### Goals and Intentions - 2016

#### Vision:
**Be Seen, Engage**

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

**Areas of resistance:**
- 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

**Talents, strengths:**
- 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

**Hurdles**
- Work required to unify offers, etc.
- Mindset vs. "sell"; mindset intention to invite, engage vs. "network" more

#### Support Vision?
- Yes - integrate and leverage, unify efforts >> mildly impact
- Yes - place to engage with many
- 100% - I have to keep thinking of these as "friends"

#### Motivation?
- 100% - love working in sessions "I get to do this"
- Yes - being seen by many, some loyal fans
- 80%

#### Next Steps
- Consolidate client roster; review current DB; develop re-engagement plan
- Execute HS workshop Jan 6; find another venue to repeat
- Review SM info on my hard drive; improve FB engages skills; copywrite training step 1 CM 12/31

#### Status
- Just back from vacation will address next week
- Moved to new location for meditation group
- Feels out of control to engage with that many people; lots of work

#### Enables
- Hire VA/intern to assist with process, updates; automate?; copywrite online training
- Use podcast material for book; friends have publishers

#### Goal / Intention

<table>
<thead>
<tr>
<th>Publish</th>
<th>Business</th>
<th>Spiritual</th>
<th>Financial</th>
</tr>
</thead>
<tbody>
<tr>
<td>Podcast - 50K downloads</td>
<td>12 weekly clients (steady)</td>
<td>Ascend to next level of thinking - 1:1 &gt;&gt; many, groups, audience</td>
<td>1/2 of clients &quot;premium&quot; level</td>
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<tr>
<td>Newsletter - 1000 subscribers</td>
<td>17 workshops / events completed (12 are monthly evaluation)</td>
<td>Disciplined in meditation - tasks, questions, guidance list</td>
<td>ICF PCC completed</td>
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<tr>
<td>Book publishing - promote HTCCH, next book ready to publish</td>
<td>Drive engagement, eg., FB following for MCP page = 3000+</td>
<td>Operating with &quot;one&quot; brand, focus, voice</td>
<td>Revenue = $75K (clients, publishing); $150K for 2017, passive income (books, online products)</td>
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<tr>
<td>Yes - being seen by many, some loyal fans</td>
<td>Yes - clients like What About Me program, 1:1 sessions</td>
<td>Yes - shifting to thinking bigger &gt;&gt; help me step out of (small) comfort zone</td>
<td>Yes - more engagement, move to next level of impact and engagement</td>
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<tr>
<td>100% - I really enjoy writing, recording, publishing</td>
<td>100% - I am an excellent public speaker, facilitator</td>
<td>80% - desire to &quot;break out&quot; and get over this fear of being seen</td>
<td>100% - build upon steady base of clients; want a waiting list</td>
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<tr>
<td>Improve website for more compelling call to action and branding; Read email books (3)</td>
<td>100% - I have to keep thinking of these as &quot;friends&quot;</td>
<td>100% - I can get &quot;lost&quot; in meditation, more focus will help tremendously</td>
<td>100% - step into this &quot;new&quot; me, authentic, full skills and talents</td>
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<tr>
<td>Write outline/back book cover; Amazon promotion; record ACX Audible book</td>
<td>100% - love working in sessions &quot;I get to do this&quot;</td>
<td>Goals for meditation; listen to guidance; follow thru w/ HH</td>
<td>Develop premium package by 1/31</td>
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<tr>
<td>Signed up for 2 Twitter services book promo; daily feed x 6, many RTs by ppl</td>
<td>Consolidate client roster; review current DB; develop re-engagement plan</td>
<td>100% - get rid of &quot;distractions&quot; and &quot;tests&quot;</td>
<td>Develop premium package by 1/31</td>
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<tr>
<td>Time; focus; prioritization vs. earning (seeing clients, podcast, etc.)</td>
<td>Review SM info on my hard drive; improve FB engages skills; copywrite training step 1 CM 12/31</td>
<td>Develop questions to ask in meditation already</td>
<td>Review application requirements by 1/8</td>
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<tr>
<td>Build a large funnel; keep intention to invite, engage vs. &quot;sell&quot;; mindset</td>
<td>Feels out of control to engage with that many people; lots of work</td>
<td>Engaged graphic artist to improve overall branding on website</td>
<td>Pass ICF competency exam, awaiting certification. Next up PCC</td>
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<tr>
<td>Use podcast material for book; friends have publishers</td>
<td>My &quot;name&quot; is getting out there, more known in community</td>
<td>Work required to unify resources, packages, offers, etc.</td>
<td>Tracking of hours - follow up w/ contacts for documentation</td>
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<tr>
<td>Many friends; can buy advertising to drive #s; I have calendar set up</td>
<td>My &quot;name&quot; is getting out there, more known in community</td>
<td>My intention, meditation, ability to visualize; resources (PR, marketing)</td>
<td>ICF path pretty clear; client records document plenty of hours by now</td>
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<tr>
<td>Many clients; some loyal fans</td>
<td>Many friends; can buy advertising to drive #s; I have calendar set up</td>
<td>hire an expert to make it easy, guide me</td>
<td>Many have traveled this path before, not new; pay attention to network</td>
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### Best Celebration of the week:
- getting this in motion, recommitment
- IRS audit consuming more time than I want

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