the feng shui collective

THE GOAL SETTING *workbook*

LAST UPDATED: _____

1. GOAL VERBIAGE: "I _____ by M/D/Y."

Ex: I travel to The Elevate Retreat by March 10th, 2022. If your goal sounds more habitual like "going to the gym 3x per week," I'd argue that it's an action plan, not a goal. The goal is the umbrella! Get your goal into the proper verbiage now for maximum manifestation possibility.

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2. WHAT'S YOUR WHY?

A strong why is the most important aspect of Goal Setting. If you get stuck here, I'd recommend you pivot and work on something else. You should know exactly why you want to work on this goal.

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3. HOW WILL YOU CELEBRATE?

This has to be a UNIQUE celebration. For example, if your goal is to take a trip, the trip itself cannot be the celebration. It has to be separate!

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4. ACTION PLANS

The heart of the goal setting process. These are all the things that you MUST do to achieve your goal. Baby steps if you will. Go ahead, make a list, as many as you need!

1._____Date: _____

2._____Date: _____

3._____Date: _____

4._____Date: _____

5._____Date: _____

5. SCHEDULING

Each of your action plans need to have a date. Use the space above to the right to assign a date. Also, make sure your goal and action plans are entered into your phone or paper planner. Remember, if it's not scheduled it doesn't exist.

6. ACCOUNTABILTIY BUDDY:

Who is your accountability buddy and how often will you communicate?

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7. MAINTAIN & HUSTLE

Print this worksheet out, place your goals in your workspace and in your bathroom. Where can you place your goals that will keep them focal? What's your plan for checking in on your goals?

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8. WHERE MY GOAL LIVES IN MY HOME:

Use the Bagua Map!

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