

Start feeling **a little bit better.**

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*Goal Get Kit!*

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# 12 Fresh Starts! [Getting focused & month-end review]

12 chances to reflect, reset and redirect! 12 times for intentional goal getting and setting!  
Use the top section at the start of the month; the bottom at the end. Keep it short and to the point!

## Month:

Focus/intention/goal:

Which actions (steps/micro goals) WILL I do?

## Month--end review

Where are you now, in relation to your focus/goal?

Which actions (micro steps/goals) DID I do?

What didn't work? What are/were my challenges? (This could be left blank if you are slaying it!)

What did work and/or what will you try next time? (List anything that feels like it moves you towards your focus, no matter how small; this area may be blank if not required!)

Insights/Lessons learned:

## Remember R.I.S.E.

**Release** negative thoughts, emotions and self-talk.

**Investigate** what didn't work (don't agonize, simply acknowledge and collect the data)

**Set** a new or revised plan with intention; include steps needed so you know your actionables

**Execute** with focus, optimism and openness!

*a little bit better*

# Plan This Goal!

Brainstorm time! Name your goal and write what you *think* you need to **do and consider** in order to go get it. Be intentional. Say it *out loud* to start wiring your brain to believe and work towards this goal!

I will...  
(be specific!)

What I know I don't know...  
(Pieces that feel like obstacles)

Money, money, money...  
(Associated costs - items and amounts if you know them)

Who I can reach out to:  
(You don't always have to do it all yourself!)

Rough time line  
(Outline milestone markers - when they will occur)

## Goal map brainstorming.

- Jot down (point form) as much as you can about what you need to do to get your goal.
- Who can help? (Speak to companies, mentors, clients, friends, use your network!)
- How much do you *think* things will cost?
- How long will things take?

~ It's okay if you get some things wrong.  
You need to start somewhere! Adjust later.

a little bit better

# Goal Focus

Wishes are wonderful, they lead to Goals! BUT...Goals stay wishes without intentional focus!

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What do YOU want? Write it **BIG** and **BOLD**!

(Don't worry about logistics yet! If you could wave a wand and make something happen for you, what is it?)

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How will you **FEEL**, **LOOK**, **BE**, **ACT** and **HAVE**, and **WHERE** will you be, when you get it? (What does it look like when you have achieved your goal? Be specific! Use words or draw!)

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What steps do I need to take?

(List anything that you need to do - or not do - along the path to achieving your goal)

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Which step can I take now?