

SHARED

Goals

C O N S U L T I N G

MONTH							NOTES
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

20 DAY GOAL WORKSHEET

20 DAY GOAL PROCESS

Choose 1 goal that you believe can be accomplished in 20 days...something that you will do or create, something that doesn't exist now but will in 20 days.

Examples: 20 days of drinking 32 oz of water; writing a chapter for a book; cleaning out a bedroom closet and deciding what to do with the discards; developing your personal logo; writing love notes to your husband for 20 days in a row; posting on your social media account for 20 days in a row, etc.

VIP: once you decide on your 20 day goal, *you cannot change it!* Give yourself a deadline for midnight tonight and don't change it.

Fill this out for yourself:

By *[insert date here]* I will have completed *[insert goal here]*. I will know I am done because of *[measurable statistic]*.

HERE'S AN EXAMPLE:

By 11/30/19 I will have completed my SGC website. I will know I am done because my web developer will send me the completed version after having received all my pictures, content and edits.

Your turn: Write your goal here:

FANTASTIC!

Let's do some mindset work now!

Answer These Questions

Why do you want to achieve this goal?

Why will you do it no matter what?

Who will you be accountable to?

How do you need to *feel* to do the work on this goal?

What thought do you need to believe to create the feeling that will drive your action?

Now, brainstorm every action you need to take to accomplish the goal. Make a list, doesn't matter if it's in order, just get it out of your brain and onto this worksheet.

Ready...Go!!!

Now that you have created your list of items that need to be done to achieve your goal, you may feel the obstacles surfacing.

This is normal. If there weren't obstacles, you would already have achieved this goal.

Answer These Questions

What is between you and your goal?

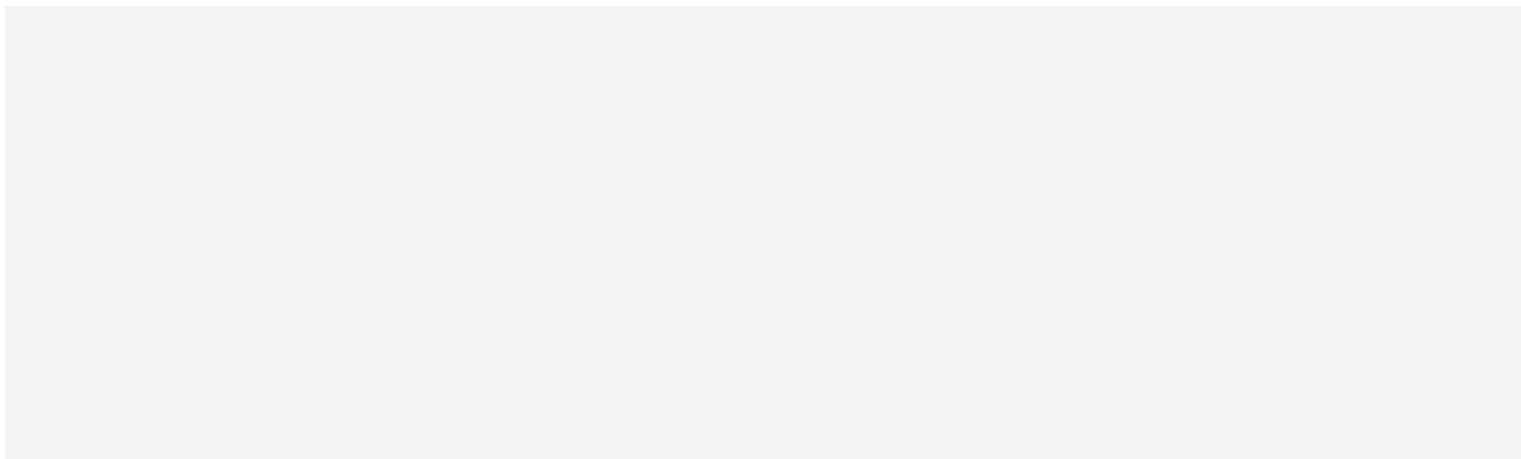
What is hard about it?

What do you think you need help with?

List obstacles to your goal here:

Now, use the obstacles as the foundation for opportunity.

For each obstacle, list strategies to overcome it. Sometimes, these are just opposite thoughts from what you wrote:



Secret sauce: Scheduling this on your calendar

If you will commit to this part, and then honor your commitment, achieving your goal is almost inevitable.

1. Put your list of everything that needs to happen which you wrote down, above, in order of priority. Also jot down beside each thing how much time you estimate it will take.
2. Look at your calendar. Actually block out time FIRST for family time, daily commitments and work. Then block out some time in the next 20 days for doing nothing (Free time). This can be any block of time that feels good to you. 20 minutes. 2 hours. You choose. Your free time can be anywhere you want, it just needs to be free. It's a gift you give yourself.
3. Add each item on your list to your calendar over the next 20 days.

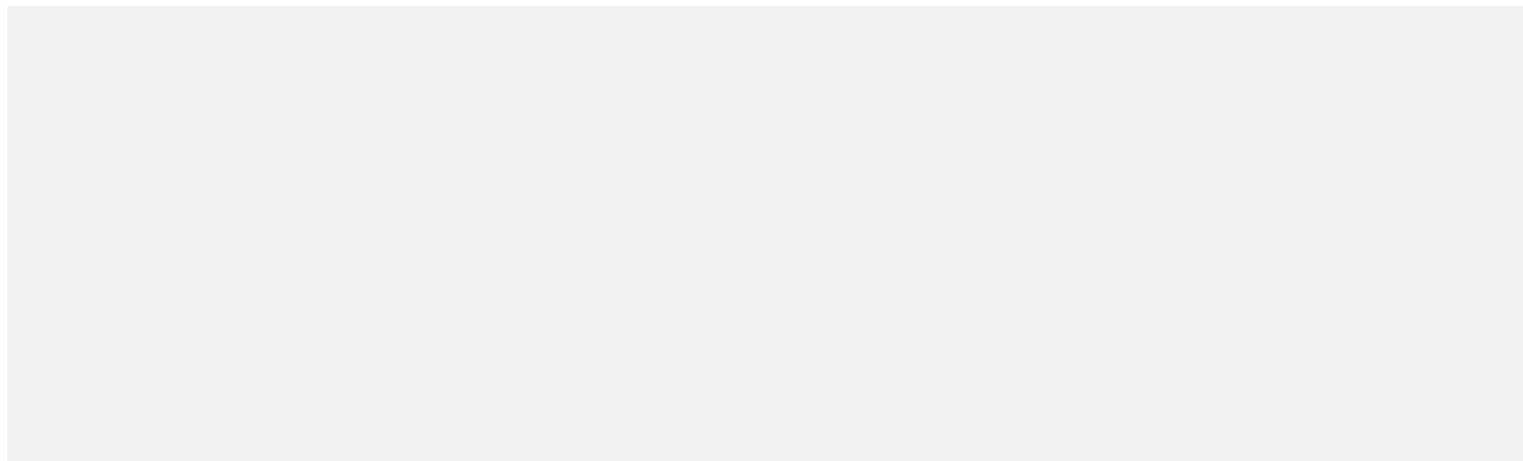
Be aware that you will likely NOT want to honor your calendar. This is *completely* normal, but, it's meant to be overcome.

I struggle with this for what seem like perfectly good reasons. But they are not. They are just excuses.

Only emergencies should derail you during the next 20 days.

Just in case, you should create for yourself a back up plan.

For example, let's say for some reason 6:30 pm to 7:30 pm was going to be your time to work on your goal. But, you had neighbors unexpectedly show up and you didn't feel you could turn them away. Where will you recapture that time in the 20 day period? Write it out here:



Now, the only thing left to do is to do what you have calendared.

Remember, you honor yourself by honoring your commitments. You are important. You are worthy of doing this work. Stay committed, 100%.

You can apply this process to any time period that works for you. I selected 20 days because that is how much time was left in the month the first time it was tried.

In other months, you might want to follow this approach for a 30-day goal or a 31-day goal.

Let me know how I can support you. Always glad to be an accountability buddy. 😊

Paying it forward:

I learned this process working with Brooke Castillo, my life coach. She is a great example of what is possible.

She used this same process over a **4-day period** to create a workshop, a book launch, a funnel and an email opt-in page (**all of that**) while coaching, running her business and having family responsibilities.

4 days ladies!

Always Remember

We can achieve what we conceive and believe!