



# Cultivate Goals

## Steps to Goal Setting

When we set goals and stick with them, we are taking the reins of our life and creating a more purposeful lifestyle. Goal Setting allows us to clearly visualize what we want our future to look and feel like, and create a strategy of how to reach our ideal future.

**Here is a step-by-step process to set meaningful goals, create a game plan, and stick with your goals, even when the going gets tough:**

### 1) DECIDE

Can you think of something just out of your reach that you would like to achieve? What is the first thing that comes to mind when you think of the word GOAL? This could be anything that interests or excites you? Brainstorm, Visualize, and Dream Big! Set SMART goals: Specific, Measurable, Attainable, Relevant, and Time-based.

### 2) WRITE IT OUT

When we write down our goals, it strengthens our motivation to achieve them. Write down HOW you will know when you've reached your goals (measurable) and when you want to reach them by (time-based). What will it look and feel like when you reach them? Repeat these goals back to yourself when you're done and really FEEL what it would be like to achieve them!

### 3) TELL SOMEONE

By verbalizing your goals out loud, you now have someone to motivate you and hold you accountable to the goals you have set for yourself. Who is someone you could call up today to share your goals with? Make a list of the people you want to share your goals with and then ask them what goals they may have!

### 4) BREAK IT DOWN

Think of smaller goals as stepping stones to achieving your bigger goal. This is especially important when wanting to achieve those BIG, dream goals. Achieving these smaller goals gives a sense of success along the way. If you are aiming to make a certain amount of income this year, break down that number to the less intimidating, month-by-month standard. Then break that number down to weekly and so on. What are some baby steps you could take today to reach your goal next month?

### 5) FIRST STEP PLAN

An ancient chinese proverb says: "the journey of 1000 miles starts with 1 step." This first step is what is going to get you started to reaching your dream goals. After the first step you'll figure out the next step and so on! You want to run 2 miles without stopping by next month? The first step is to lace up your running shoes and literally take that 1st step.

### 6) PERSEVERE

Persevere even when the going gets tough. If you find yourself feeling stuck, try to think of anything you could do to move you forward, even if it's just a tiny bit. Pause. Take a deep breathe. Ask others for their opinion. Or re-evaluate and re-adjust goals if needed.

### 7) CELEBRATE

You deserve it! When you reach your goal, take time to enjoy it and thank those who helped you along the way. Heck, why not plan out how you'll celebrate before you even reach your goals! This may motivate you to want to reach them even quicker! Think about what you enjoyed and learned along the way. Now what is your next goal?



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Create your game plan. Take notes.  
What are your goals? Who are you going to tell? What's your first step? How will you celebrate?

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