Gina Keeping
COACHING

The Happiness Project – Part 2

Part 2, here we go.

By now, you should have your 12 themes tentatively planned. Remember to post a copy of your themes in the Live video from Saturday (May 11th) so you can share and get some feedback on them.

This week we are focusing on our action items for each theme.

If you remember from the call, here are my tentative action items for the month of June. I say tentative because as I get ready for June, re-evaluate my items, they may change.

JUNE - VITALITY (Get energized)

Action Items for June:

- Exercise 6 days a week
- Meditate daily
- Meal prep on Sundays
- Eat a veggie with every meal
- 8-10 glasses of water each day
- Attend a yoga class once a week
- Be kind when talking about my body

As you get ready for June, think of some action items on how to achieve your theme.

Before you do set your goals to reach, I want you to keep something in mind.

Have you heard of SMART goals? Well I have created a new version of SMART goals and here it is.

The Happiness Project - Part 2

Please note, on the call next week I will be going over "A SMARTER GOAL" with you in more detail.

When creating your goals, create...

A SMARTER GOAL

Accountability: Have some form of accountability to help you achieve. In this case, you have the TRIBE to help you.

Specific: Make sure your goals are specific, to the point. For example, if getting healthy is a goal, be specific on how you are going to reach it. Exercise 3 x a week instead of exercise more.

Measurable: Have a time frame, how many times a week are you going to work on your goal.

Attainable: is your goal actually attainable or really not in reach at this point? For example, wrtie a book in a month.

Relevant: Is your goals and actions relevant to what you to achieve.

Timely: Can you achieve the goal in the time frame you have allotted.

Evaluate: Check in regularly and see if your goal is working, what you can tweak and change to set you up for success.

Reward: Give yourself a reward for achieving your goal.

.... goal

GK

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The Happines Project

So with that in mind, let`s get those action items done:

1.) Month:

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Theme:

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Action Items:

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2.) Month:

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Theme:

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Action Items:

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The Happines Project

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3.) Month:

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Theme:

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Action Items:

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4.) Month:

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Theme:

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The Happines Project

Action Items:

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5.) Month:

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Theme:

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Action Items:

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6.) Month:

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Theme:

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Action Items:

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7.) Month:

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Theme:

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Action Items:

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8.) Month:

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Theme:

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Action Items:

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9.) Month:

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Theme:

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Action Items:

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The Happines Project

10.) Month:

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Theme:

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Action Items:

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11.) Month:

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Theme:

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Action Items:

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12.) Month:

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Theme:

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Action Items:

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Happy creating ladies, can`t wait to see all those actions coming to fruition.