

Goal Setting



WHAT CURRENT BELIEFS DO YOU HAVE THAT GET IN THE WAY OF WHAT YOU WANT?

THAT TELL YOU, YOU CAN'T BE/DO/HAVE WHAT YOU TRULY DESIRE?

WRITE THESE DOWN, GENTLY OBSERVE THEM WITHOUT JUDGEMENT. UNCOVER THE BS.

WHERE DID THIS BELIEF COME FROM?

IF YOU HAVE TROUBLE KNOWING THIS... THINK, "IF I KNEW THE ROOT CUSE OF THIS, WHAT IS IT?"

NOTICE THE FIRST THING THAT POPS IN YOUR MIND.

PROCESS YOUR EXPERIENCE. DOES THIS EXPERIENCE TRULY MEAN THAT YOU CAN NOT _____?

WHAT LESSON DOES THIS EXPERIENCE HAVE FOR YOU?

FORGIVE YOURSELF AND ANYONE ELSE WHO PLAYED A ROLE IN THIS. DECIDE YOUR NEW BELIEF... WRITE YOUR NEW STORY.

Goal Setting



MY PRIORITIES

- 1.
- 2.
- 3.
- 4.
- 5.

WHEN I FEEL LIKE GIVING UP, I WILL TELL MYSELF...

GOAL:

ACTION STEPS:

- 1.
- 2.
- 3.

DEADLINE:

GOAL:

ACTION STEPS:

- 1.
- 2.
- 3.

DEADLINE:

GOAL:

ACTION STEPS:

- 1.
- 2.
- 3.

DEADLINE:

GOAL:

ACTION STEPS:

- 1.
- 2.
- 3.

DEADLINE:

GOAL:

ACTION STEPS:

- 1.
- 2.
- 3.

DEADLINE:

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For Example...

MY PRIORITIES

1. More time with my family
2. Become a Lash Tech
3. Make \$2k per week
4. Book a Holiday
5. Buy a new Car

WHEN I FEEL LIKE GIVING UP, I WILL TELL MYSELF...

*I deserve a better life, with hard work, I will get there!
Positivity attracts Positivity.*

GOAL: More time with my family

ACTION STEPS:

1. Make more dollars, in less hours
2. Make plans in advance
3. Get a career with flexibility

DEADLINE:

Before 2020

GOAL: Become a Lash Tech

ACTION STEPS:

1. Enrol in a Classic Lash Course
2. Practice on my Mannequin every day
3. Do a model 4-5 times per week

DEADLINE:

Right now!

GOAL: Make \$2k per week

ACTION STEPS:

1. Do 3-4 clients per week
2. Sell your clients a shampoo or mascara
3. Sell your products online also

DEADLINE:

within 6 months

GOAL: Book a Holiday

ACTION STEPS:

1. Book a time in advance
2. Pay off your holiday over 3 months
3. Save spending money each week

DEADLINE:

January 2020

GOAL: Buy a new Car

ACTION STEPS:

1. Put a picture up of the Car i want on the wall
2. Save \$___ per week
3. Work 5-10 extra hours per week

DEADLINE:

December 15th