

Goal setting 2021 workshop

"I learned this, at least, by my experiment: that if one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours. He will put some things behind, will pass an invisible boundary; new, universal, and more liberal laws will begin to establish themselves around and within him; or the old laws be expanded, and interpreted in his favor in a more liberal sense, and he will live with the license of a higher order of beings. In proportion as he simplifies his life, the laws of the universe will appear less complex, and solitude will not be solitude, nor poverty poverty, nor weakness weakness. If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them."

- Henry David Thoreau

Before you move forward into the year ahead, it's important to do a review of the year you're leaving behind.

What worked?

What didn't?

Where were the gifts?

What struggles did you face?

Where did you get stuck in old patterns?

What can you be grateful for?



This is the only way to learn from the past and move forward with awareness.

Where are you going in 2021?

Let's find out!

2020 Year in Review

What's the scariest thing you did in 2020?

What did you achieve?

Where did you get stuck in old patterns that held you back?

What/Who inspired you and how?

Who did you inspire?

What books did you read?

What's the biggest lesson you learned?



What did you learn about yourself that surprised you?

Where did you spend most of your time in your business?

Was it in your zone of genius or did you feel like you were spinning your wheels?

Where do you wish you'd spent the most time in your business?

What can you embrace and be grateful for?

What can you release?

Where did you allow a belief about yourself and/or the world to hold you back?

Where did you bust through fear and forge ahead ?

Did you care for yourself? How?

Where did you slip in your self care?

Have your priorities shifted? How can you honour that?

What lessons will you bring into the New Year?



What worked for you in these areas:

Health

Career

doTERRA

Family

Money

Self Care

Creativity

Tech

Friendships

What didn't work for you in those areas?

How can you let go of what didn't work and bring in more of what did?

What do you regret NOT doing?



What are you celebrating most as you move forward?

*"You can't really know where you're going
until you know where you've been"*

-Maya Angelou

Always start from a place of gratitude.

Make a list of 25 things that you once wished for that now
you have

Look around the room you're sitting in. Add up the value of
everything in the room. Then go to the next room and the next
and the next. Money is everywhere.

Hot Tip!

Track every cent that comes into your life,
STARTING NOW.

What gets measured and recorded expands.

From this place of gratitude,
start to think about your life in 2021.

Fast forward to December 31, 2021. You're sitting in your favourite place and reflecting on the year that's behind you.

Journal your life as it is on that day.

Describe your beliefs about yourself, your environment, your possessions, your business, your income, your relationships, your home, your health in great detail.

Now, what do you want?

Income

Time spent working

Time spent playing

Time spent in self care? Learning? Gardening?

Do you want to move house?

Give up a job that no longer fits?

What are your health goals?

Mindset goals?

Do you need coaching?

Where would you like to bring in some help?

Childcare?

Cooking?

Cleaning?

Lawn Care?

Tech help?

Virtual Assistant?

What else?



What would you like to create?

Who do you want to inspire?

Who will you serve?

How will you serve them?

Do you want to give away some of your time or money? To who? Why?

**Don't think about how you will do any of this! Just dream big. The bigger the better.
WHAT does your life look like as you look back on it at the end of this year?**

What did you accomplish?

What are you celebrating?

Who is in your life?

How are you contributing to the greater good?

Now.... the big question:

Who do you need to become to reach these goals?



*"Becoming a better person shouldn't involve change,
it should involve growth."*

Where are you willing to stretch yourself?

What mentors do you need to call into your life to encourage this growth?

A word of warning

"You are the average of the 5 people you spend the most time with"

Ask yourself - Where am I going? Who's coming with me?

How will you show up and support your customers and your team this year?

What self care is non-negotiable?

What do you need to stop doing to make room for your goals?

How are you currently spending your time?

How do you want to spend it ?

What will you give yourself permission to experience in 2021?

Income goal setting exercise.

Add up all of your monthly expenses.

Step 1

Add up the cost of everything you've said you want
Add up the cost of any debt you plan to repay
Break these down into monthly totals.

Step 2

Add up how much you'd like to have in savings
Trips you'd like to take
Gifts you'd like to give
People you'd like to hire
Medical treatments you require
Break them down into monthly totals.

THIS is your income goal.

Write it down here



Now - we reverse engineer. Tomorrow.