have no limits and you are in perfect health, you may surprise yourself with the answer.

Obviously, you can’t go back and be six years old. The reality would be abdicating control of your life to someone else, a guardian, and having very little power. Not as fun as you remember it. But if you stay with that vision and explore it further with your imagination, you can identify what it is about that age that symbolizes perfect happiness to you. Did you feel more loved, or more supported? Was it before **something** happened to change your view of the world?

For example, an art teacher revisited her wildly creative pre-school days by changing her regular, dry, art lessons to helping people “reconnect to their inner child” by teaching them how to paint intuitively. It was a small shift—but it gave her business meaning and joy when her mission changed.

Another woman wanted to be ten forever and ride ponies all day long. She figured out how to outsource almost everything for her online business and then spent most of her days at the barn with her horse.

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Creating that time (and the leisure to enjoy it) became her major goal: “Make \$700,000 a year” was what she needed to achieve to enjoy that lifestyle: **BUT It wasn’t the goal itself!** And as soon as she understood that the ***lifestyle was her goal***, she redoubled her efforts and made it happen. So now you can take the time, right now, to do the following exercise...

My Dream Lifestyle

What does your dream lifestyle look like? Describe it.

What steps do you have to take to make it happen?

- How much do you need to make a year?
\$ _____
- How much do you need to make per month?
\$ _____
- Can you do it alone?

- Name three things you need to drop from your life?

- Name the most important thing you need to add to your life

STEP 4. BE PRESENT IN THE MOMENT

One of the conditions you may have identified there, is outsourcing.

Don't think in terms of outsourcing "tasks", however: Think of outsourcing responsibilities, time-drains, departments, non-essential essentials... Can someone else do this better, cheaper, faster than you can?

Be creative. **Whenever you find yourself using a clichéd word** like "outsourcing tasks", look for a different word or way to frame it instead.

Sometimes using the right descriptor can:

- **Eliminate guilt-** (I don't have to.....anymore)
- **Put something into perspective-** (... it really isn't my responsibility after all)
- **Help you identify or clarify a problem-** (...woah, this takes up too much of my time)
- **Give you a valid reason-** (Great! I'm freeing myself up to...)
- **Give you emotional permission-** (It's OK that I don't....)
- **Realize a solution-** (This is good for everyone!)

And more.

When you look for the most accurate descriptor, word or frame, it breaks you out of auto-pilot mode.

Auto-pilot mode is the 'way you've always done things' VS what is "going on" with you—and available to you- right now.

The old, ancestral, auto-pilot part of the brain would prefer that you repeat your patterns, because it knows already that you'll "survive it". Its job is to keep you alive.

It tells you that if you stay on that well-worn 'foot path', that everybody's on, you'll have (mostly) predictable results and you (probably) won't die. It may not be the best, fastest or most fun, but it's clearly marked and followed again and again (= your pattern).

It's not usually the most powerful option!

Being present in the moment can help you open to the infinite possibilities that are out there for your brilliant solutions and be much more meaningful and fulfilling too.

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Exercise: What else can you do to be more in the moment? To enjoy it? To appreciate it?

STEP 5. CREATING A VISUAL JOURNAL

While we're on the subject of your dream lifestyle, let's talk about visual cues.

You've heard of vision boards, right? Where you collect images from magazines, or Pinterest, inspirational quotes and affirmations, photographs of your dream house (or your dream horse) and put them on a physical "board"—or some kind of physical bulletin board or presentation board or digital version, or just some kind of saved document.

You put this on your wall, desktop or frequently visited online space so it is always visible and accessible...As an exercise, try a more fluid approach.

1. Create a file in your favorite program—let's say MS Word.
2. Label the empty page with the name of the month that is 90 days from where you are now, the Next season coming up or the next financial/tax quarter date.
3. Now start searching the internet and copy-paste into it as many items as you can make fit... but these items should all signify something you want to be habitually practicing or have achieved 90 days from now.
4. Every month, quarter or season repeat the exercise, using different items to represent new mini-goals, tasks and larger goals.
5. Go back over it, every three or four months, and see how many of these visualized goals you achieved.

(Don't worry about getting it "right"—this is just a personal, visual aide for you.)

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For example, if you want to be in much better shape ninety days from now, so you will have the energy to work with more passion, you could include a photograph of the green smoothie you have just learned how to make; a photo of a fit woman; Favorite food items that would be healthy; a screenshot of your favorite healthy recipe, something that signifies the awesome work you'd like to be doing. You might include a photo of the ideal person who can help you, or the dollar figure you want to earn that month to assist with your goals or "outsourcing".

Make sure this becomes a fun exercise—not one you "have" to do.

But if you're not a visual person, just scrap this whole exercise altogether!

There's a reason for creating and maintaining this visual, fluid monthly journal, expanding it as you go: You will find after six months that many of the "I want to attain..." goals you depicted in the first months are now an actual part of your lifestyle. It becomes a visual record and "cue card" for keeping on track with your optimized lifestyle. Repeating elements (such as your fit woman photo) can also help reinforce that this is a concrete and important part of who you are. These visual cues can help you stick to your goals, and visual journaling is a fun, exploratory exercise to do.

STEP 6. GETTING OTHERS TO ACHIEVE GOALS FOR YOU

Whenever you set a goal for yourself, or get ready to jump to the next step, look at your task or goal and ask yourself if **you** actually have to be the person to initiate and complete it.

If it makes no difference to your work or results, then get others to achieve that particular goal or task for you and focus more time or energy on what you're good at doing. Outsource that difficult or boring task; or that whole area of your life that drains your energy and habitually derails you from doing things you'd really prefer to do.

Before you outsource, however, keep two things in mind:

1. Finding the **right contractor/help** is crucial
2. **Clear communication** is essential

If you are hazy about what you want your contractor to achieve, or which skills they'll need to specialize and excel in, chances are they'll either do the wrong thing or simply not do as good a job as if you had communicated clearly what you want to achieve and what you expect the end result to look like.

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Let's say you have a list of twenty "goals" to achieve:

(Feel free to actually create a list now if you want!)

EXAMPLE

1. Write eBook
2. Create incentive—sample chapter?
3. Write 20 posts for my blog
4. Learn about Facebook advertising
5. Produce Power Point presentation
6. make Slide presentation bullet points of book
7. Set up a new WordPress blog for the book
8. Take photographs for the blog and book
9. Start social media campaign
10. Format for Kindle
11. Create something to accompany the book?
12. Write email series
13. Write outline course
14. Set up autoresponders
15. Research shopping carts and sign up for one
16. Create a survey
17. Create worksheet and template packages
18. Set up shopping cart
19. Clean up my bookkeeping
20. Re-organize office

YOUR LIST

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Before you begin a single task, pick up a highlighter and highlight only those tasks or steps it is essential for you to do personally... then rewrite every task that can be outsourced below with possible contractors, assistants, or helpers' names.

Thinking of your to-do list, what do you most want to outsource right now?

STEP 7. KNOW WHERE YOU WANT TO BE

It's at this stage you might begin to realize you don't exactly know where you are going—especially if they've created general goals based on a lack of information or misinformation.

There are two essential keys to figuring out where you need to be—really fast.

1. Make sure your end goal is **specific**—not general. Know your numbers.
2. Make sure you use a **plan**, schedule or calendar

Flexibility is great, but it is just that—flexibility. The definition of flexibility is “having the ability to bend”.

In order to bend without breaking, you need to know your limits and your parameters. That's where planning and scheduling comes in. I like to let the seasons inspire my work and projects and use astrological timings to add more energy to them.. Get more tips on my blog so you can do this too.

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To create the perfect end goal, don't set arbitrary figures or deadlines: Base them on wonderfully specific questions and careful consideration. Examples such as:

“how much do I need to make to live comfortably and pay off my mortgage in ten years” or “how much do I need to make to get rid of all my credit card debt by this time next year?” or “how many units/pieces or art/books would I need to sell to hit my goal?”...

If what you are attempting to calculate is dependent on factual data, make sure you research what you need to know first. (Example: “In order to support the; number of team members/ housekeeping appts./coaching/massages/production of the units that will make this a success, I need to clear a profit margin of...”)

The answers you reap for each specific question will tell you which steps you need to take. You can then use your favorite calendar or planner to enter these steps in, assigning realistic dates and deadlines for each step's completion.

Without research, results, a schedule and deadlines, you don't have goals: You have dreams. And while dreams can be lovely to contemplate, they can also keep you further away from where you want to be.

STEP 8. JOIN A GROUP and/or HIRE A COACH

One of the most effective goal-setting strategies to emerge out of the internet age has been the idea of accountability partners. It makes it easier to stay on track.

You can choose an accountability partner such as a co-worker, team member, or friend if you prefer—but one of the best ways to find a good fit for accountability partners lies in joining a group, membership site, or forum where members all have same goal or a with a loving coach that will provide you with insightful personal support and focus.

Free access to the
Goddess Sisters Support Group here

<https://www.facebook.com/groups/GoddessSistersSupport/>

The right group, coach, or accountability partner will:

- Cheer you on
- Help you get past blocks
- Give you feedback or advice

You'll probably find groups that are free for almost any goal, but you will usually find more focused support and even better resources in a paid membership or a personal coaching program built around achieving your goal. [Let's talk.](#)

STEP 9: FIND YOUR MAXIMUM WORKFLOW FORMULA

Prioritizing is an important, proven way of getting things done. But should you do the most important things first... or the easiest?

The ideal solution is to work on the most important goals... but if this doesn't usually work for you, either start with an easy step or goal; or find the easiest way to take the **first steps** towards your most important goals.

For example,

- If you're a writer, giving yourself a daily minimum number of words you must write—even if the number that works is only “100 words”
- If you need to move more, just get your running shoes on and stand outside, roll out your yoga mat and sit on it, or cue up a [Goddess Experience Workout Video!](#)
- Writing or creating a little bit on a different project every day
- Dictating into a tape recorder or speech-to-text program, instead of writing
- Creating a strong outline

There's solid reason behind each technique: You might find that if you give yourself a low minimum, you're inspired enough to keep going. Sometimes just getting started is the key. For auditory learners, verbal dictation can be the strategy that rockets you steadily towards your goal. And almost everyone can benefit from working to a strong outline.

Step 10: Brainstorm your 'Big' Life

Oh. You haven't really made that list yet. And you skipped the visual journal exercise because it's just not your thing.

Okay. So let's go back to isolating your big goal—the one that will change your life, move you to the next level, paradigm-shift you up several levels or bring you sudden fame or fortune.

Do you even *want* fame or fortune? If you suddenly became an overnight success, could you handle it right now?

If the answer is “no”, evaluate whether or not that “no” comes from lack or insecurity.

What conditions are you putting on yourself that are stopping you from enjoying the idea of success now? (Look for self-limiting beliefs like “I have to lose forty pounds before I can lead a meeting, meet a great partner, etc”.)

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Are these conditions and restrictions realistic? Necessary? Do they reflect on your ability to achieve success?

Here's an important point to ponder...

Unless you are happy within yourself **right now**, you won't be happy when you do achieve fame and success.

You will still deal with your demons of insecurity and fear.

What self-limiting beliefs are holding you back from success? What concepts do you need to change, deal with, or throw out today?

Maybe before you get ten team members on board, you need to change your goals to include learning how to be a manager or talk to a pro about your low self-esteem.

Or maybe you just need to give yourself permission to enjoy being who you are, right now, in this moment.

Step 11: Make Sure Your Goals Belong to You

Another reason people don't achieve goals: They are often goals set by someone else. Oh, maybe not blatantly. Nobody walked up to you in the street and said: "I want you to go be a movie star." There just enormous pressure to always be the next president, media mogul or CEO.

Often, that type of pressure doesn't come from within—or at least, if it does, it's not speaking with your own pure voice. Whose voice are you hearing, when you decide on big or small goals?

- Your mother's voice
- Your father's voice
- A teacher or mentor's voice
- A social media chorus of bullshit?

The only voice you should be listening to is your own. So make sure, when you choose a coach or mentor, that you are both on board with your primary goal.

"But what if I'm doing it for someone else?" you say. "What if my big goal isn't a fun one, but is necessary? Like making the rent, paying a loved one's Dr. Bills, or paying owed taxes?"

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Shit happens. But you can still stay true to yourself and your abilities, even if you have to achieve far more than you wanted to, income-wise. In fact, if you don't take care of you, you'll burn out: Maybe later, rather than sooner—especially if some external cause that you deeply care about is driving you—but doing things you're not suited for or feel you don't have the ability to do can burn you out completely, (or destroy your self-esteem) sooner or later.

So do your best to bring fun and fulfillment into your work even if you're pushing yourself beyond your natural limits out of dire necessity. Make it your quest to find out how you can make it feel like *your choice* again, rather than a soul-squeezing necessity.

(And don't be afraid to make a radical switch, if you realize you're headed up a dead-end street.)

Step 12: Write your Own Obituary

This strategy takes a little more courage, it's a little morbid...since no one likes to contemplate their own demise, but if you decide to take a shot at it, you may surprise yourself by ending up with a much clearer view of how you want your life to look now.

1. Put yourself in the position of being a reporter for a magazine or famous blog. Write your own obituary.
 - What was your primary contribution to your work (EX: "Regina Vagina was a brilliant physicist who...")
 - What would it say you were all about?
 - Who was your focus? (Who you helped, inspired, your ideal customer or client)
 - How did you help them with your primary talent?
 - What did your work achieve?
 - How did you leave it?
 - What is your legacy?

What do you want people to remember?

What would make you say: "My life was a success!"

So go ahead, write your own obituary. And have a little fun with it while you're at it. It might just be what you need to see the future with more clarity.

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Step 13: Do More of What Worked

Sometimes we focus so much on changing, we forget to appreciate what IS working in our lives or what ALREADY worked in the past.

- What changes did you make last year that “stuck”? How did those changes help you grow?
- What increased your profits?
- What energized you and made time fly by?
- What were you grateful for?
- If you could do more of one activity, what would it be?

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Part of assessing what worked for you last year also involves taking the time to enjoy your successes. You want to keep climbing the mountain but it should include stopping periodically and looking around too.

When you do this, you allow yourself to see:

- Just how far you've climbed
- How beautiful the world is
- How many things you have to be grateful for
- What challenges you are likely to encounter, moving forward
- What you have mastered, looking back
- How far you need to continue on that particular mountain
- Whether or not you would prefer to take a different path to reach the summit
- Whether or not you need to reach the summit at all

Sometimes you burn out simply because you don't allow yourself to rest and reward yourself for all your hard work. Sometimes you get tunnel vision, and don't notice that the journey isn't fun anymore: You're too busy beating yourself up for not climbing faster. Please stop doing that. [Let's talk.](#)

Step 14: Build Your Confidence with Tangible Rewards

If you really want to get past self-esteem problems and gain confidence, start challenging yourself and then treating yourself to rewards for honoring your own challenges. Making sure the reward is somehow related to the goal.

And make sure you don't give it to yourself unless you have really earned it!

Write down somewhere...keep an ongoing list, maybe the back page of your journal:

- The goal you want to reach
- The date you want to reach it by
- The reward you plan to enjoy

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And if you are the type of person who feels nauseous committing to an actual date, try and make the date slightly more flexible (EX: instead of “March 15”, just say “March”).

Look back periodically at your reward entries. Records of successes are always inspiring. And noting failures is also important: They can provide important clues you may have been missing as to what doesn't work for you—and why.

(You may even discover you've missed a couple of rewards—in which case, **take them!**)

Step 15: Train Yourself to Keep Deadlines

Working to a deadline moves you past blocks better than any type of positive reinforcement.

My grandmother used to say, “Have to, is a good Master.”

Deadlines can feel restrictive, I know—but they can also inspire you to keep going and just finally get the job done.

But how do you make sure that your deadlines matter? That you don't give yourself excuses and keep moving them as you fail to achieve steps, tasks or mini-goals?

Use tools to help keep yourself on track. Try setting alarms or reminders for short-term tasks, or for tracking your time

Tracking time is one of the best ways to give yourself a Reality Check—and reality checks are important in determining whether or not your goals are on target with your dreams. (It also helps you judge whether or not deadlines are realistic: For example, if you see that it always takes you two weeks to complete a particular type of project and you are giving yourself three days, you can stop beating yourself up over “failing” to meet the deadline and explore other strategies such as outsourcing part of the project or re-negotiating the deadline.)

Tracking gives you facts to help you make better-informed decisions about your future—and set more realistic and attainable goals.

Or.....You might find that your goals are not ambitious enough!

Step 16: Dig Deeper and Challenge Everything

Uninspired goals lead to let-down and failure—who can get excited about a list of “shoulds”?

Challenge your own assumptions. Challenge the words you use. If a certain habitual phrase constantly falls out of your pretty mouth, think about what it really means.

EX: What figure exactly are you thinking of, when you say “Earn a six-figure income”? Why? Why “six figures”? Could you be happier with less? Do you actually want more? Is it realistic of you at this time to set your sights on more and do you have a plan for achieving a huge income jump in a short space of time?

The more thoroughly you think through and challenge every detail of your goal in the beginning, the more confidence you will have in your planning—and the more likely you are to achieve your goals.

Just remember: A goal—big or small—should never leave you feeling oppressed, discouraged, or flat-out exhausted.

Instead, it should leave you feeling excited, determined and filled with purpose and joy.

Setting (and achieving) goals should be fun!

I'd love to be a part of your goal-achieving awesomeness.

[Let's talk](#) to see how I can help you get there faster, with way less stress.

XO

Jessamina

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