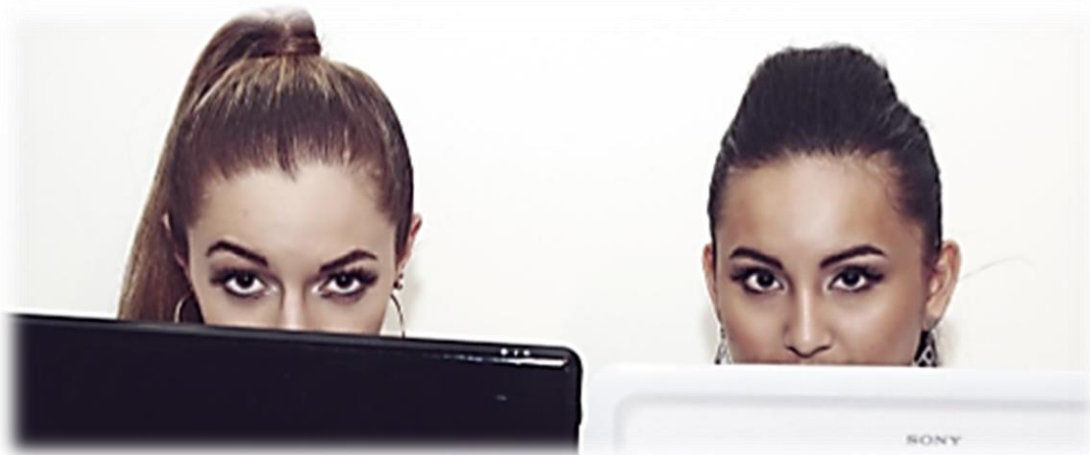


DREAM DRIVEN

GOAL SETTING WORKSHEET



ESSETINO  **ARTISTS**

Dare To Be Dream Driven.

Remember when you were a kid and you thought you could do anything? Then you went to school, which created your definition of what is possible. When you graduated, grades defined what you could and could not do. Then you got a job based on your grades and thought that maybe experience will bring new exciting opportunities for you. As time went on, you became bored or bitter or depressed, and you started wondering if this is really what your life will look like for the next 40 years....

One day, you read or heard about someone who felt that same way and this person decided to take a risk: He / she made a decision to pursue an idea, a dream, a passion. And that decision was a powerful force that rippled into a fulfilling and exciting life.

I want to tell you, from the bottom of my heart, that you CAN be, do and have anything you want.

But in order to get there, you have to 1) *know what you want*, 2) have a *burning desire* to achieve it, and 3) *believe* that you can achieve it.

This worksheet is designed to help you clarify exactly what you want, what you're truly passionate about and what would be the next step for you.

It's all about asking yourself the right questions, **empowering questions**.

I think we sometimes ask ourselves disempowering questions like “*What if I can't afford it?*” or “*What if this doesn't work out?*” or “*What will my parents think?*”

This totally takes us out of alignment with what we want to achieve because when we ask these types of questions, we're thinking about all the things that we DON'T want.

Remember, what you focus on grows.

So why not get clear on what you DO want?

This worksheet will help you **re-align with your goals, get focused and get clear on what you need to do next.** If that sounds like it could be helpful to you, then I invite you to print this document and go through the 7 sections ahead.

JUST A QUICK TIP: When you go through this worksheet, don't think too hard or don't try to make your answers sound perfect – this is strictly an exercise for you to express what you feel in your heart and gut. Sometimes us creatives think too hard about what to say that we end up confusing what we truly want with what we think others want to hear, sometimes without even knowing it. I'm totally guilty of this!

I would suggest giving yourself a 2 minute limit on each section and just WRITE. Trust me on this.

So find yourself a comfy sofa or chair in a relaxing environment, grab a tea or coffee, and a pen, and above all, have fun with this.

Ok, you ready?

GET CLEAR. FOCUS.

And GO!

1) I am a

What would it say under your name if you had a business card? Don't try to be politically correct here ...think about who and what are you, I mean really? Write down anything and everything that comes to mind. Insert job title, artistic title, soul title, superhero identity...and go!

2) I am really good at...

Write down whatever comes to mind and circle the one that you want to be known for.

3) My work matters because...

...it helps people with __

...it allows people to experience __

...the world would be __ without it.

...it gives others a chance to __

...or what?

4) Someone that I really look up to is...

Who do you model after? Who do you know that has what you want?
Or who inspires you? What qualities do you admire in this person?

5) I would [*fill in the blank*] all day and night, even if I wasn't getting paid to do it!

What is it that gets you feeling so excited? Is it making jewelry? Creating new fashion trends? Decorating cakes? Playing with your neighbor's cat? Whatever it is, ask yourself why you enjoy it.

6) What's the ONE thing I want to do/be/have/achieve someday?

Look at your answers to the previous questions and come up with ONE thing such that, by achieving this, everything will be easier and you'd feel happier.

My vision for this year is to be:

My vision for this year is to do:

My vision for this year is to have:

7) What can I do right now to get one step closer to my goal?

Okay, so now you're going to take your 'Someday' goal and we're going to turn it into something tangible in the 'Now'. This chart is referenced from one of my favorite books "*The ONE Thing*" by Gary Keller. Start at the top and right down the answers to each question. Go!

GOAL SETTING to the NOW

SOMEDAY GOAL

What's the *ONE Thing* I want to do someday?



FIVE-YEAR GOAL

Based on my Someday Goal,
what's the *ONE Thing* I can do in the next five years?



ONE-YEAR GOAL

Based on my Five-Year Goal,
what's the *ONE Thing* I can do this year?



MONTHLY GOAL

Based on my One-Year Goal,
what's the *ONE Thing* I can do this month?



WEEKLY GOAL

Based on my Monthly Goal,
what's the *ONE Thing* I can do this week?



DAILY GOAL

Based on my Weekly Goal,
what's the *ONE Thing* I can do today?



RIGHT NOW

Based on my Daily Goal,
what's the *ONE Thing* I can do right now?

GOAL SETTING to the NOW

SOMEDAY GOAL



FIVE-YEAR GOAL



ONE-YEAR GOAL



MONTHLY GOAL



WEEKLY GOAL



DAILY GOAL



RIGHT NOW

YAY!

You are **DONE!**

You are **CLEAR.**

You are **FOCUSED.**

And now you know what to do *right now*, so you can **GO** get started on your goals.

MEGA props to you by the way...

It's not always easy making time to work on **YOU.**

I am proud. 😊

About the Author



Hey beautiful! I am a singer, online instructor, big dreamer and believer of going after what makes you happy.

I believe that you CAN be a successful singer, writer, painter, photographer, etc. and own a creative business that awards you with the freedom to live life on your own terms.

I believe that your success is not defined by how many university degrees you hold, what other people say, who your competition is, or those so-called 'Starving Artist' labels.

The ONLY thing that defines your success is YOU.

When I made the decision to go after my dream, no one knew I could sing. So I had to figure out how to get myself 'out there' so that I could start growing my fan base.

After successfully launching [my music career](#) online, I quickly saw the power of mindset + social media + online marketing. This is what led me to start the business, [Essetino Artists](#), with my best friend, Jewel Tolentino. We figured other artists would likely benefit from everything we've learned.



Essetino Artists served as the official social media experts for a national music label, a revolutionary fashion app company, and we've worked with many other individual artists + creative businesses from around the world.

As our [course library](#) and [video tutorials channel](#) continue to grow, we invite you to join our Thriving Artist community for upcoming tools and training sessions that will help you on your journey.

THANK YOU for being here, and letting me be a part of your step ladder towards making your dream a reality.

I appreciate you!
X X

Auret Esselen

WANT MORE?

If this worksheet rocked your world, here are 3 more things you can feast your lovely eyes on!

- 1) [Join our community of Thriving Artists](#) to connect with like-minded creatives, share ideas, build relationships, collaborate, ask questions, and leverage each others talents.
- 2) Increase your exposure online with a solid social media marketing plan – I'll teach you how to create great content for your audience and stay consistent with posting in our Social Media Marketing Simplified course. [Take a peek here to see if its for you.](#)
- 3) Sign up for a **personalized coaching session** with me – whether you're in the [Dream Driven phase](#) (*you have an idea in mind, but don't know where to start*) or the [Let's Launch phase](#) (*you have a creative business but need guidance*), I will evaluate where you are at and **we will come up with an action plan together**. Some examples of what we've coached on: *how to gain more fans + followers online, how to get productive and actually DO the work, how to come up with a unique brand and how to make money online with your talent.*

AND...

If this worksheet made your day / triggered an epiphany / was just 'meh' / totally sucked, please do [tell me about it!](#)

THANK YOU for being a part of my Universe! 😊

■ **Now Get Clear. Focus. And GO!** ■