

5 Steps to Goal Setting

1. ESTABLISH A VISION

- a. **PART 1: BURNING DESIRE** - I think that the best way to represent your deepest and most valued desires is visually through a Vision Board. I encourage you to go to the **HOW TO CREATE A FERTILE FUTURE VISION BOARD** Worksheet for step-by-step guidance on this process. Even if in you don't want to create an actual vision board, you can use the instructions in step 1 to help you identify with your burning desire(s). Write them down here.
 - b. **PART 2: CONCRETE GOALS** - List your *specific* goals here. Remember to try and not list more than 3 or 4 goals at a time.
 - c. **PART 3: CREATE ACCOUNTABILITY** - Make it real! Options include:
 1. Create a Vision Board
 2. Write your vision down and keep it where you see it on a regular basis
 3. Post it in the Private FB Group
 4. Tell your partner or close friend that has been successful in goal setting and achievement. (I would be happy to set you up with a partner like this.)
2. **SET TRIGGER GOALS** - Initially you may leave this field blank, and fill it in as you see fit as you move through the program. An example may be "*complete my Pantry Purge*" or "*schedule time for yoga twice a week,*" or "*batch cook meals for the 3-4 days each week.*"
 3. **SET IMPROVEMENT GOALS** - After you set and achieve some Trigger Goals, you can begin to set Improvement Goals. Again, this field will be blank at the beginning of the program. Try to attach a specific date or timeline to these goals.
 4. **GATHER A TRIBE** - Think about how you can begin to develop a support system around you during this journey. Are there people in your life that you can trust to open up to, reach out to, and be vulnerable with? If so, list them below and start communication with them. Is faith an important part of your life? Do you only feel comfortable sharing with others in the private FB group because you know that you can stay anonymous but still connect? Perhaps you might need to reconnect with your partner, particularly if your struggles have strained your relationship. Maybe gathering a tribe means scheduling a weekly date night with your husband.

5. **SCRIPT YOUR SETBACKS** - This exercise may change over time as unique and challenging circumstances come your way. For example, use this to help you prepare for an upcoming couples ski trip where you might be tempted to get off track. Maybe you have in-laws visiting for a week, and your mother-in-law is shall we say "a nosy, pushy B-word." Or maybe you do have recurring challenges that you face. Perhaps your coworkers get together every Friday for drinks and appetizers. How can you still join them and enjoy yourself but also stay the course? Again, if you'd like to share specific circumstances to get feedback or conversely, if you've developed some awesome strategies, feel free to share them in the private FB group.

BURNING DESIRE				
CONCRETE GOALS				
TRIGGER GOALS				
IMPROVEMENT GOALS				
SETBACK GOALS				