

YOU ARE AN EMPOWERED WOMAN

MODULE 1: LESSON 2

Goals

It is goal time. Before setting your goals, make sure you review the notes on setting goals so we can get clear and serious about what kind of goals you want to set. I want you to think about what you want to achieve over the next 3 months and where to go from here. Remember, this doesn't mean that you can't set a big goal and work on it in bite size chunks over the next 3 months.

This will be a working document and we will add/change/delete things as we go.

Take some time to jot down 3 major goals you want to work on.

1.) _____

2.) _____

3.) _____

Take a moment and tell me why you chose each goal and why you want to achieve it. Be sure to include what it would mean for you to achieve this goal.

Goal #1: _____

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Why you want achieve it:

Goal #2 _____

Why you want to achieve it:

Goal #3 _____

Why you want to achieve it:

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Part #2

Now, I want you to think about some obstacles you think you may encounter while you working on your goals and come up with a solution for each.

Goal #1: _____

Obstacle:

Solution:

Goal #2 _____

Obstacle:

Solution:

Goal #3 _____

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Obstacle:

Solution:

Anticipating and preparing for potential problems and then having a solution in place helps us get over the humps that come with goal setting and achieving.

On the call tonight, we are going to talk about some strategies to ensure we are successful on goal setting and goal achieving.

Motivation

Now, let's talk motivation. We all know motivation is only part of the equation and to have success you need....

motivation + massive action = results

So we need to ensure we have both parts of the equation. So, let me ask you. "what motivates you?" You might get some answers from your interpretation results of your 6 Human Needs Quiz. It could be connection, it could be approval, it could be accomplishment, resentment, pain, achievement. I will be digging deeper with you on your one-on-one calls but I am curious to see what you think you are

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