

The Goal Achievement Method® Worksheet

Purpose - Focus - Clarity

Goals and Intentions - 2016

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Vision: Be Seen, Engage		Talents, strengths:		Areas of resistance:			
As Evidenced By:	Deeper presence, resonance; more connected spiritually; followers on podcast, social media; people seek me out for events, radio interviews and other PR; people engage with me and want to work with me; able to effortlessly increase my rates; book publisher commits to work with me on next book			Healing/coaching talents; people enjoy/connect w/ my voice; mindfulness/healing presence; my own maturity / wisdom; love presenting / facilitating; love humor, spiritual and pers dev topics, science, philosophy; many spiritual experiences		Focus/distractions; activities around the house/hobby requests; feeling "lost"; my health / stamina; want to hide; fear of criticism; perfection; fear of being not enough; I take myself out of groups / separate; fears re: being "big"; belief that I am poor at long term commitments	
	Goal / Intention	Support Vision?	Motivation?	Next Steps	Status	Hurdles	Enablers
Publish	Podcast - 50K downloads	Yes - being seen by many, some loyal fans	100% - I really enjoy writing, recording, publishing	iTunes launch! - develop plan, enlist support; use swipe file info	Current downloads: 194 over 3 months; scheduled tweets during vacation, helped a lot w stats	Feels "big" (fear); not wasting time/\$ on ineffective efforts	Many friends; can buy advertising to drive #s; I have calendar set up
	Newsletter - 1000 subscribers	Yes - being seen by many, some loyal fans	80%	Improve website for more compelling call to action and branding; Read email books (2)	Engaged w/ graphic artist - improve branding and messaging. Correcting a lot of mistakes	A lot of work to build/maintain; technology	Hire expert to make it easy, guide me
	Book publishing - promote HTCEH, next book ready to publish	Yes - being seen by many, some loyal fans	100% - loved writing first book	Write outline/back book cover; Amazon promotion; record ACX Audible book	Signed up for 2 Twitter services book promo; daily feed x 6, many RTs by ppl with huge followings	Time; focus; prioritization vs. earning (seeing clients, podcast, etc.)	Use podcast material for book; friends have publishers
Business	12 weekly clients (steady)	Yes - clients like What About Me program, 1:1 sessions	100% - love working in sessions "I get to do this"	Consolidate client roster; review current DB; develop re-engagement plan	Just back from vacation will address next week	Build a large funnel; keep intention to invite, engage vs. "sell"; mindset	My "name" is getting out there, more known in community
	17 workshops / events completed (12 are monthly meditation)	Yes - more groups, more dialogue	100% - I am an excellent public speaker, facilitator	Execute HS workshop Jan 6; find another venue to repeat	Moved to new location for meditation group	I keep "ignoring" my Meetup group; need to network more	My "name" is getting out there, more known in community
	Drive engagement, eg., FB following for MCP page = 3000+	Yes - place to engage with many	100% - I have to keep thinking of these as "friends"	Review SM info on my hard drive; improve FB engages skills; copywrite training step 1 CM 12/31		Feels out of control to engage with that many people; lots of work	Hire VA/intern to assist with process, updates; automate?; copywrite online training
Spiritual	Ascend to next level of thinking - 1:1 >> many, groups, audience	Yes - shifting to thinking bigger > help me step out of (small) comfort zone	80% - desire to "break out" and get over this fear of being seen	Goals for meditation; listen to guidance; follow thru w/ HH		Feels out of control, fear of vulnerability	HsuanHua :-); other coaches to support
	Disciplined in meditation - tasks, questions, guidance	Yes - feel more supported	100% - I can get "lost" in meditation, more focus will help tremendously	Develop questions to ask in meditation; ask for "to do" list		Keeping focus, following guidance	Strong foundation; great connection already
	Operating with "one" brand, focus, voice	Yes - integrate and leverage, unify efforts >> multiply impact	100% - step into this "new" me, authentic, full skills and talents	Assess what needs to be integrated; develop plan and due dates	Engaged graphic artist to improve overall branding on website	Work required to unify resources, packages, offers, etc.	My intention, meditation, ability to visualize; resources (PR, marketing)
Financial	1/2 of clients "premium" level	Yes - more engagement, move to next level of impact and engagement	100% - build upon steady base of clients; want a waiting list	Develop premium package by 1/31		Learning curve; need to be "seen" for people to want to work with me	Online training, support, coaching and support to help me make the shift
	ICF PCC completed	Yes - increased credibility	100% - desire to commit to ICF community in this "new" way, credibility	Review application requirements by 1/8	Pass ICF competency exam, awaiting certification. Next up PCC	Tracking of hours - follow up w/ contacts for documentation	ICF path pretty clear; client records document plenty of hours by now
	Revenue = \$75K (clients, publishing); \$150K for 2017, passive income (books, online products)	Yes - sustainable business model (vs. "hobby")	100% - I can shift my thinking and beliefs	Track numbers - current and develop goals for each month		Current selling model, need to plan and migrate	Many have traveled this path before, not new; pay attention to network
Best Celebration of the week:	getting this in motion, recommitment			Worst distraction of the week:	IRS audit consuming more time than I want		
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