

COMMIT TO LIVING YOUR BEST LIFE NOW

GOAL-GETTING GUIDE



How to set personal and business goals, stay committed and make time for what matters most!

step 1. REFLECT AND VISUALIZE

Let's take a moment to write down a few of your accomplishments and things you are proud of doing this past year.

Where do you see yourself at the end of the year? What goals has the "future you" achieved?

step 2. CORE VALUES CLARITY



What are your core values? What are the things that are most important to you right now? Our values help anchor our decisions and choices and powerful goals are built on core values. {Examples of core values: Family, Financial Freedom, Community, Health, Adventure}

* **TIP:** I check in with my core value words every month when setting my monthly goals and planning my days to make certain my values show up consistently in my plans.

step 3. CREATE A VISION BOARD

A vision board is the physical representation of how we want to FEEL in our life. Every vision board needs an action plan.

A vision board is a space to dream about new possibilities and at the same time celebrate your life now! Use the inside of your Commit30 planner or a piece of heavy paper/cardboard that you can hang up. Cut out pictures of places, things, experiences, and adventures that represent you living your best life!

In your planner, complete the vision circle pages. What do you want to work on in each of these life areas?

GOALS

step 4. TOP 3 BIG GOALS

Write down your Top 3 big goals for the year. For each goal repeat steps 5-10. Your goals are simply stepping stones toward your vision for yourself, your family, and your life. Make sure they align with your values.

* **TIP:** As with most things in life, the trick is to start simple, go slow, and make progress each day.

I do these three specific things to work toward my goals and dreams:

1. Make my goals specific and put them where I will see them every day.
2. Create a plan of action related to those goals and break the plan of action down into smaller steps.
3. Work my action plan and steps every single day.

My top 3 goals this year are:

1 _____

2 _____

3 _____

We love having accountability partners or coaches. Who can you share your goals with so they can help keep you motivated this year?

I will share my goals with:

step 5. KNOW YOUR WHY

Why do you want to achieve these goals? Write down the reason you are pursuing each goal. Identify the positive impact achieving each goal will have on your life or business.

Goal #1:

My why:

Goal #2:

My why:

Goal #3:

My why:

step 6. DAILY ACTION STEPS

You have everything you need to start today. Goals are great, but without intentional action, they don't go anywhere. In order to make progress with your goals, you need to know what it's going to take to achieve them. Begin brainstorming what these goals will require of you in terms of time and resources (the when and where). **Next to each goal, ask yourself, "What are the steps required to do this?" Repeat for all of your goals.**

Goal #1:

List out big and small action step ideas that you will need to take to achieve this goal by: _____



I am committed to start now. My first action step will be:

Other action steps I will take in the next 30 days:

Three large, light-colored circles arranged horizontally, intended for writing action steps.

Goal #2:

List out big and small action step ideas that you will need to take to achieve this goal by: _____

I am committed to start now. My first action step will be:

Other action steps I will take in the next 30 days:

Three large, light-colored circles arranged horizontally, intended for writing action steps.

Goal #3:

List out big and small action step ideas that you will need to take to achieve this goal by: _____

I am committed to start now. My first action step will be:

Other action steps I will take in the next 30 days:

Three large, light-colored circles arranged horizontally, intended for writing action steps.

A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan backed by daily action makes our dreams come true.

step 7. ESTABLISH DAILY HABITS



Your daily habits support your goals and help keep you motivated!
Identify some daily and weekly positive habits that will help you make time for and keep on track with your goals.

HABIT	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
DAILY YOGA	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
72 oz H ₂ O	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
EAT WHOLE FOODS	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
A.M. ROUTINE W/ PLANNER	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
*DAILY GRATITUDE	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	

Ideas:

- Drink more water.
- Commit to at least 30 minutes of movement everyday.
- Set screen time limits.

Positive habits to establish:

Depending on what they are, our habits will either make us or break us. We become what we repeatedly do.” —Sean Covey

step 8. CREATE OPTIMAL ROUTINES

Your routines support your goals. Creating a morning routine can help you begin your day with confidence, mindfulness, peace, and a positive attitude.

★ **TIP:** Taking the time each morning to center myself, to take care of myself and review my goals for the day, is a total game-changer.

Morning routine example:

5:00 a.m.: Wake up. No social media.

Lemon water, start coffee.

5:15-5:30 a.m.: Meditate, yoga, journal

5:30-6:00 a.m.: Workout

6:00-6:30 a.m.: Shower, review plans for the day, start breakfast, wake up kids.



What is your ideal morning and evening routine? Write them down:

My ideal morning routine to support my goals is:

My ideal evening routine to support my goals is:



step 9. MAKE A PLAN + GET TO WORK

Plan out your day the night before or plan out your week in a Sunday planning session. Plan out your family dinners, your healthy meal plans, your workouts, your most important tasks, date night, CEO/ boss time, etc. Look ahead at the year and list out on sticky notes or in the empty note space of your monthly calendar in your planner: projects/launches/events/travel/expenses that may or will take place each month. Is there a month (months) that are routinely heavy? How will you prepare for it to go as smoothly as possible? What can you eliminate from that month or get done ahead of time? Each season is going to require a different version/level of us.

Note: There are a lot of influencers who preach the workworkworkwork, moremoremore, hustlehustlehustlehustle approach to life. I don't do that - I believe that often less is more and that you MUST make space and time in between the hustle and work to rest and relax.

This week for self-care I will:

★ **TIP:** Consider incorporating a daily meditation practice into your days. Even 5-10 minutes is beneficial. My meditation teacher always says that when you don't have time for meditation is when you need it most.



step 10. COMMITMENT, MOTIVATION, PATIENCE AND CELEBRATION!

Commit to yourself and your future. Be consistent and work on your goals a minimum of 30 minutes a day for 30 days straight (if you can) to gain momentum. Track your goal work or healthy habit progress with our 30-day challenge tracking sheet. If you get off track, get back on.

Check out our 30 for 30 resource library at www.commit30.com

Motivation. I really believe that you have to dig deep each day to find motivation. Pull out that vision board – sleep with it if you have to, and remember why you started this journey in the first place. Imagine how it will FEEL to achieve your goals!

You don't find motivation, you create it.

When you aren't feeling motivated or you face unplanned obstacles what are some things you can do to increase your motivation and get back to work? We suggest looking at your vision board and reviewing the progress you've already made. **I will stay motivated by:**



Jenny Newcomer is the Founder and Chief Goal Officer of Commit30, an organizational and paper goods company whose mission is to inspire others to commit to their goals and dreams through products, workshops, and online courses. Jenny has an extensive background in nonprofit management, organizational

development and event planning prior to starting Commit30 with her husband in 2015. Commit30 has helped hundreds of thousands of people, mostly busy women, commit to living their best lives and making time for what matters most. As a cancer thriver/survivor, Jenny knows first hand how important it is to commit to living your dreams now and not someday.

Affirmations. Here are some affirmations I can repeat to myself when feeling stuck or unmotivated.

I am

I am

I am

Examples: I am creating the life of my dreams.

I am focused, committed, and will never quit.

I move through each day with energy and purpose.

Patience. Patience is absolutely necessary when it comes to achieving your goals. Small steps overtime = big results in the long run. Remember some days are better than no days. Progress > Perfection.

There is no elevator to success. You have to take the stairs.
—Zig Ziglar

Celebration and Rewards. Make sure to plan your reward or month-end celebration when you hit your 30-day goal! Go buy yourself a bouquet of flowers or treat yourself to a pedicure. Rewards serve as powerful motivators. Celebrate all of your small wins along the way!

My reward ideas:



For more information visit: www.commit30.com

For ongoing goal-getting tools, tips and motivation, visit www.commit30.com and subscribe to our newsletter or join our private facebook Commit30 goal-getters group.

For a more in-depth, online, self-paced goal-setting workshop program check out: www.commit30.com/product/goal-workbook/



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