**~ Believe… to Achieve ~ Worksheet 1 - November 2020**

***SECTION ONE***

List your goals and aspirations for 2021 (any beyond) - AIM HIGH, LADIES!

There are NINE key life categories here – you do NOT have to fill in all nine (although of course you totally can!) but do try to do a minimum of three and follow them through to the end of the worksheet.

***Health and Body Goal:***

***Family Goal :***

***Living Space Goal:***

***Partner/Relationship Goal:***

***Friendship Goal:***

***Money Goal:***

***Personal Growth Goal:***

 ***Career Goal:***

***Freetime/Hobbies Goal:***

Woop Woop! Feels good - right?!

**SECTION TWO**

*Please re-list your goal…AND – add what you will DO to make it happen, and who you ARE when you have accomplished it.*

*Again you don’t need to do all nine but please try at least three so you can practice the formula:*

*So like this:*

 **Health and Body Goal: I want to……(I’ll GET this)………….AND…….(I’ll DO this)…………BECAUSE………(Who you ARE when you do it)……**

 **Eg: I want to run a quarter marathon(goal) by building up and running consistently more each week (habit) because I love the social aspect and taking care of my body like this (positive belief).**

**Health and Body Goal:**

***I want to (GET):* I want to *run a quarter marathon.***

***By (DO):* *building up and running consistently more each week.***

***Because I (AM):* *I love the social aspect and taking care of my body like this. I AM a woman who runs! I AM a runner!***

 Ok – your turn! Go:

***Health and Body Goal:***

I want to (GET):

By (DO):

Because I (AM):

***Family Goal:***

I want to (GET):

By (DO):

Because I (AM):

***Living Space Goal:***

I want to (GET):

By (DO):

Because I (AM):

 ***Partner/Relationship Goal:***

I want to (GET):

By (DO):

Because I (AM):

***Friendship Goal:***

I want to (GET):

By (DO):

Because I (AM):

***Money Goal:***

I want to (GET):

By (DO):

Because I (AM):

***Personal Growth Goal:***

I want to (GET):

By (DO):

Because I (AM):

 ***Career Goal:***

I want to (GET):

By (DO):

Because I (AM):

***Freetime/Hobbies Goal:***

I want to (GET):

By (DO):

Because I (AM):

*Woop woop! Excellent work – can you see how those three layers need to be in alignment?*

 *Goal, habit and Belief? Of course, you can.*

**SECTION THREE**

*Re-list your goals and annnnndddddd…ALSO list any associated doubts, negative beliefs or roadblocks you believe are standing in your way…*

*If you don’t acknowledge what they are how can you plan to overcome them?!*

***Health and Body Goal:***

I want to (GET):

By (DO):

Because I (AM):

But (doubt/obstacle):

***Family Goal :***

I want to (GET):

By (DO):

Because I (AM):

But (doubt/obstacle):

***Living Space Goal:***

I want to (GET):

By (DO):

Because I (AM):

But (doubt/obstacle):

***Partner/Relationship Goal:***

I want to (GET):

By (DO):

Because I (AM):

But (doubt/obstacle):

***Friendship Goal:***

I want to (GET):

By (DO):

Because I (AM):

But (doubt/obstacle):

***Money Goal:***

I want to (GET):

By (DO):

Because I (AM):

But (doubt/obstacle):

***Personal Growth Goal:***

I want to (GET):

By (DO):

Because I (AM):

But (doubt/obstacle):

***Career Goal:***

I want to (GET):

By (DO):

Because I (AM):

But (doubt/obstacle):

***Freetime/Hobbies Goal:***

I want to (GET):

By (DO):

Because I (AM):

But (doubt/obstacle):

*Oooooooookay lady! I know that was a lot of work but it’s going to really make so much difference in terms of how much you achieve this month!*

*Look at how much you have uncovered about yourself already!*

*Dive into all the implementation challenges each day and let’s get you moving forwards!*

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