GOAL SETTING CHALLENGE

BY SARA FERNANDES

WELCOME!

In this Workbook you'll find different ways to track your Goals, choose the one that best suits you and start writing!

A few tips:

- Write your goals by hand, there's something very powerful that happens when you do that;
- Start by journaling about what your goals may be and why you want to pursue them. Give yourself 10 to 15 minutes to do this;
- You are allowed to change your goals, they may seem set in stone today, but they are not, you evolve every single day so, your goals may too!

I hope you enjoy the process, it doesn't need to be hard or overwhelming and you can always come back and tweak them.

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30-Day Goal Clarity Challenge

This month, take your dreams from ideas to achievable steps with our 30-Day Goal Clarity Challenge! Each week guides you through the essential steps to transform aspirations into action. Join us on this journey to set, plan, and start achieving a goal that excites and motivates you.

Week 1: Define and Dream

Focus: Finding what truly matters to you.

Day 1:
Dream Big – Write down a list of dreams. No limits—anything goes!

Day 2:
Identify Key Areas – Decide which life area (e.g., career, health, relationships) you most want to focus on.

Day 3:
Discover Your 'Why' – Reflect on why this area is meaningful for you and write it down.

Day 4:
Visualize Success – Take a few minutes to close your eyes and imagine achieving this goal. How do you feel? What do you see?

Day 5:
Define Your Values – List your core values and think about how this goal aligns with them.

Day 6:
Write a Personal Mission Statement – Create a short statement that captures your aspirations and purpose.

Day 7:
Summarize Your Vision – Put it all together by summarizing your vision for this goal in one paragraph.

Week 1

Week 2: Set Specific Goals

Focus: Turning dreams into SMART goals.

Day 8:
Turn Dreams into Goals – Choose one key dream and turn it into a specific goal.

Day 9:
Make It Measurable – Define how you'll measure success for this goal.

Day 10:
Set Achievable Milestones – Break your goal into smaller steps or phases.

Day 11:
Keep It Relevant – Ensure this goal aligns with your life vision and values.

Day 12:
Set a Timeframe – Determine a realistic timeframe to reach each milestone.

Day 13:
Write Out Your SMART Goal – Refine your goal to ensure it's Specific, Measurable, Achievable, Relevant, and Time-bound.

Day 14:
Review and Commit – Take a moment to read your goal statement and make a commitment to yourself.

Week 2

Week 3: Plan and Prepare

Focus: Mapping out steps and getting ready to act.

Day 15:
Identify Your First Step – Write down the very first action you'll take.

Day 16:
Map Out Mini Milestones – Add more steps, creating a rough roadmap to your goal.

Day 17:
Gather Resources – List any tools, books, or support systems you'll need.

Day 18:
Identify Potential Obstacles – Think about possible challenges and how you might overcome them.

Day 19:
Set Up Accountability – Find a friend, group, or online community to check in with.

Day 20:
Plan Rewards – Decide on small rewards for each milestone you reach.

Day 14:
Review Your Plan – Look over your roadmap and make any final adjustments.

Week 3

Week 4: Build Consistency

Focus: Developing daily habits to reach your goal.

Day 22:
Take Daily Action – Begin working on the first step of your goal today.

Day 23:
Reflect on Progress – Write down a few lines on how your journey is going.

Day 24:
Set Reminders – Use a calendar or phone reminders to stay on track.

Day 25:
Stay Inspired – Read a quote, listen to a podcast, or do something that motivates you.

Day 26:
Overcome Obstacles – If you encounter any setbacks, reflect on what you learned and adjust as needed.

Day 27:
Celebrate Small Wins – Recognize the progress you've made so far.

Day 28:
Adjust Your Plan – Based on your experience this week, make any needed changes to your roadmap.

Day 29:
Share Your Journey – Write down or share what you've learned during this challenge.

Day 30:
Reflect on Growth – Look back over the past month and see how far you've come. Celebrate completing the challenge!

Week 4

Monthly Planner

MON.	TUE.	WED,	THUR.	FRI.	SAT.	SUN.

GOAL SETTING

Goal Number One:
What is my goal?
What purpose does this goal serve in my big-picture plan? Why do I want to achieve this?

Action Steps:

Goal Number One:
What is my goal?
What purpose does this goal serve in my big-picture plan? Why do I want to achieve this?

Action Steps:

Goal Number One:
What is my goal?
What purpose does this goal serve in my big-picture plan? Why do I want to achieve this?

Action Steps:

GOAL SETTING

START DATE:
__/__/____

END DATE:
__/__/____

MY GOAL IS ...

MY WHY	TO REMEMBER

ACTION STEPS	RESOURCES
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐

DRAW / SKETCH

GRATEFUL FOR

GOAL SETTING

Use this table to define your short-term and long-term business goals. Make sure your goals are (Specific, Measurable, Achievable, Relevant, and Time-bound).

SHORT-TERM GOALS	LONG-TERM GOALS
(1-12 MONTHS)	(1-5 YEARS)

SMART GOALS

Instructions: For each goal, fill in the details according to the SMART criteria. This will help ensure that your goals are clear, focused, and actionable.

S	SPECIFIC	A. What exactly do you want to achieve? B. Who is involved or responsible? C. Where will it take place (if applicable)? D. Why is this goal important?
M	MEASURABLE	A. How will you track progress? B. What are the key performance indicators (KPIs)? C. How will you know when the goal is accomplished?
A	ACHIEVABLE	A. Is the goal realistic given your resources and constraints? B. What steps or actions will you take to reach the goal? C. Do you have the necessary skills and support?
R	RELEVANT	A. Does the goal align with your business objectives? B. Will it contribute to your long-term success and growth? C. Is now the right time to pursue this goal?
T	TIME-BOUND	A. When will you start working on the goal? B. What is the target completion date? C. Are there any milestones or checkpoints along the way?

SMART GOALS

GOAL:

S	
M	
A	
R	
T	

Journaling

THANK YOU!

I'm Sara, and I'm thrilled to welcome you to "Empower Your Path: Goal Setting Session." For those who already know me, you know I started as a life coach, helping individuals unlock their potential and achieve their dreams. Over time, I realized that financial disorganization often stands in the way of a fulfilling life. This insight led me to transition into a money coach, where I now focus on inspiring and guiding people, especially women, to take control of their finances.

For those meeting me for the first time, welcome! My background in life coaching has given me a deep understanding of the holistic nature of well-being and the crucial role financial stability plays in it. As your money coach, I am dedicated to helping you navigate your financial journey, set realistic and achievable goals, and develop strategies to secure your financial future.

In today's webinar, we will talk about goal setting. We'll explore how to set SMART goals, integrate personal finance into your goal-setting process, and create actionable plans that lead to success. My only objective is to help you build a path towards a brighter and more secure future.

XO

Sara