



YOUR GOAL KICKING ACTION PLAN

Are you ready to create magic?

A strong start creates excitement, passion, momentum ... and a little bit of fear! A strong finish helps address that fear and put it where it belongs ... in the past. By achieving your goal you'll also create new habits that you can call on time and time again, with more confidence each time.

This plan will help you to FINISH as strongly as you started. We'll use it to create your vision, understand why this idea is a game changer for you, refine your idea and build the plan that's going to get you there.

Are you ready? We're ready too!

Let's go!
Justine

“Amateurs sit and wait for inspiration, the rest of us just get up and go to work.”
~ Stephen King

Create an emotionally compelling vision. When things gets tough (and it will) and you don't feel like taking action, or worse you feel like giving up, your vision will help get you through those times (like an excited dog) and we'll be there too helping with our no-bullshit approach to excuses (we can tell you're excited!).

Take 5 minutes and think about what inspires you. What's important and what keeps you going. You want to identify what you aspire to be physically, spiritually, mentally, relationally, financially, professionally and personally. Then dive even deeper: how much money do you want to earn, what do you want to be doing on the weekends, what do you want more of... and less of?

With all those thoughts and dreams playing bumper cars in your head, in the box below write down how achieving your idea will help you achieve that vision. Be specific; what difference will this ONE idea make to your days, your mind, your life? Remember, this is the juice that will keep you going when the things gets tougher!



What we want to do now is to turn your idea into a goal. Something a little bit wonderful that makes your goal both measurable and specific. Set your goal at 80% of your actual level of achievement. WHY ... because most people fail to reach that final 20% so if you bring the finish line backwards just slightly, you have that 20% for the start of your next idea.

WHAT THE HELL IS SHE TALKING ABOUT??

I hear you ask! Here's an example:

Jill is a wellbeing coach who had an idea to turn her one:one coaching sessions into an online course, to create both a passive income and to give her more time to pursue her real love (kayaking!). Jill set a goal to have set up a 5-part time course in 90 days and sell 100 members into it in a soft launch. We told her to cut her goal in half (gasp!). Her dream remains the same but the goal... well read on so this makes sense!

Day 90 arrives and Jill has achieved the incredible result of selling 60 members into her course.

Now, if Jill had kept her goal at 100 she would have failed to meet it by 40 members. But because she cut it in half, she's ahead by 10 members (remember she sold 60 and set a goal of 50). So, in setting her next goal she's already 10 members ahead! This leaves Jill achieving (and celebrating) success rather than viewing that same number - 40 - as a fail.

#winner

PEN TO PAPER TIME

Record your goal below. Remember, you are taking your idea and turning it into something you can measure with a specific finish point.

Reinforce your why. Write down 2 crucial points below:

1. Why is achieving this goal important to you?

2. How will you celebrate once you achieve it?

HOT TIP:

Each day write down 'I have achieved my [insert goal]. Have it visible on your desktop, your phone, your wall. Programme success into your subconscious and it feed into your conscious!

IT'S TIME TO PLAN YOUR ROADMAP TO SUCCESS!

Below is your roadmap (otherwise known as 'My How The Hell Am I Going To Do This Guide) and it will help you know and move one step at a time.

A word of advice, this plan is the start of your journey. Be flexible, the tasks and how you get there might need to change... in fact it should change as you learn and improve on your idea. But the idea, your vision and goal remains constant.

So, without further ado let's get cracking!

ONE LAST THING!

In order to succeed (and remember we said hardly anyone does, ever!), by recognising our bad habits, struggles, excuses or road blocks we can plan in advance their evil demise.

What will you struggle with when taking action?

What will you do to overcome these struggles?

MILESTONE:

ACTIONS:

Task	Due	Assigned To
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