



GOALS & INTENTIONS

2021 Prep Work

Let's lay the groundwork for 2021! We're taking some quick time to set some **GOALS** and **INTENTIONS** for what we want to get done and see manifest in 2021. These are just the foundational building blocks for the work we will do in January in planning to slay ***ALL THE GOALS*** in 2021.

In this workbook, we're going to do what? Set goals and intentions for what you want to see happen for you and your business in 2021.

Let's go!



Set Your Intentions

“My philosophy is that not only are you responsible for your life but doing the best at this moment puts you in the best place for the next moment.”

— Oprah Winfrey

Intention def: 1a : what one intends to do or bring about. b : the object for which a prayer, mass, or pious act is offered. 2 : a determination to act in a certain way : resolve. 3 intentions plural : purpose with respect to marriage. [Merriam-Webster Dictionary]

Write out your top 1 - 3 intentions for 2021



Set Your Goals

“The only limit to the height of your achievements is the reach of your dreams and your willingness to work for them.”– Michelle Obama

Goals def: the end toward which effort is directed : aim
[Merriam-Webster Dictionary]

We're not entering a new year with just a hope and a wish. We're going in with GOALS. Things we plan on seeing manifest. No games played - just focus & work.

Write out your top goals. We're breaking them into 2 groups. 1st personal goals then professional goals (what are you accomplishing for your business/career).

No planning required in this exercise. We're just laying the groundwork for what we will use as in January for 2021 planning.

PERSONAL GOALS should include spiritual, health (mental & physical), financial, and relationships. These 4 pillars are what will help you become a better version of your best self. Examples of personal goals are: praying more, meditating daily, reading 12 books, exercising 4 days a week, improving heart health, eating healthy foods daily, saving \$10,000, buying a new home/car, dating more, going to therapy, etc.

PROFESSIONAL GOALS are focused on your business or career. If you're an entrepreneur, this can be something like: increasing sales by 50%, growing your team by hiring for 2 more roles, Implementing systems, or even finally redesigning your website. Examples of career goals could be: Taking on 2 stretch assignments, asking for the raise, speaking up more, going after that new position you want.

Let's just write out the goals and set the stage for the planning that is to come!



Set Your Goals

PERSONAL GOALS (spiritual, health, financial, relationships)



Set Your Goals

PROFESSIONAL GOALS (your business or career)