

# 2019 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

*"Our Dreams become reality when we first, give ourselves permission to Dream, wildly and without limits. Then we turn those dreams into Goals, which is the Bridge between the world Imagination and the reality we create for ourselves"*

there's a couple of things we should keep in mind when goal planning:

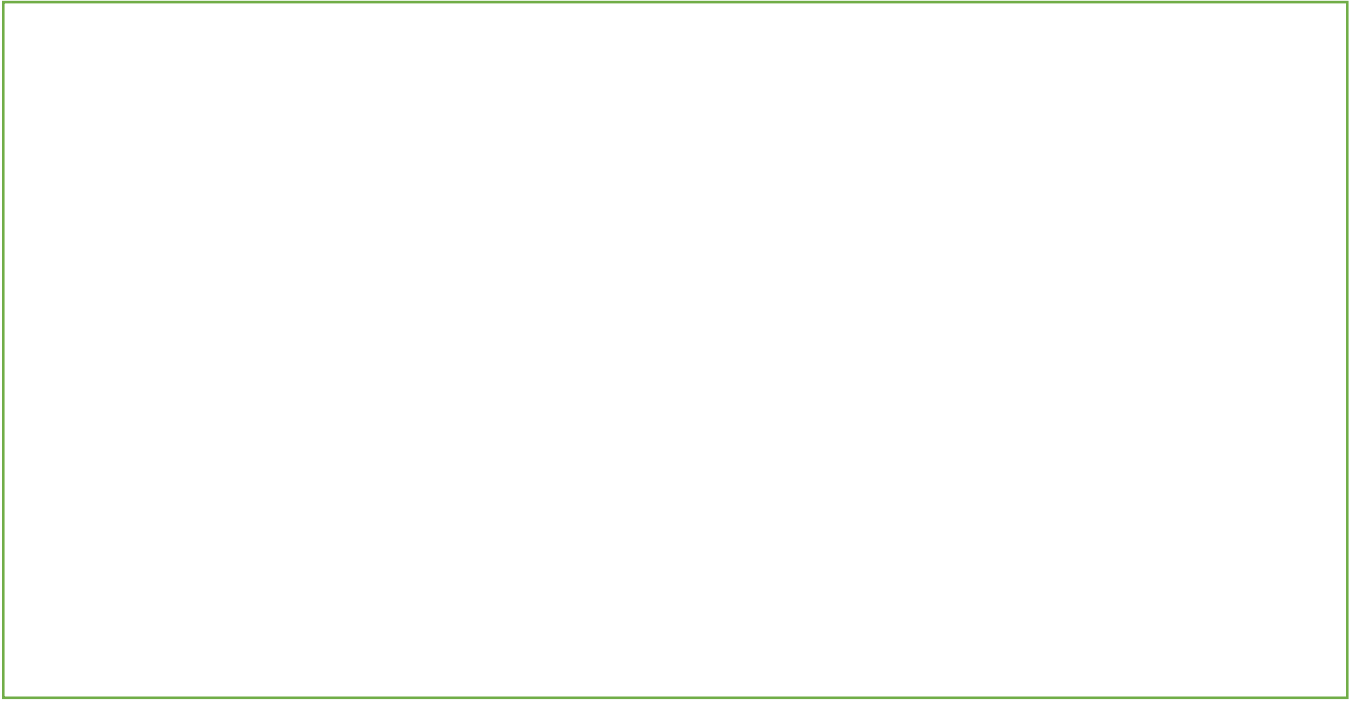
- Have Clarity
- Set Goals that Motivate you
- Set Smart Goals [Specific, Measurable, Attainable, Relevant, Time bound
- Set your goals in writing
- ALWAYS HAVE DEAD LINES
- Make an action plan
- Hold yourself accountable
- Know yourself [So you can understand why your goals are your goals and so you know what you are capable of]

For balanced coverage in our goal planning/achieving journey let's be sure we set goals in some of the following areas:

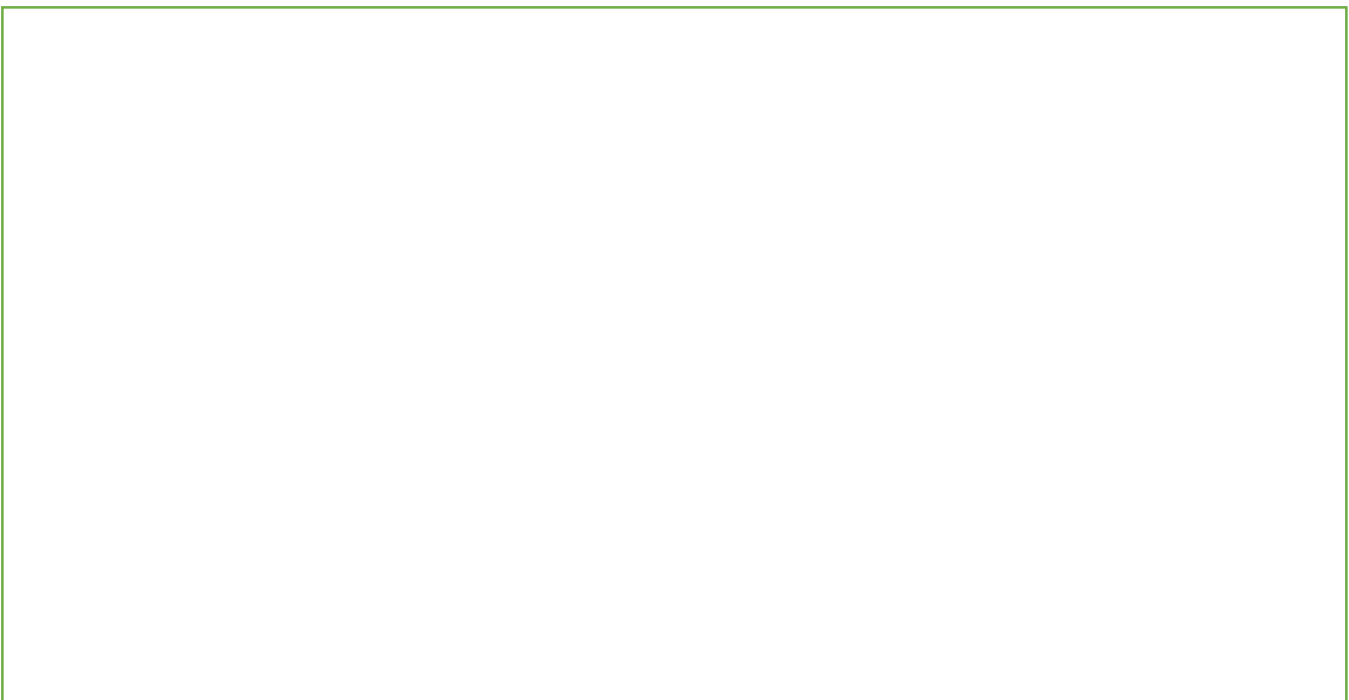
- Career
- Family
- Artistry
- Financial
- Attitude
- Physical
- Pleasure
- Education
- Public Service

**STEP ONE: KNOW YOURSELF**  
List your strengths & weaknesses

**STRENGTHS**



**WEAKNESSES**



Now that you've identified your strengths and weaknesses it's important to understand how you can utilize your strengths and not dump your weaknesses, but work harder to strengthen these areas.

Your answers below can include strengths, weaknesses, habits, struggles- anything in your daily life that can help you or hold you back this new year.

1. What do you want to leave behind in 2018?

2. What do you want to bring with you in 2019?

## Step 2: Time Management

1. Are you currently utilizing your time each day to work towards your goals? Y/N?
2. Are you spending time talking about your goals with no action steps? Y/N  
If yes, start thinking of action steps for your new goals
3. Do you have a daily routine and/or schedule? Y/N
4. Do you feel like you'd utilize your time better if you had a schedule or routine? Y/N
5. Do you find yourself more motivated when you plan? Y/N
6. How could you improve your time management moving forward?

7. Do you use your phone for daily reminders? Y/N
8. If no, will you start? Y/N
9. Do you have a physical daily planner? Y/N

ADDITIONAL NOTE SPACE

## STEP 3: GOALS

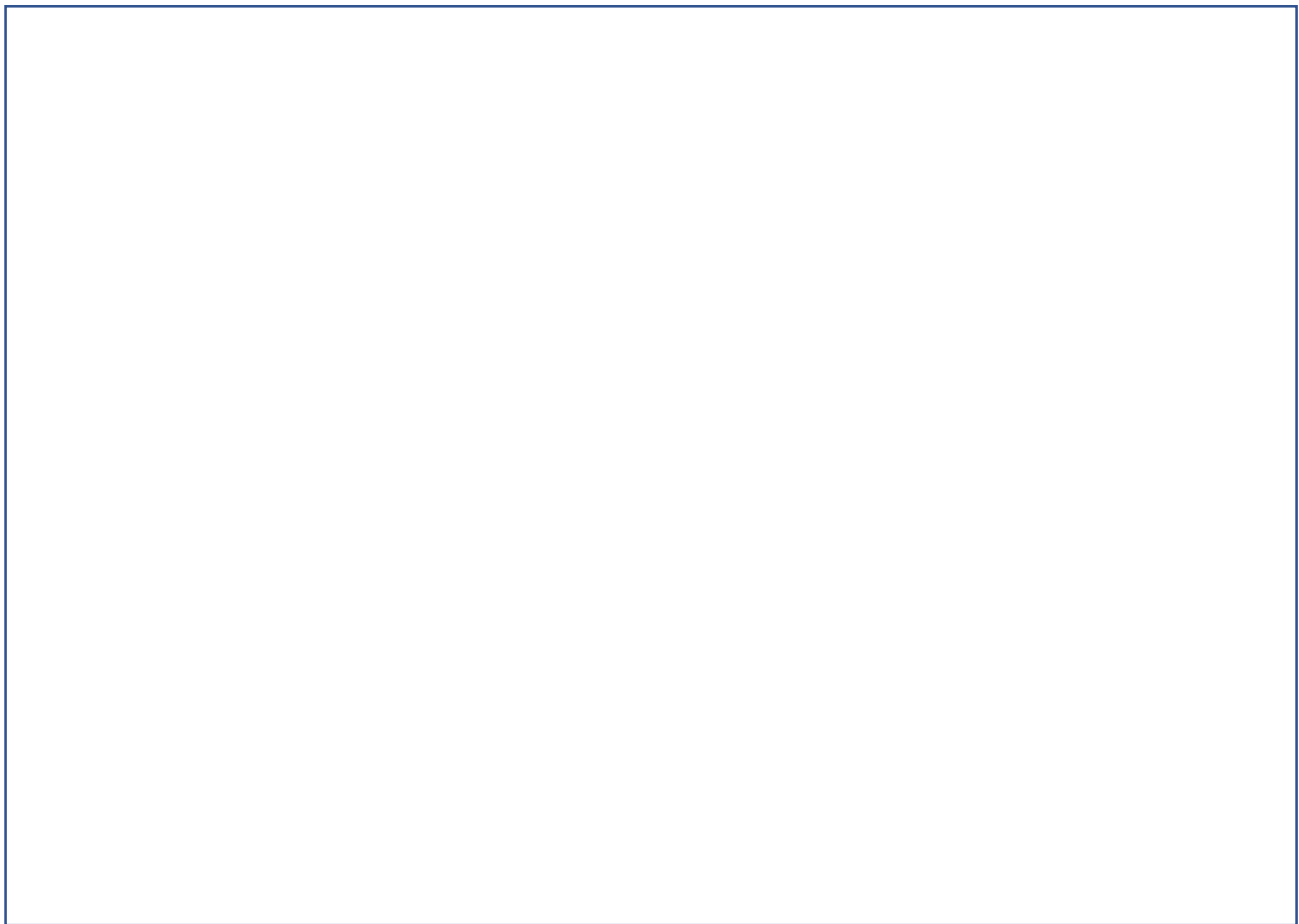
what is a goal?

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

In this step, I really want for you to come up with your goals, find the WHY and think of action steps and deadlines for our next step.

List your top 3(or more) goals for 2019 below

GOAL #1



why is this a goal? \_\_\_\_\_

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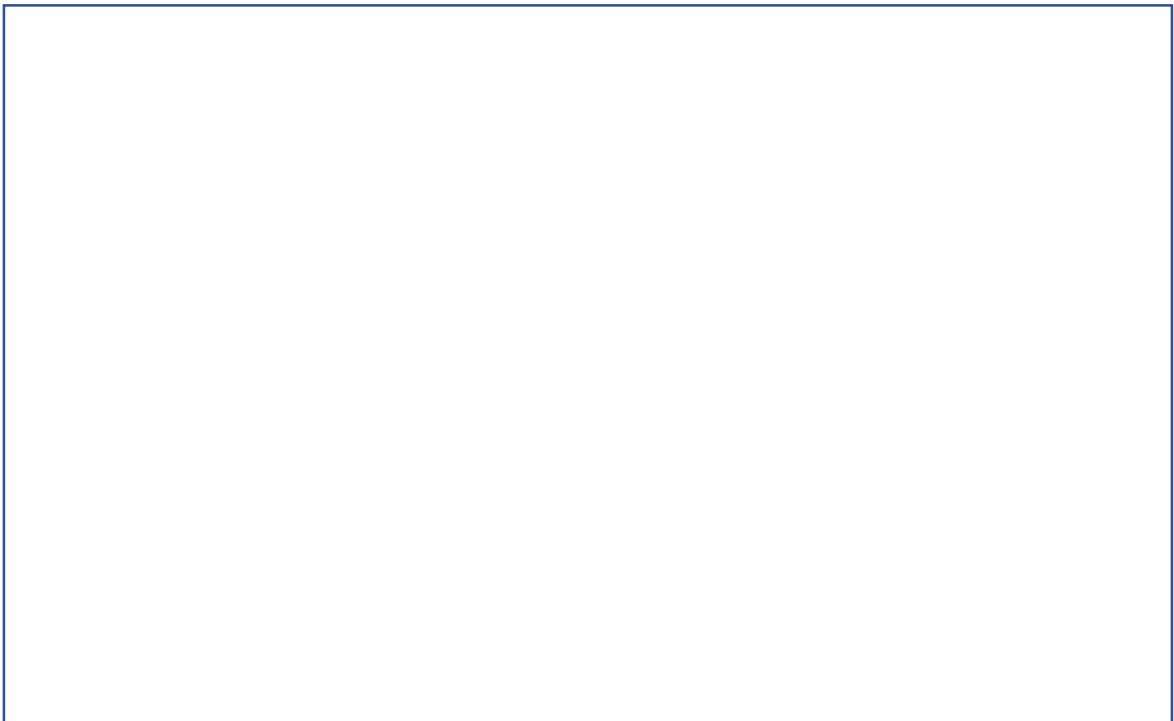
GOAL #2



why is this a goal? \_\_\_\_\_

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GOAL #3



why is this a goal? \_\_\_\_\_

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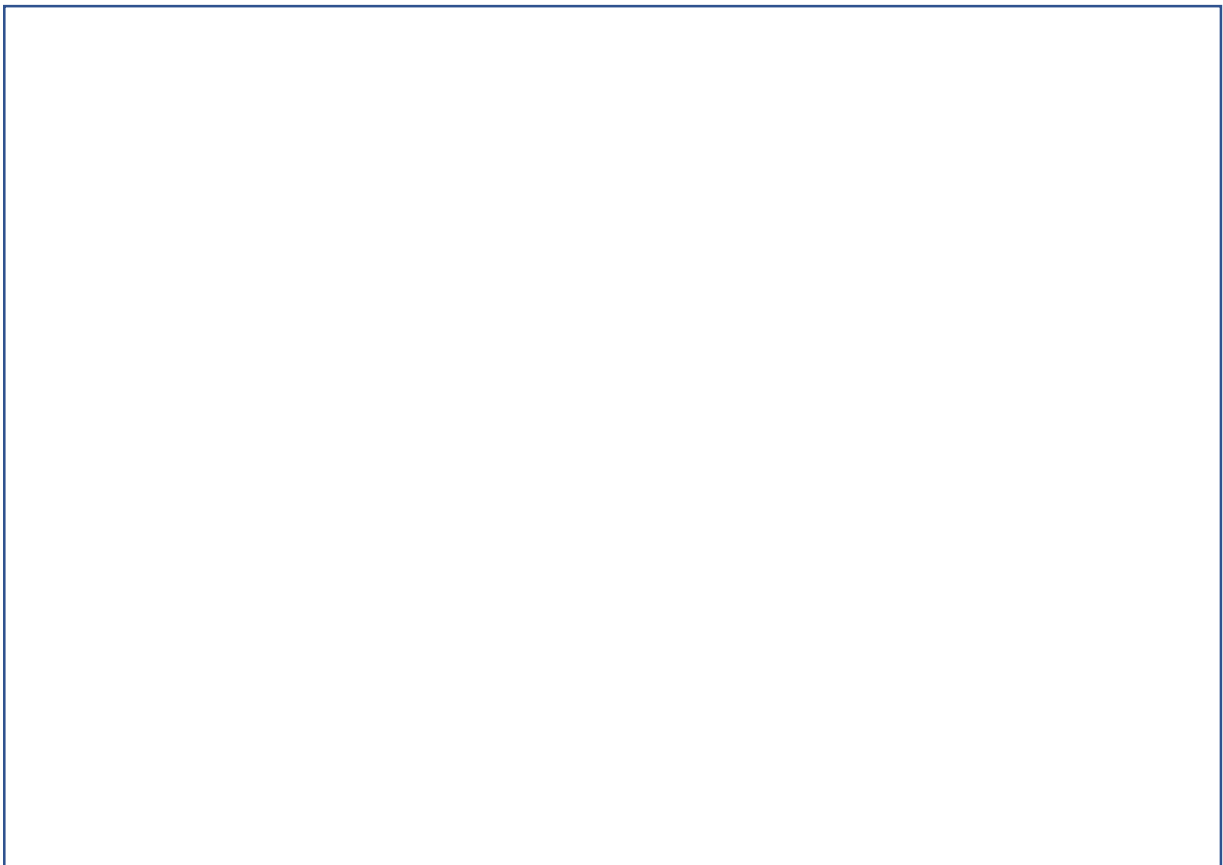
GOAL # 4



why is this a goal? \_\_\_\_\_

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ADDITIONAL NOTE SPACE



## STEP 4: ACTION PLAN

For each goal, you have its lucrative that you have action steps so that you are constantly and consistently working towards this goal each day

GOAL #1: \_\_\_\_\_

### ACTION STEPS

1.
2.
3.

GOAL #2: \_\_\_\_\_

### ACTION STEPS

1.
2.
3.

GOAL #3: \_\_\_\_\_

ACTION STEPS

1.

2.

3.

GOAL #4: \_\_\_\_\_

ACTION STEPS

1.

2.

3.

## STEP 5: MAINTAINING AND ACCOUNTIBILITY

Now that we've identified our goals it's important we know how to maintain them and hold ourselves accountable in order to achieve them

Sometimes when we try something new and it feels different to us, it's easier to quit because we might feel like no this isn't me, this isn't what I do etc. but just because you're unfamiliar with something doesn't mean it's not for you. And I found if you give everything you do in life your absolute BEST effort, you will stick with it because you feel good about it, and you'll want to keep improving.

How to maintain:

1. GIVE YOUR BEST AT ALL TIMES NO MATTER WHAT IT IS.
2. DISCIPLINE
3. SYSTEMS
4. STAYING INSPIRED
5. PERSPECTTIVE

How to hold yourself accountable:

1. TRACK YOUR RESULTS
2. CREATE MILESTONES
3. MAKE A TO-DO LIST EVERYDAY

## STEP 6: YOU GOTTA SEE IT TO BELIEVE IT

From personal experience and research, I've found that it's easier to achieve each goal when you're constantly reminded of where you are headed and what you need to do to get there.

Start by making your goals visible.

Whether you make a big dream board or you make reminders in your phone everyday make sure your constantly reminded.

Secondly and MOST IMPORTANTLY, make a to-do list every night for the next day. You will not know how useful it is until you actually do it. If you're anything like me and say I'm going to do this tomorrow and completely forget to do it, you should write it down. Even if I plan to take my day slow I'll literally write

**\*WAKE UP**

**\*PRAY**

**\*MEDITATE**

**\*GO TO GYM**

**\*EAT BREAKFAST**

**ETC ETC ETC**

whatever it is that I know I want to do that day, and when I'm done with each task I can cross it off.

I hope you found this tool useful and are able to use it to plan this next year for you. If you have any questions on a specific section please email me at [b4bylexig1rl@gmail.com](mailto:b4bylexig1rl@gmail.com) and also do not forget to watch my step by step video on how to utilize this tool properly.