

# 2020 GOAL PLANNING MODULE

## **B4BY-LEXI-GIRL**

### **GOAL**

The object of  
A person's  
ambitions  
or effort; an aim  
or desired result.

### **PLANNING**

The process of  
making plans  
For something

ENVISION,  
CREATE  
AND BELIEVE IN  
YOUR OWN  
UNIVERSE AND  
THE UNIVERSE  
WILL FORM  
AROUND YOU

In 2020,  
It's important that we're setting H.A.R.D goals in all 7 areas  
of our lives.

### **H.A.R.D GOALS**

- ❖ **Heartfelt:** Having an emotional attachment to your goal
- ❖ **Animated:** Motivated by a vision picture or movie in your mind
- ❖ **Required:** Goals need to feel urgent and necessary
- ❖ **Difficult:** Drag yourself out of your comfort zone activating your senses and attention

### **7 areas of life**

- ❖ *health*
- ❖ *family*
- ❖ *career*
- ❖ *learning*
- ❖ *social*
- ❖ *character*
- ❖ *financial*

# STEP ONE: KNOW YOURSELF

*List your strengths and weaknesses*

## STRENGTHS

## WEAKNESSES

*Now that you've identified your strengths and weaknesses it's important to utilize your strengths and improve in your areas of weakness. In this next section we're going to look into what we want to leave behind or bring with us into this New Year*



**THINGS I WANT TO  
LEAVE BEHIND IN 2019**

**THINGS I WANT TO  
BRING INTO 2020**

## STEP TWO: GOAL SETTING

In this step it's really important to set H.A.R.D goals in all areas of your life. We also need to know the *WHY* behind each goal so we're reminded of the importance of each goal.

### GOAL NO. 1

**TARGET DATE**

**my goal is...**

**HOW WILL I KNOW I'VE REACHED MY GOAL?**

**NEXT BEST STEPS TO REACH MY GOAL**

THIS GOAL IS IMPORTANT TO ME BECAUSE. . . .

# GOAL NO. 2

**TARGET DATE**

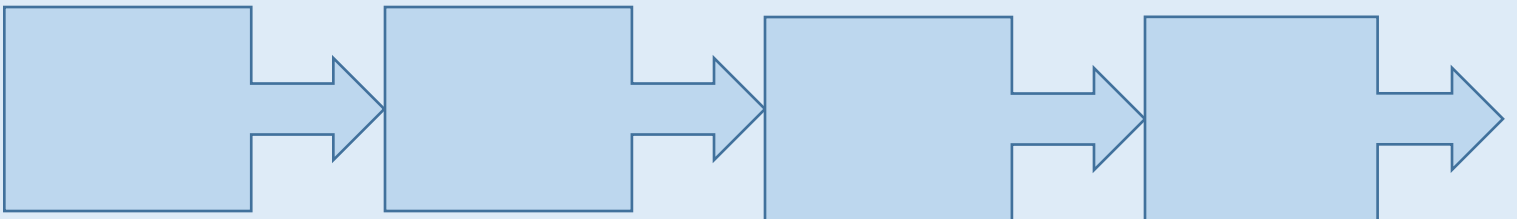
**my goal is...**

**HOW WILL I KNOW I'VE REACHED MY GOAL?**

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**NEXT BEST STEPS TO REACH MY GOAL**



THIS GOAL IS IMPORTANT TO ME BECAUSE. . . .

# GOAL NO.3

**TARGET DATE**

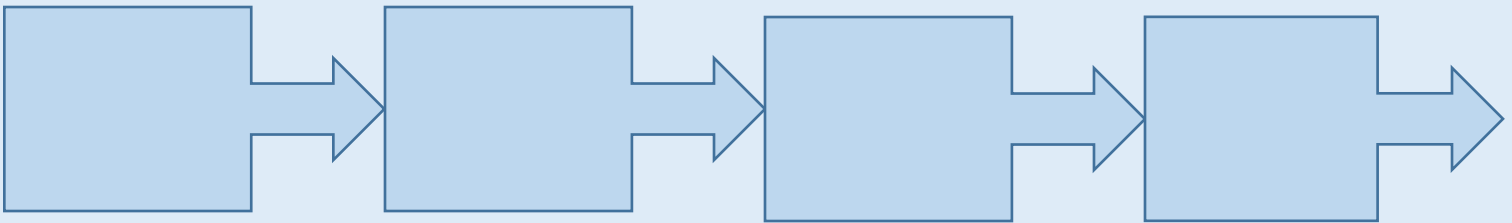
**my goal is...**

**HOW WILL I KNOW I'VE REACHED MY GOAL?**

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**NEXT BEST STEPS TO REACH MY GOAL**



THIS GOAL IS IMPORTANT TO ME BECAUSE. . . .

# GOAL NO. 4

**TARGET DATE**

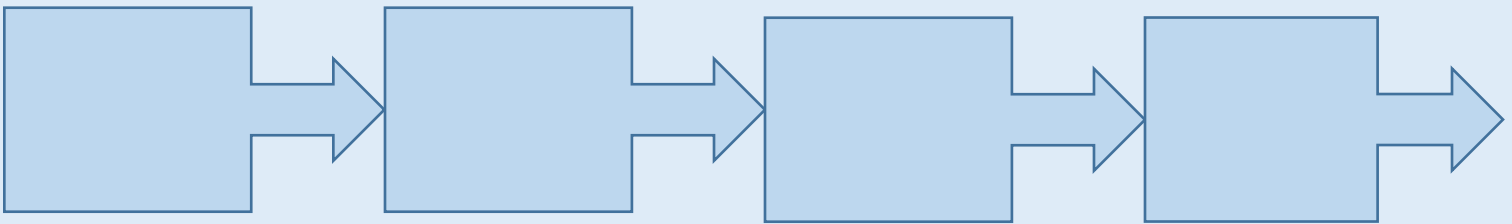
**my goal is...**

**HOW WILL I KNOW I'VE REACHED MY GOAL?**

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**NEXT BEST STEPS TO REACH MY GOAL**



THIS GOAL IS IMPORTANT TO ME BECAUSE. . . .

## STEP THREE: FOCUS STEPS

Now that we've established our strengths, weaknesses and our goals it's time to FOCUS

In this step we're going to set a SPECIFIC FOCUS for each month of this year to make sure we're staying on track.

IN <u>JANUARY</u> I'M GOING TO FOCUS ON...	IN <u>FEBRUARY</u> I'M GOING TO FOCUS ON...
IN <u>MARCH</u> I'M GOING TO FOCUS ON...	IN <u>APRIL</u> I'M GOING TO FOCUS ON...
IN <u>MAY</u> I'M GOING TO FOCUS ON...	IN <u>JUNE</u> I'M GOING TO FOCUS ON...
IN <u>JULY</u> I'M GOING TO FOCUS ON...	IN <u>AUGUST</u> I'M GOING TO FOCUS ON...
IN <u>SEPTEMBER</u> I'M GOING TO FOCUS ON...	IN <u>OCTOBER</u> I'M GOING TO FOCUS ON...
IN <u>NOVEMBER</u> I'M GOING TO FOCUS ON...	IN <u>DECEMBER</u> I'M GOING TO FOCUS ON...

## STEP FOUR: MAINTENANCE & ACCOUNTABILTY

Lastly you'll need to maintain your growth and hold yourself accountable so that you're able to achieve your goals.

The last thing we all need to do is get a planner and make sure we're tracking our daily progress and input our goals as reminders our phone so that we're reminded everyday of what we're working towards.

I've found that making a daily list is something that has helped me with reaching my goals so that at the end of each week and month I can reference back to my list and make sure I've done all the necessary steps to get to where I need to go.

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### ***A LETTER TO WHOM I'M BECOMING***

