



*SETTING BRILLIANT GOALS
...THAT STICK*

Workbook



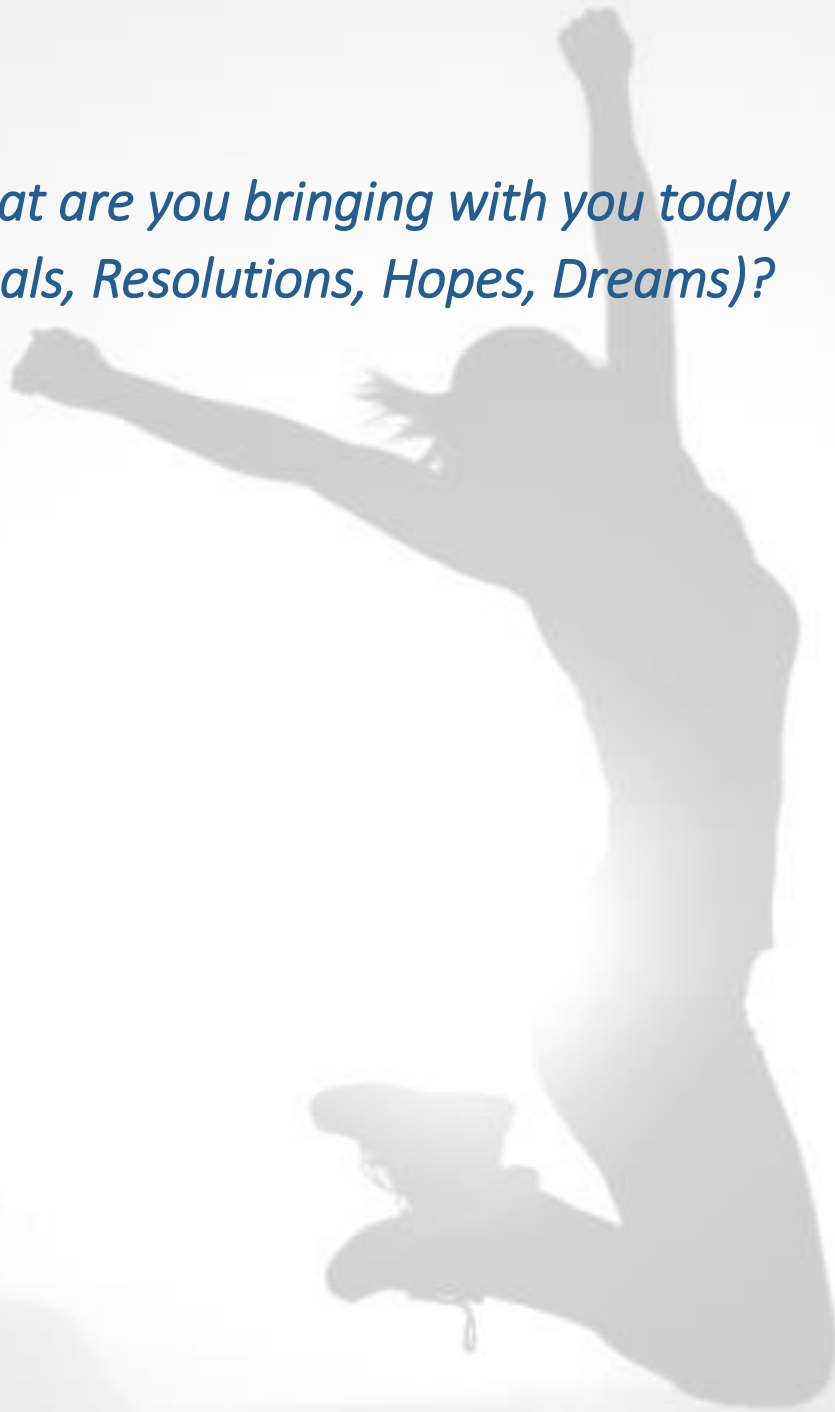
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What is your INTENTION for TODAY?

On a scale of 1-10, how committed are you to this intention?

*What are you bringing with you today
(Goals, Resolutions, Hopes, Dreams)?*





Body Compass Exercise

1. *How did it feel when your experience was sad or disappointing?*

2. *How did it feel when your experience was absolutely great?*

MIND MAPPING

BODY....HEALTH....CAREER.....SELFCARE....ROMANCE....FAMILY....MONEY....

HOME....FRIENDS....FUN....SPIRITUALITY

2017

RESOLUTIONS and Goals:

Resolution #1:

Turtle Step Goal:

Future Bold Action:

Resolution #2:

Turtle Step Goal:

Future Bold Action:

Resolution #3:

Turtle Step Goal:

Future Bold Action:



ACCOUNTABILITY

Who?

When?

Where?

Format?



Avoid these common mistakes!

- 1. Failing to ground your goal in a dream or resolution*
- 2. Falling in love with the plan*
- 3. Wanting to know in advance HOW it will all unfold*
- 4. Setting unrealistic (too big) goals*



SETTING BRILLIANT GOALS... that STICK

- 1. RELAX and engage your INTUITION*
- 2. BRAINSTORM freely about what you really want*
- 3. Distill that down to a few ALIGNED resolutions*
- 4. Create some “TURTLE STEP” goals to get you in motion*
- 5. Once you’ve created a new, SMALL HABIT, set a new turtle step*
- 6. From time to time, take a BOLD action*
- 7. Keep yourself ACCOUNTABLE by working with a buddy*

BONUS

What ONE WORD will be your theme this year?

Resources



Martha Beck – [Steering by Starlight](#)

John C. Maxwell – [Put Your Dream to the Test](#)

Stephen Guise – [Mini Habits](#)

Andrew Newberg, MD and Mark Robert Waldman -
[How Enlightenment Changes Your Brain](#)