



THE ULTIMATE GOAL CRUSHING *guide*



happy new year!

Hey, Friend! There is no better time for a fresh start than a new year. No matter where you're at in your journey, now is the perfect time to take control of your life in new ways. Understanding how to set attainable goals is a key factor in sustainable change.

Setting clear, meaningful goals and working towards them step by step is how you get the results you're looking for. One of the most important parts of creating effective goals is truly understanding the purpose behind them!

This is where I come in! I've created The Goal Crushing Guide to help you stay organized and set yourself up for success! As you work through this guide, I encourage you to take the time to thoughtfully and intentionally work through the prompts, being honest with yourself. This could be the year everything changes!

Let's get started!

Nicole

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YOUR "WHY"

finding your purpose

When you understand yourself and your purpose, it's easy to filter every decision and opportunity through that lens. This allows you to make choices that align with who you are and cuts down on the frustration of getting stuck in something that doesn't serve you or push you closer to your goals. Use this exercise to dig deep and hone in on what drives you, setting aside some time to work on this section with intention and honesty.

THOUGHT PROMPT



digging deep to find the gold

Take some time to reflect and answer each prompt. There are no right or wrong answers. Let go of the pressures and expectations and answer from the truest part of yourself. It's ok if the answers don't match up with where you feel your life is at, self-discovery and alignment is a **PROCESS** we will be walking through for the rest of our life.

1. When have you felt the most alive and electrified? What were you doing?

2. When people come to you for help, what is it typically for?

3. What motivates you?

4. What activities make you lose track of time?

5. What does success look like to you?

6. Who inspires you, and why?

7. What issues in the world would you like to have a personal impact on?

8. What are your top 3 talents or abilities?

9. If you *had* to teach something, what would it be?

10. If you were financially secure and didn't have to work, how would you spend your time?

11. What is your life's mission? How do you best help/serve others?



CORE VALUES

discovering what guides you

Now that you've explored some of the things that shape your purpose it's time to focus on the principles that will guide you. Your core values represent your deeply held beliefs, and your highest priorities, These are the fundamental driving forces that you navigate life from.

THOUGHT PROMPT



getting to the root of it

As you work through each prompt think about some of the feelings and thoughts you had in those moments. What were your greatest takeaways? How did those experiences shape your life's priorities?

1. Think of a time you faced a big challenge or adversity. How did you overcome, what behaviors helped you succeed?

2. Think about a few people you admire, how would you describe each person using just one word or phrase?

3. How do you want your life to FEEL and why?

4. What do you think is missing from your life?

5. When something goes wrong, who do you turn to for answers and support?
What about them draws you?

YOUR CORE VALUES



the inner compass

After thinking about your past experiences, focus on the themes and qualities you see. Do they have anything in common, family, support, adventure, and safety? What qualities were necessary to get you to or through those experiences, what are the feelings you look for in life? Now take your themes and qualities to come up with your 10 most important values. These values are what guide you and when you align them with your purpose you begin to build a fulfilling life.

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MOVING FORWARD

getting out of your own way

We've all wanted to make changes, started strong and then fizzled out a week or a month later. Most of the time, it's because we are so excited to get to our goal that we start without any real plan. Good intentions may work for a little while, but without a plan of action, that fuzzy fresh start feeling fades QUICK.

So what's going to be different this time? I think that fact that you have done the deep work to find your purpose and your core values will allow you to make goals that you can actually stick to! In this next section, we'll work through the goal-planning process. Learning how to effectively set goals is what makes this time different.

3 REASONS PEOPLE NEVER REACH THEIR GOALS

...and what to do instead



1. CHANGING TOO MUCH TOO FAST

- Real sustainable change takes consistent steps towards your goals. In the age of instant gratification, it's easy to want to make major changes all at once to get to the end result faster. Ditch the urge to completely overhaul your life and focus on the small steps you can take daily to reach your goals.

2. POOR PLANNING

- Every goal needs a clear plan of action with measurable results. One of the biggest mistakes we make is just winging it and relying on willpower alone to get us to the finish line. Taking the time to format a realistic plan of action is what will help carry you through the inevitable progress slumps.

3. PROCRASTINATION

- Most people don't think "I'll never be able to...", they think "I'll start tomorrow". The all-or-nothing mindset can hold us back, whether it's analysis paralysis or a fall off the wagon don't let it keep you from making a step forward. Progress is progress no matter how small. Remember small consistent steps are key.

SETTING S.M.A.R.T GOALS



so you actually crush them

Using the S.M.A.R.T. method is an excellent way to make sure your goals are within your reach! Breaking down your goals this way provides clarity and ultimately sets you up for success. When setting goals it's important, to be honest with yourself and think through any potential roadblocks. You got this!

S - Specific - What do I want to accomplish?

Get into the nitty-gritty! Saying, "get healthy" just isn't going to cut it. Get as specific as possible with your goals, this is a crucial factor in measurability.

M - Measurable - How will I know when it is accomplished?

Get clear on what success looks like for your goal. When the day comes (and it will) and you don't want to keep pushing you're going to need to see how far you've come. Set benchmarks for yourself along the way.

A - Achievable - How can the goal be accomplished?

This is where you need to get honest with yourself, is this a realistic goal for you? Make sure your steps are within your power to achieve. Don't set yourself up for failure by building a plan that requires you to be "perfect" all the time.

R - Relevant - Does this seem worthwhile?

How does this goal play into your life? Everything you work for should be aligned with what you believe, value, and want for yourself in order to live your best life.

T - Time-Bound - When can I accomplish this goal?

Set a realistic timeline for your goal. Break that timeline down even further and tie your benchmarks or smaller goals in. Don't be afraid to build in some rewards along the way, sometimes we need a boost along the way to stay motivated.

UNDERSTANDING YOUR GOALS



connecting to your "why"

It's important to get to the root motivation of any goal. Figuring out if they align with your purpose and core values is a key part of your success. Use this chart to work through your goals, checking that they are in alignment with the type of life you want to build.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?

GOAL PLANNER

Goal:

Motivation:

Start Date: Deadline:

ACTION PLAN:

Action Step	Deadline
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Notes



CREATING BALANCE

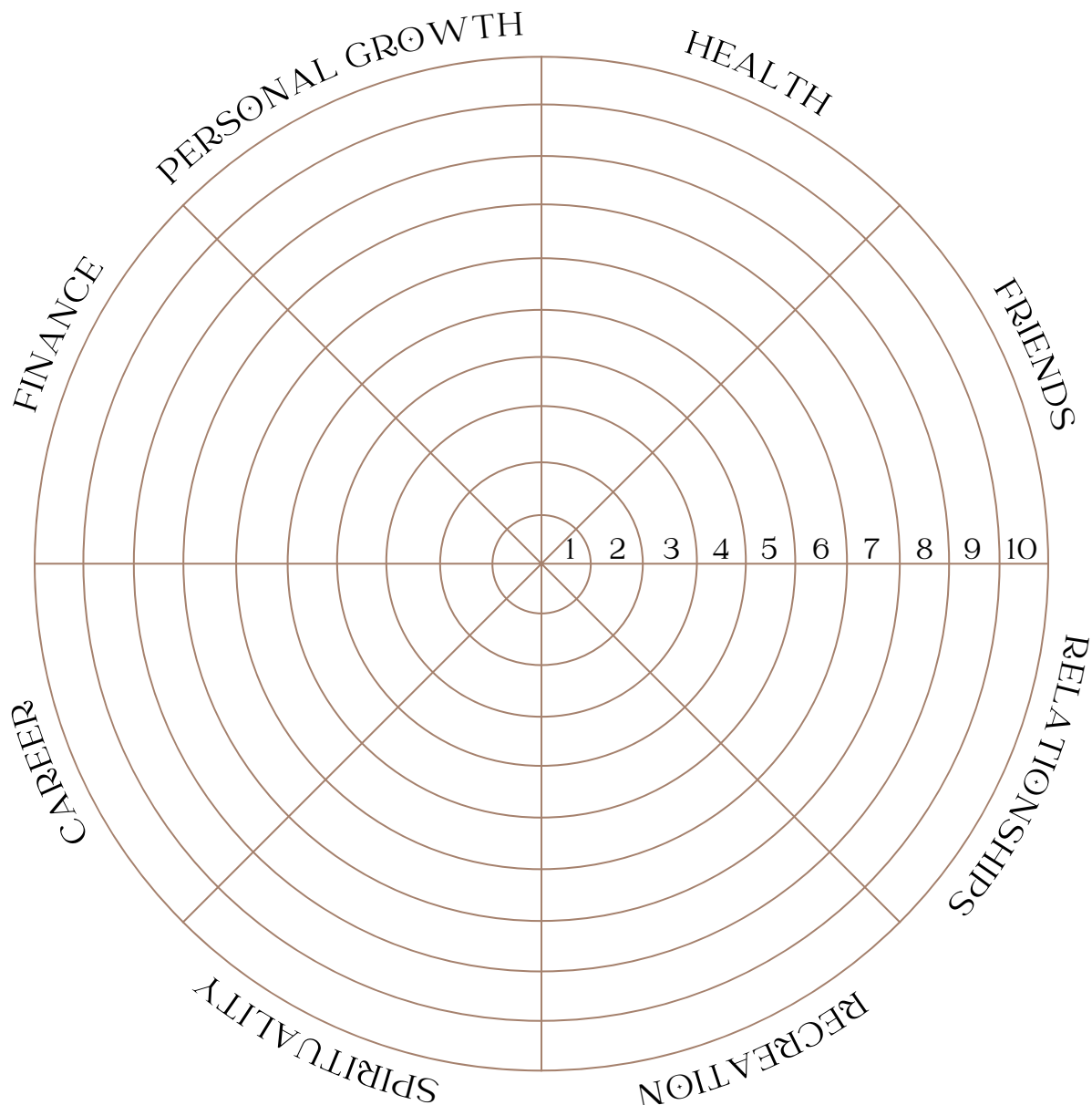
leaning into the rhythms of life

This section will give you a few tools perfect for self-reflection and taking a step back to see how far you've come. It's easy to get caught up in the hustle of making changes and working towards your goals. But don't forget that life is about balance. So take the time to reflect, decompress and be present in the moment. Enjoy the process!

THE WHEEL OF LIFE

The Wheel of Life contains eight sections that together, represent one way of describing a whole life. You can use this tool to help identify your level of satisfaction in these areas from month to month. You'll go through each category and rate your current level of satisfaction in each area. 0 means unsatisfied, and 10 means highly satisfied.

Use this wheel to track your monthly progress, Save or print extra copies!



WEEKLY GRATITUDE

finding the good in every day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

DAILY AFFIRMATIONS

I exist within a universe of possibilities
I attract abundance
I have amazing strength within me
Beautiful things are coming into my life
I follow my dreams with passion and certainty
I love and approve of myself
I am right where I am supposed to be
I radiate positivity
I am grateful for my life
I am strong and confident
I am becoming the best version of myself
I am fearless
I am not my past. I am creating my own future
I trust my abilities
I am gifted
The universe wants me to succeed
I am safe and secure
My thoughts become my reality

VISION BOARD





TAKING CHARGE

doing the dang thang!

Now that you have done the digging and know how to set goals, it's time to DO IT! Another key factor in your success will be finding the right support. There is so much power in accountability and a community of people who are working towards their goals together. That energy is contagious!

NOTE: CUSTOMIZE THE INFORMATION ON THIS PAGE TO REFLECT ANY OFFERS/PROGRAMS YOU CAN PROVIDE. INCLUDE ANY CALL TO ACTIONS THEY CAN TAKE!

THE RIGHT SUPPORT



getting connected

If you are ready to tackle your health and wellness goals, let's talk! Studies show that you are 65% more likely to reach your goals when you have accountability. There are a few different ways I can help you crush your goals.

JOIN MY SUPPORT GROUP

If you are ready to rock 2023 and chase your health and wellness goals email me at nicole@popefitness.com with the subject line: Take Control!

what next?

- We'll chat about your vision, goals, and what you hope to achieve. We'll narrow down the specifics and get you set up with the perfect plan for you.
- I'll add you to my January accountability group!
- We'll create a time for check-ins so I can support you in any way you need!

YOU CAN ALSO...

JOIN MY TEAM!

- If you're ready to take control with me this year, send me an email at nicole@popefitness.com with the subject line: Taking Control With You!

what next?

- We'll chat about your business goals and what kind of business you want this to be.
 - Just for the discount?
 - Hobby?
 - Full-time, eventually?
- I'll add you to my exclusive group and get you acquainted with the rest of my tribe. Trust me, you'll fit right in!
- We'll get you set up with the perfect trainings to get your business started on the right foot and help as many people as you can!
 - Don't worry about a time crunch - the beauty of being your own boss is working when, where, and how much you want!

*“Every accomplishment
starts with the decision
to try.”*