



GOAL SETTING + VISION BOARD WORKSHOP

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2019 IDEAS

LET'S GET MESSY!

What comes to mind first as you think about the months ahead, and what do you hope it will look like? What do you want to grow or change? Write some initial thoughts or ideas here -- get messy!

GETTING TO KNOW ME

Your answers don't have to be perfect, and feel free to write your own!

WORDS THAT DESCRIBE ME:

- Introverted
- Silly
- _____
- Extroverted
- Serious
- _____
- Spontaneous
- Emotional
- _____
- Organized
- Patient
- _____

MY HOME/PERSONAL SPACE IS USUALLY:

- Clean and organized
- Full of personal mementos
- Colorful
- Lived-in and lively
- Relaxing and laid back
- _____
- Full of Friends
- _____

Favorite color(s): _____

Song I love right now: _____

WAYS I'M MOST ENCOURAGED

- Affirming words
- Quality time
- Acts of kindness
- Surprises
- Meaningful gifts
- _____
- Hugs and affection
- _____

THINGS I LOVE TO DO:

_____	_____
_____	_____
_____	_____

MY BEST MEMORIES INVOLVE:

- Spending time w/friends & family
- Experiencing something new
- Accomplishing a goal
- Doing an activity I love
- _____

I LOVE BEING AROUND PEOPLE WHO:

- Are fun-loving & laid back
- Are driven & dedicated
- Challenge me
- Encourage me
- _____

I FEEL MOTIVATED WHEN:

- Someone encourages me
- I'm challenged or pushed to soar
- I try something new
- I'm incentivized by something
- _____

I AM GRATEFUL FOR:

_____	_____	_____
_____	_____	_____
_____	_____	_____

WHO I AM REALLY

MY NAME IS:

I AM A (THINK BEYOND JOB TITLE HERE!)

IN THE PAST, I HAVE:

BUT NOW, I'M READY TO:

I VALUE:

THE STORY OF WHERE I STARTED TO WHERE I AM NOW, IN A FEW WORDS:

WHY I WANT TO BE INTENTIONAL WITH MY GOALS NOW:

LIFE EVALUATION

How are you? Really: how are you? Let's look at each area of our lives and do a little check-in. In order to start a new, we first must know where we are coming from.

Look at the life areas below and evaluate how you are doing in each one. Give each area of your life a rating between 1 and 10, along with a few thoughts on why you chose that number. 1 means you are not satisfied in the area, and want to see major change. 10 means you are happy as can be!

Once you've written everything out, be still with your feelings and thoughts for a moment -- wherever they may be -- without trying to judge or push them away immediately. If you're like me, you want to fix circumstances right away instead of letting yourself feel anything at all. So I want to encourage you to sit and see each box for what they are, knowing that in due time you can make any change you want.

HEALTH

1 2 3 4 5 6 7 8 9 10

FRIENDS

1 2 3 4 5 6 7 8 9 10

SPOUSE

1 2 3 4 5 6 7 8 9 10

FAMILY

1 2 3 4 5 6 7 8 9 10

FINANCES

1 2 3 4 5 6 7 8 9 10

PERSONAL GROWTH

1 2 3 4 5 6 7 8 9 10

RECREATION

1 2 3 4 5 6 7 8 9 10

WORK

1 2 3 4 5 6 7 8 9 10

WHAT FIRES ME UP

What are the things that fuel you to make what matters to you happen? If being creative, hugging your kids, laughing with your husband, the ocean, or baking cupcakes for your neighborhood points you to what matters, do those things. Write them, sketch them, or collage them here -- **and then do them!**

ALL THE THINGS

Here's where things get fun! You know what worked and what didn't work. You learned some valuable lessons the last 12 months. You are starting to see the big picture more clearly. So, what is not in that picture this year? Name the things that are holding you back (or could potentially hold you back) from making what matters happen.

Read over all you've written so far. What are you going to say to need to say yes to more often in order to live intentionally? Be bold with this list as you say yes to what matters. **GO GET IT!**

MY GOALS

You don't have to have six goals -- use as many as you need for your season of life. And remember: your words don't have to be perfect.

GOAL 1:

YOUR WHY:

GOAL 2:

YOUR WHY:

GOAL 3:

YOUR WHY:

GOAL 4:

YOUR WHY:

GOAL 5:

YOUR WHY:

GOAL 6:

YOUR WHY:

ACTION PLAN

GOAL:

YOUR WHY:

The positive effect taking action on this goal may have? How will this goal change you?

Encouraging words:

How I will feel in six months having made progress on this goal:

How I will celebrate making progress on, or completing this goal:

How I will know I accomplished or made/progress on this goal, or what progress looks like on this goal:

Resources or people to ask for guidance:

GOAL REVIEW

MONTH: _____

A content life happens when we cultivate gratitude. Put a reminder on your calendar to cultivate gratitude using this worksheet at the end of each month.

THIS MONTH, I AM GRATEFUL FOR:

SOMEONE I AM GRATEFUL FOR AND WHY:

SOMETHING I AM GRATEFUL FOR AND WHY:

PROGRESS I'M CELEBRATING:

I AM CHOOSING GRACE OVER GUILT:

GOALS THAT ARE GOING WELL:

FAVORITE MEMORY FROM THIS MONTH:

GOOD LESSON LEARNED:

WHAT I AM SAYING NO TO NEXT MONTH:

WHAT I AM SAYING YES TO NEXT MONTH: