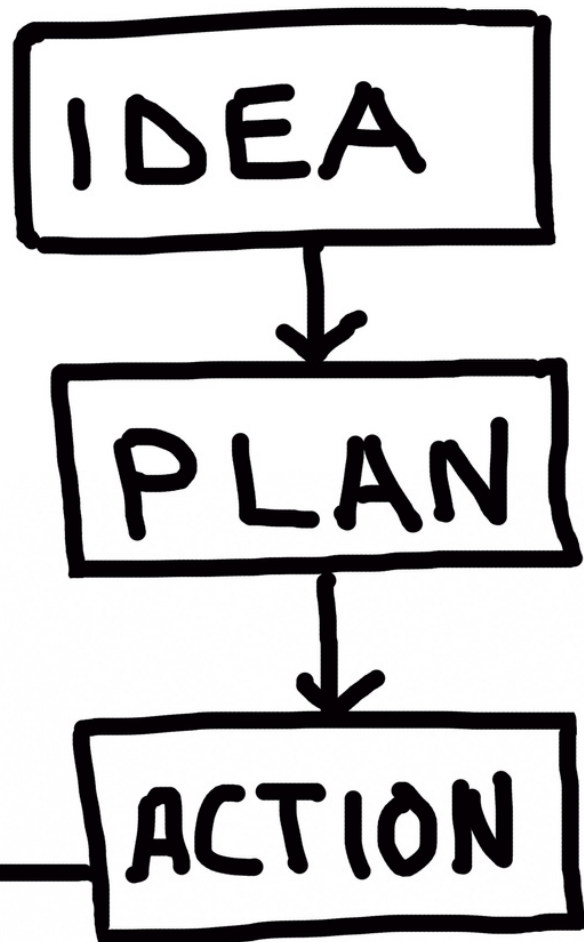


CREATING GOALS THAT ARE WORTHY OF YOU



Women
TAKING THE LEAD 

Your Year in Review

1. What were the successes and opportunities you've had in the last year?

Don't overlook small wins. Sometimes acknowledging the wins can be harder than seeing the mistakes or goals not achieved.

2. What worked? What allowed for these successes and opportunities to happen?

3. What are the lessons you learned in the last year?

Think of the things that happened that prompted you to think, “I won’t be doing that again” or “I need to do that differently next time.”

4. What surprised you in the last year?

What results, outcomes, opportunities, or consequences did you not expect - good, bad or neutral?

5. In your entire life which achievements are you most proud of?

6. What do you want?

Think about your values, the lifestyle you want to live and the contribution you want to make to the world. Don't hold back and don't worry about *how* it's going to happen. Be honest about what you want to happen in the coming year.

7. Circle the repeating words/themes, or the words with the most emotional charge, from the questions above.

8. Of the words you circled pick 3-4 and list them below. These will form your **focus areas**.

9. Choose a Goal that Represents Success for You

Choose and define a goal for each focus area above; something that would represent success for you in that area and also stretches you. Make sure the goals you choose **reflect your core values and get you excited**. A goal that is worthy of you calls you to express the best parts of you and motivates you to keep going, even when staying on track is tough.

Putting Your Goals into Action

10. Of the goals you chose, which is your top priority? Put it below.

Perhaps there is one goal that would have a big impact and make it easier to accomplish the other goals?

11. List out all the things that would need to happen in order to achieve the goal you selected.

12. Use the space below to brainstorm the many ways someone could partner with you and contribute to the achievement of each of your goals.

13. If your goal would take longer than 3 months to achieve, use the space below to break your goal down into phases.

14. What can you reasonably accomplish towards this goal in the next month?

Try to break the tasks down to tasks that would take no more than 60 minutes. Also, if you are able to hire, delegate, or get help, identify who will do each task.

Task	Timeframe	Assigned To:	Due Date:

15. When will you work on this goal?

Be specific! “When I have free time” doesn’t exist.

16. What will you need to STOP doing to make time for this goal?

It could be scrolling social media, changing a commitment, delegating household chores, etc.

17. How will you celebrate when you've finished your tasks for the month?

Pick something that feels good to you and rewards you in a way that doesn't go against your goal.

Let's keep in touch!

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