

HEY GORGEOUS GOAL ROCKER!

I'm so excited you're here and I can't wait to goal rock with you.

This workbook has been designed so you can work online by typing directly into the workbook, or you can rock it old school style, print it out and break out your favourite pens, pencils, crayons, or other creative supplies to help you Rock Your Goals.

Before we get started I want to take a minute to share a few loving reminders with you.

First up, this process is ALL ABOUT YOU.

Not your brother, sister, mother, father, partner, coach, colleague, friend, neighbour, cousin or uncle Bob. Just YOU.

For that reason, I want to encourage you to leave life, obligations and the word "should" at the door as you Rock Your Goals.

Give yourself permission to let go of what other people want, need, require or desire from you and tune in to YOU.

This is all about what you want, what you need, and the life YOU want to create for yourself.

Imagine me giving you a permission slip so you can explore your goals and dreams GUILT FREE!

Consider this your free pass to consciously create the future you REALLY want, not the one that someone else has designed or laid out for you.

Since goal rocking is such a personal process, I encourage you to find a quiet place where you'll be left alone for a couple of hours so you can flow through each activity distraction free. (Because it can be hard to concentrate and really get clear when you're being interrupted every five minutes!)

You might even like to make an afternoon or an evening of it and really nurture yourself.

You could burn your favourite candle, gather up your favourite crystals for clarity or manifesting, diffuse some balancing, uplifting or supportive essential oils, or create your very own goal rocking playlist so you can Rock Your Goals to your favourite tunes.

Or you might like to take your goal rocking outdoors and sit in your garden, or take a blanket and some snacks to the beach or a local park. Or you might prefer to stay indoors and set yourself up somewhere comfy and goal rock in your PJs so you can really enjoy the process.

And if the things I've mentioned so far aren't your jam, that's ok too! Do what feels great to you.

As you work through the activities I'd like to encourage you to tune in to your inner wisdom or intuition as much as possible. Go with your gut feelings and honour how you work best.

And as with everything in life, this isn't meant to be a one size fits all system for goal rocking, it's simply a loving guide to get you started, so know that it's ok to take what you love, what resonates and what works for you and either adapt or release the rest.

This is YOUR process and your beautiful life, so do it your way.

Last but not least, please know that even though this is an eBook, you're not alone!

I'm here for you so if you get stuck at any time along the way and you'd like some help, or you'd like some one on one goal rocking time on Skype, you're very welcome to email me at sarah@sarahjensen.com.au.

Now go forth and Rock Your Goals!

Sarah x

HOW DO YOU WANT TO FEEL?

This might seem like a strange place to start goal rocking, but if you think about it everything in life comes down to feelings. Anything you want to have, do, be, create or achieve comes back to how you think it will make you feel.

Here's an example that goal getting guru Tony Robbins uses and it's a great one.

Let's say one of your goals is to 'have more money' - and it's a goal a lot of people have in life.

If you break it right down to basics and get literal, if you had more money what you'd actually have is a great big pile of coloured paper with pictures, numbers or symbols on it.

Gee, that sounds like an exciting goal that's worth working for right?!

NOT!!

So why do you REALLY want more money?

Because of how you think it will make you FEEL.

Maybe to you more money means freedom, choice, security, less stress, more holidays, buying the things you've always wanted to buy, or being generous and sharing it with your family, your friends or your favourite charity.

Maybe it means starting your own business so you can work for yourself, choose your own hours or pick your kids up from school.

It could mean building your dream home or redecorating your existing home.

And all of those things come back to FEELINGS.

So the purpose of this activity is to help you get really clear about the feelings that are important to YOU, because they're kind of like your inner guidance system, pulling you forward and influencing every decision you make.

Side note: I want to give you permission right now to forget about everything and everyone in your life as you do this activity.

This is time to be really honest and embrace the feelings that matter most to YOU.

It doesn't matter what anyone else thinks; this isn't about your parents, brother, sister, boyfriend, girlfriend, best friend, boss, colleague, neighbour or the guy you sat next to in fifth grade.

This is about you.

I also want to reassure you that this activity isn't about setting crazy, unrealistic expectations for your life either!

So, for example, if you choose "happiness" as one of your most important and most desired feelings, it doesn't mean you have to be happy ALL THE TIME!

You're human. You're going to have bad days and feel frustrated and get annoyed at things. We all do. It's normal. And as much as the movies might like us to believe otherwise, life is never going to be sunshine, roses and rainbow all the time.

So this activity isn't about trying to force yourself to feel happy or excited or motivated all the time. It's a chance for you to explore and decide how you'd like to feel more often.

Because when you know how you want to feel, you can start to bring those feelings into your life more intentionally, which means you can more consciously create your day (and your life) based on what matters most to you.

GOAL ROCKING ACTION ITEM

Think about the feelings you'd like to bring into your life more often.

If you're feeling stuck, there's a big list of feelings you can explore on the next page.

Or you can get started by asking yourself these questions to help get the ball rolling:

- What are my favourite ways to feel?
- What are my least favourite ways to feel? (Then think about what the opposite of those feelings might be.)
- What positive feelings do I want more of in my life?
- What feelings help me feel good about myself and my life?
- What feelings help me move towards my goals and dreams?

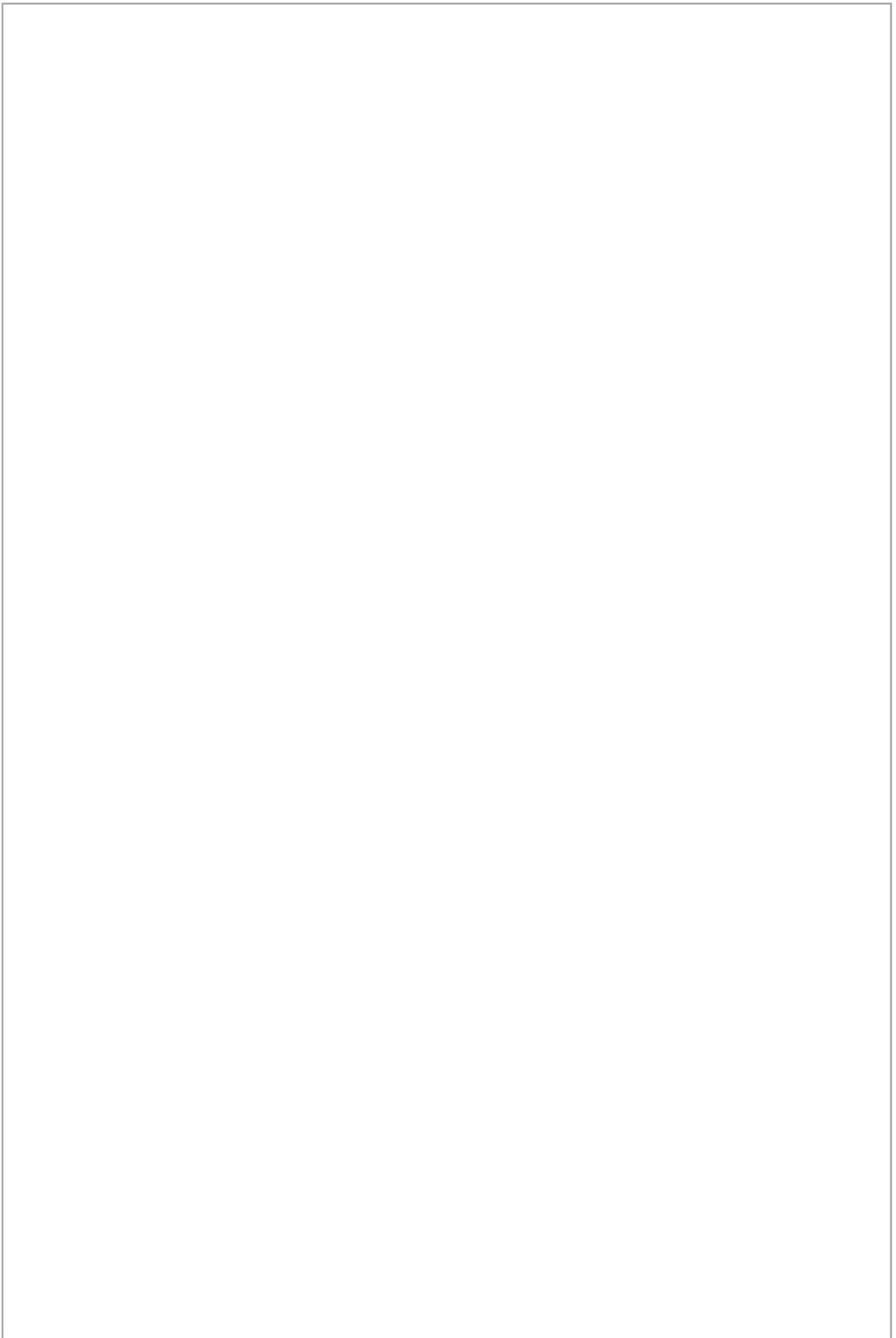
Now write down all of the feelings that are most important to you, and that you'd like to feel more often, on the following pages.

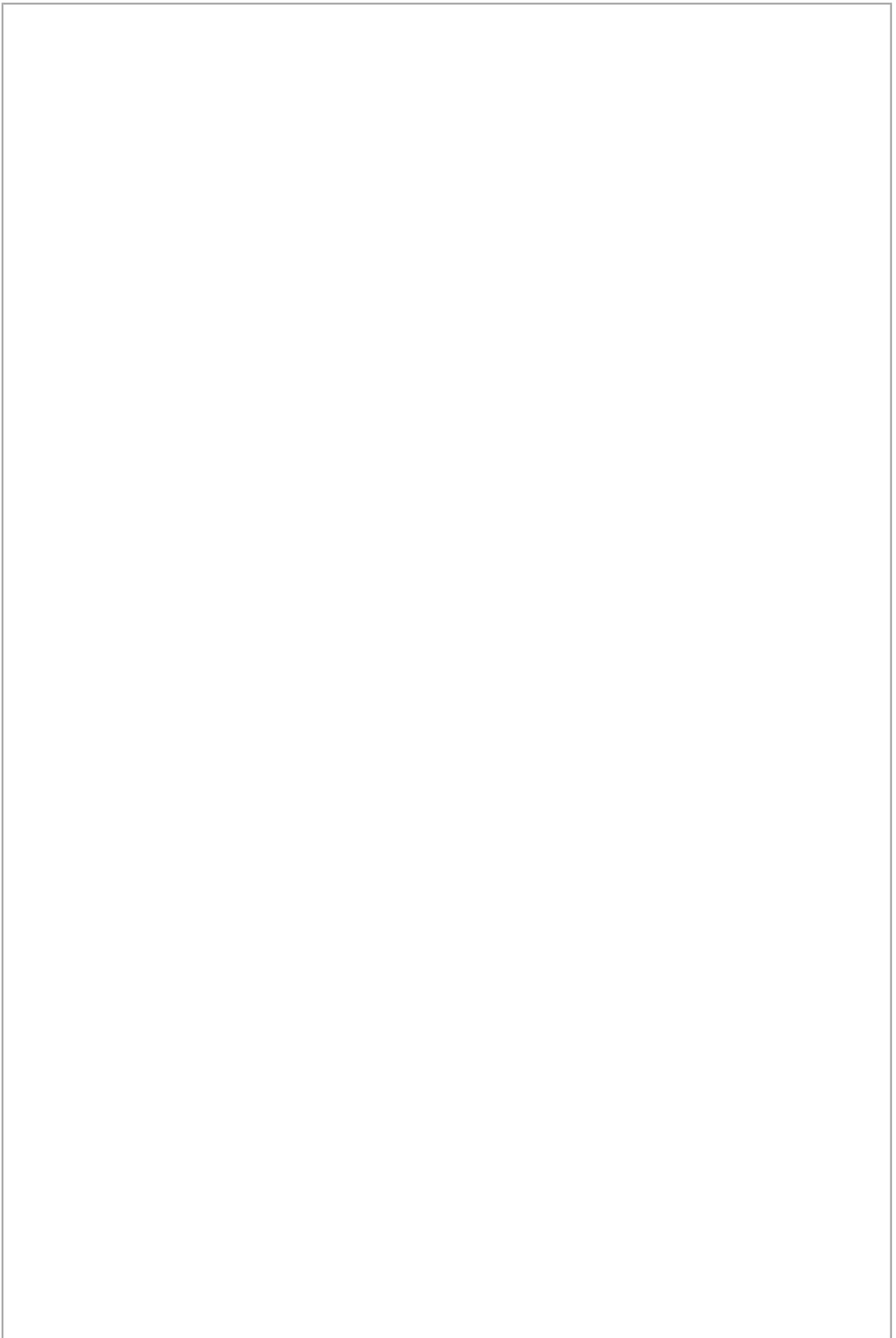
And remember, it doesn't matter how many or how few feelings you write down, what's important is that they feel right for you.

Once you've got your list revisit it and select your top 3 to 5 feelings - the ones that are the MOST important to you - your guiding lights. And if you want to dig into the concept of feelings based goals I highly recommend you read [The Desire Map by Danielle LaPorte](#).

FEELING STUCK? HERE'S A LIST TO GET YOU STARTED

Abundant	Generous	Powerful
Accomplished	Gentle	Prosperous
Acknowledged	Genuine	Proud
Adventure	Graceful	Purposeful
Affection	Grateful	Ready
Allowed/allowing	Grounded	Refreshed
Appreciated	Happy	Relaxed
Authentic	Healthy	Respected
Balance	Heard	Rested
Beautiful	Hopeful	Rich
Brave	Important	Sacred
Bright	Inspired	Safe
Calm	Joyful	Secure
Clear	Kind	Seen
Comfortable	Light	Sensitive
Confident	Limitless	Serene
Content	Loved	Sexy
Creative	Loving	Spontaneous
Daring	Luminous	Spiritual
Desired	Magic	Strong
Determined	Mindful	Supported
Ease	Motivated	Sure
Empowered	Nourished	Thankful
Encouraged	Nurtured	Understood
Energised	Open	Unique
Excited	Open hearted	Useful
Fascinated	Open minded	Valued
Feminine	Optimistic	Vibrant
Flow	Passionate	Vulnerable
Focused	Peaceful	Warm
Fortunate	Playful	Wealthy
Free	Pleasure	Wise
Fun	Positive	Whole





WHAT MAKES YOU FEEL THAT WAY?

Now that you know how you want to feel, it's time to think about what already makes you feel that way.

For example, maybe you wrote down 'happy' as one of your key feelings - think about all the things you do, the places you go, the things you have and the people in your life who make you feel happy.

Maybe it's your time with your family, a quiet coffee at your favourite café or a walk on the beach.

Maybe you love to read, dance, paint, travel, ride a bike, go for a run, or spend time with your pets.

Maybe for you happy is a song, a smell, a favourite meal or a friend who makes you laugh.

Whatever it means to you, write it down.

As with the previous activity, this is 100% about YOU.

Forget about 'could', 'would', 'should' and 'have to', and give yourself permission to tap into the things that bring more of the feelings YOU want into your life.

Once you have your list, it becomes like a feel good menu you can choose from or a tool kit you can dip into. For example, want to bring more happiness into your day? Do something on your happiness list. Want to feel calm but you're caught up in a stress fest? Grab your little list of calm and take action.

Your list will help you feel the way you want to feel by simply doing the things that make you feel that way more often. Plus, you can continue to add to your list as you discover new people, places, activities and things you love.

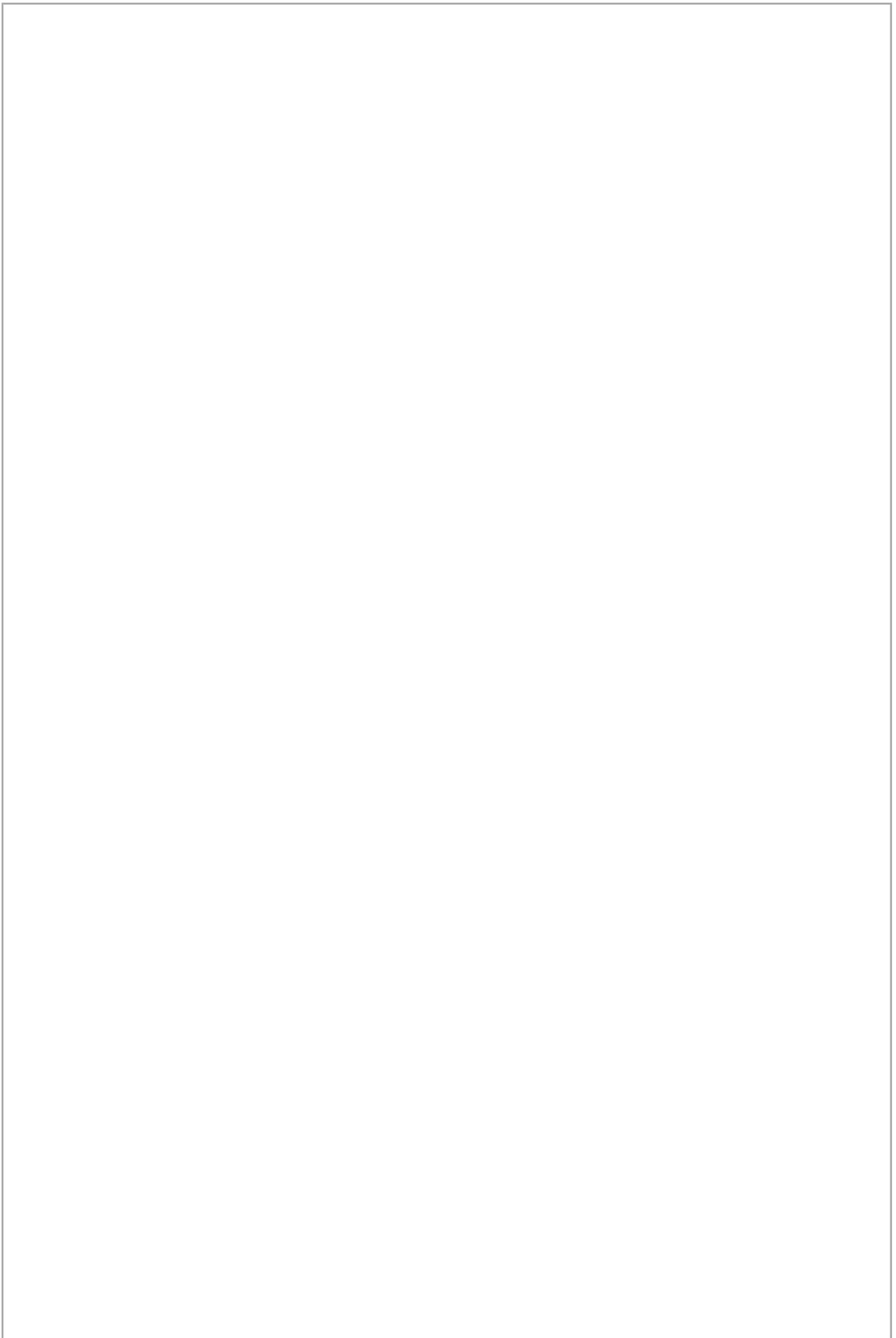
You can even start to consciously create your day (and your life) by scheduling in things from your list.

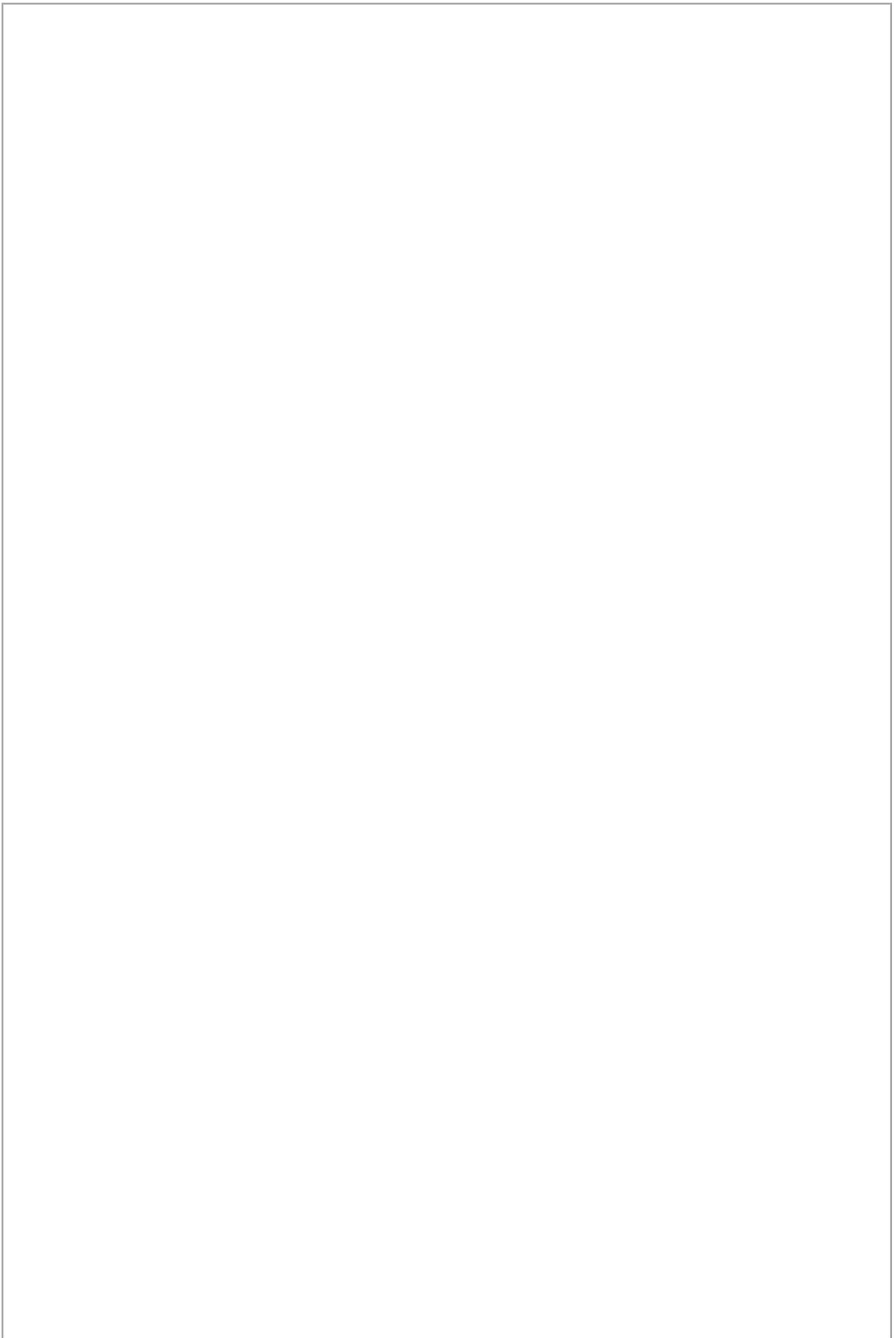
For example you could make time to read before bed, meditate in the mornings, spend Sunday afternoon trying a new recipe or arrange a regular dinner date with friends.

GOAL ROCKING ACTION ITEM

For each of the feelings you wrote down in the "*How do you want to feel?*" activity, list as many people, places, experiences, hobbies and things you can think of that already make you feel the way you want to feel.

I feel the way I want to feel when I:





TELL ME WHAT YOU WANT, WHAT YOU REALLY, REALLY WANT

I love a good music or movie reference, so let's kick things off with a throwback to the Spice Girls. I want you to "*Tell me what you want, what you really, really want!*"

That means it's time to dig deep, dream big and get all of your goals and dreams out of your head and on to paper with a big, beautiful brainstorming session.

Give yourself permission to really go for it with this activity.

You could even do as Tony Robbins suggests and pretend you're a kid at Christmas writing your wish list for Santa.

That means all practicality is out the window. Don't be an 'adult' about it. Don't over think it. and don't worry about how you're going to Rock Your Goals.

Instead, imagine if time and money were no object; if you had total freedom; if you knew you couldn't fail...

What would you do?

Where would you go?

What would you experience?

Write down everything you can think of, big or small, that you want to have, do, be, create, learn, own, achieve, give or make. And think about every area of your life including your family, home, health & wellbeing, wealth, work or business, lifestyle, travel, spirituality and creativity.

Write it all down. Write until you can't write anymore. Have fun, think big and go nuts with it.

No editing, no second guessing, no wondering which goal to choose – that comes later. For now just let loose and give yourself the freedom to put it all out there.

Something that often comes up with this activity is guilt.

Guilt around taking (or making) time for ourselves. (This is a BIG one for women and mums in particular).

Guilt about spending money on ourselves.

Or guilt around 'wanting more' because aren't we supposed to be grateful for what we already have and not take things for granted?

And often these things leave us feeling like we're "bad" or "greedy" or "selfish" but it's JUST NOT TRUE.

You're allowed to have a great life and still want more.

You can be grateful for the blessings and abundance and awesomeness (choose a word that feels right for you here) that you already have in your life and still want more.

Wanting more does not make you a bad person.

Wanting more simply means you're human, you're curious and you want to live a rich and full life of your own design.

And that's awesome!

So consider this your permission slip to bring more of what you desire into your life guilt free!

GOAL ROCKING ACTION ITEM

If you haven't already, find a quiet space where you won't be disturbed and get comfy. Light a candle, put on some music or just enjoy the silence and do a big, beautiful brainstorm of all the goals and dreams that you want to bring to life,

Take as much time as you need with this activity and if you have trouble getting started, choose just one area of your life and start there.

It could be the area that's most out of balance.

For example, perhaps you're growing your fabulous freedom business but you've been neglecting your health and self-care so you'd like to brainstorm some wellness and wellbeing goals.

Or maybe you've been working in a conservative, corporate office and want to make more time for creativity, travel, adventure or fun in your life, so you might start by brainstorming goals around exploring new hobbies, meeting new people or trying new things.

Whether you choose to focus on one area of your life or just go for it 'brain dump' style, write down everything you can think of that you'd like to have, do, be, create, learn, own, achieve, give, make or manifest in your life.

On the following pages you'll find space to write your ideas under each category but don't be restricted by the page headings, you can cross them out, change them up or create your own categories. The important thing here is to tune in to you and what feels important, exciting and fun for YOU.

And if you're a visual or super creative person, don't feel like you have to write your ideas down either. You might find it more fun and engaging to draw, mind map, vision board (more on that later), voice record or brainstorm in a different way. The outcome is all the same - to get the goals, dreams and ideas out of your head and into a format you can see, connect and work with, so do it your way my friend.

HEALTH, WELLNESS & SELF-CARE GOALS

I'd love to have, do, be, make, learn, own, achieve and manifest...

A large, empty rectangular box with a thin black border, occupying most of the page below the introductory text. It is intended for the user to write their personal health, wellness, and self-care goals.

CREATIVITY GOALS

I'd love to have, do, be, make, learn, own, achieve and manifest...

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SPIRITUALITY GOALS

I'd love to have, do, be, make, learn, own, achieve and manifest...

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FAMILY & RELATIONSHIP GOALS

I'd love to have, do, be, make, learn, own, achieve and manifest...

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TRAVEL & ADVENTURE GOALS

I'd love to have, do, be, make, learn, own, achieve and manifest...

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WORK, BUSINESS & CAREER GOALS

I'd love to have, do, be, make, learn, own, achieve and manifest...

A large, empty rectangular box with a thin black border, occupying the majority of the page below the introductory text. It is intended for the user to write their work, business, and career goals.

MONEY, FINANCE & ABUNDANCE GOALS

I'd love to have, do, be, make, learn, own, achieve and manifest...

A large, empty rectangular box with a thin black border, occupying the majority of the page below the introductory text. It is intended for the user to write their specific goals related to money, finance, and abundance.

MY OTHER AMAZING GOALS

I'd love to have, do, be, make, learn, own, achieve and manifest...

A large, empty rectangular box with a thin black border, occupying most of the page below the text. It is intended for the user to write their goals.

ARE YOUR DREAMS & FEELINGS ALIGNED?

What you have now is a big, beautiful list of dreams and ideas that has you feeling excited, inspired and ready to take action.

But before you start choosing goals and taking action, I'd like you to please re-read all of the goals you brainstormed in the previous activity and, for each item you've written down, ask yourself these three questions:

- Will this goal help me feel at least one of the feelings I want to feel?
- Do I really want this? (Am I doing this for me?)
- Will this help me move towards my bigger life vision?

Give yourself permission to be really honest here.

If there's anything on your list that doesn't belong, cross it off.

If there's anything you're doing to meet someone else's needs, or impress someone in your life – your parents, partner, sibling, boss or best friend - cross it off.

Be lovingly ruthless here, because life is short enough without wasting time doing things you don't love.

Plus, when you let go of the goals that don't belong to you, you create more time, space and energy for the things you DO want.

The aim is to end up with a list of goals you really want to achieve; goals that feel great and that come from you. These are the goals that absolutely light you up when you think about them and have you bursting with excitement to get started.

So take some time to review the list of goals you wrote down on the "*Tell Me What You Want, What You Really, Really Want*" brainstorming pages and cross off anything that doesn't make your heart sing.

Know too that however this activity unfolds for you is absolutely perfect.

You might find you have nothing to cross off, and that's ok. It means you already have really aligned goals, which is great!

You might cross one or two goals off your list and allow yourself to let go of some of the "*shoulds*", so you can make more time and space for the stuff that really excites you.

Or you might cross lots of things off your list. And that's great too!

Remember this is all about YOU. So tune in to yourself, honour yourself and be ok with following your own heart and your own path, rather than the one someone else is trying to design for you.

And as Danielle LaPorte says, "*If it's not a HELL YES! Then it's a No!*"

A PERSONAL STORY

Here's an example from my life you might relate to.

My Mum is an amazing piano player and I used to love listening to her play. So as a kid I wished I could play piano and make beautiful music too.

Mum tried to teach me when I was little, and I took a few lessons at school, but it never really stuck.

I didn't want to "*practise*" I just wanted to "*play*", and I used to get really frustrated that I couldn't just park my backside at the piano and instantly play a song.

I wanted the result, but I REALLY didn't want to do the work.

As the years passed, every January I'd set my new year's resolutions, and each year I'd write "*learn to play piano*" on my list.

I bought an electronic keyboard. I bought sheet music. I Googled music teachers in my area.

But I never played the piano.

Year after year, I'd decide "*this is going to be the year I learn to play piano*".

And the keyboard would sit on top of the wardrobe gathering dust.

And the sheet music would stay tucked away in the filing cabinet.

And I wouldn't learn to play the piano.

And at the end of each year, when I'd reflect on my goals and STILL hadn't learned to play more than chopsticks, I'd feel bad about myself and tell myself what a total failure I was for not achieving my goal. Even though I was doing lots of other great things and rocking plenty of other goals - they didn't count because I hadn't achieved THIS goal. (Can you relate?)

After too many years of repeating the same sucky pattern, I decided enough was enough. I was tired of feeling bad about myself and setting goals I didn't achieve, so I tried a little experiment.

I gave myself permission to review my goals with curiosity and an open mind.

I asked myself:

"Why haven't I achieved this goal?" and

"What's stopping me?"

I knew it wasn't because I didn't have the resources - I had the keyboard, I had some sheet music, I already knew which keys were which, but I wasn't taking action.

I also knew it wasn't because I wasn't capable. I was rocking other goals and bringing some of my other dreams to life, but not this one.

So why wasn't I rocking this one?

When I looked at it objectively, I realised it was because **it wasn't my goal.**

And it wasn't actually even about playing piano, **it was about how I thought playing piano would make me FEEL.**

Loved. Appreciated. Connected. Adored.

I thought it would make my Mum proud of me (which is something I really wanted).

I thought that having something else in common with my Mum would bring us closer together (which is something I really wanted).

I also thought it would impress people if I could sit down at any piano and play complex and beautiful songs.

I thought it would make people like me, or admire me, and I craved positive feedback from others because I didn't feel confident or loving towards myself.

When I realised why I'd held onto the goal (and also why I hadn't taken any action on the goal) I was able to give myself permission to cross 'learning to play piano' off my list.

And boy was it liberating!

It doesn't mean I can never learn to play the piano, it just means it's not my focus right now (and I can stop beating myself up for not achieving it).

Letting go of that goal meant I was able to find other ways of bringing more of the feelings I was craving into my life (ways that were much more fun for me and aligned with me).

It also meant I released the stress and pressure to achieve the goal AND it meant I had more time, energy and heart available to rock the goals I REALLY wanted to rock.

Now it's your turn!

GOAL ROCKING ACTION ITEM

Review the list of goals you wrote down during your big, beautiful brainstorming session and give yourself permission to cross anything off your list that doesn't belong to you, doesn't light you up or isn't aligned with your true and wonderful self.

Because life's too short to live someone else's dreams!

I CHOO, CHOO CHOOSE YOU

You're doing great, gorgeous goal rocker!

You know how you want to feel and what already makes you feel that way. You've taken time to get all of your dreams, goals and ideas out of your head and onto paper, and you've given yourself permission to cross off the goals that aren't exciting or aligned.

So let's keep the goal rocking (and the TV, movie and music references) going with a quote from the Simpsons, and it's this one: "*I choo, choo, choose you*". *[Revisit the fun of Lisa, Ralph and the Valentines Day card on [YouTube](#)]*

That's right, goal rocker, It's time to choo, choo, choose the three goals you're ready to rock!

Why three goals, you ask?

Choosing three goals means you've got a really clear focus, but you also have choice. It's a way to keep the freedom seeker in you happy while you Rock Your Goals.

Having said that, the most important thing is that you honour the way you work best, so own the process and do it your way.

That means if you're someone who loves a single, clear focus and no distractions, start with one goal and rock that.

Or, if you'd like to choose two or three goals to work on that's great too.

Just remember, no matter how many goals you choose to rock, the aim is to make this as easy and fun for yourself as possible, so be sure to work in alignment with your natural habits, rhythm and style.

GOAL ROCKING ACTION ITEM

Read back over your list of amazing, inspiring and aligned goals and choose between one and three goals that you're ready to rock.

It doesn't matter if they're big goals or small ones. In fact, if it's your first time goal rocking, or it's been a while since you flexed your goal rocking muscles, you might like to start with a small goal that you can rock with ease. That way you'll get to enjoy all the great feelings of success, progress and momentum right away. Hooray for that!

And if you're not sure how to choose your goals, here are some questions to help get you started:

- Which goals am I most excited to bring to life?
- Which goals are most important to me?
- Which goals will I most regret not rocking when I'm old and grey?
- Which goals will I feel most proud or happy about achieving?
- Which goal could I rock that'd make the biggest difference in my life right now?

Or you might like to:

- Take a day or two to sit with a short list of goals before you choose.
- Keep it simple - what's the "one next step" towards your overall life vision?
- Meditate or journal on it for clarity.
- Talk it through with a trusted friend, family member, coach or mentor.
- Let your 'next level self' lead (imagine you've already successfully achieved your goal and harness the confidence and clarity of that 'next level' you by asking that version or part of you "what's my next step towards success?")

Once you've chosen the goal (or goals) that you're ready to rock, write them down on the next page.

The goal (or goals) I'm Ready to ROCK are:

1

2

3

LETS GET READY TO ROCK!

High fives gorgeous goal rocker, you're doing great! You've chosen your goals and now it's time to start rocking them.

How, you ask?

Step one is to get really clear about your vision for each of your goals; what do your goals look like and how will it feel to bring them to life?

When you have a clear vision for your goals it makes them so much easier to achieve. It becomes a simple process of identifying the steps to get from "*here to there*".

Plus, when you know what your goals look like, you'll absolutely know when you get there. For example:

- Maybe you'd like to live in your dream home. Where is it? What does it look like? How many rooms does it have? How is it decorated? What special features, fixtures and fittings does it have? Do you have a special room for your favourite pastime or a spare room so friends or family can come to stay?
- Maybe you'd like to go on your dream holiday. Where would you like to go? What season will you travel in? Where will you stay? What will you see? What or where will you eat? Who will you travel with? How will you travel and how long will you travel for?
- Maybe you'd like to feel fit, healthy and filled with energy. What does that look like? What activities do you do? Do you walk with friends or your pet in the local park? Do you meditate, journal or take time out to read or have a bath? What types of foods do you eat? How do you nurture and nourish yourself? What habits, routines and hobbies do you have that support you in feeling fit, healthy and energetic?

GOAL ROCKING ACTION ITEM

It's time to create your very own future vision.

Take some time now to imagine yourself living your dreams and rocking your goals, and remember, whatever your goals look like to you is absolutely perfect.

You might have the same goal as a friend, family member or fellow goal rocker, but it might look completely different and that's ok.

In fact it's better than ok, it's fantastic!

This is all about **you**, creating your own wonderful future and designing it your way, to meet your needs.

Also, please know that your vision for one (or all) of your goals might change along the way that that's ok too.

Goal rocking is a flexible process and nothing is set in stone, so you can tweak and adjust your vision any time you like.

The most important thing is that the vision you have for your goals feels exciting, inspiring and aligned to YOU.

Spend time now creating a vision for each of your goals.

Describe it in as much detail as you can on the following pages and allow it to feel really real to you.

And don't worry if you don't know all the details just yet. Clarity comes from action, so write down your vision as it is today and know you can tweak and change it along the way.



MY FIRST GOAL IS TO:

AND IT LOOKS LIKE THIS:

(What does it look like? How does it make me feel? How will I know when I've achieved my goal?)



MY SECOND GOAL IS TO:

AND IT LOOKS LIKE THIS:

(What does it look like? How does it make me feel? How will I know when I've achieved my goal?)



MY THIRD GOAL IS TO:

AND IT LOOKS LIKE THIS:

(What does it look like? How does it make me feel? How will I know when I've achieved my goal?)

WHAT'S YOUR WHY?

Now it's time to get really clear about WHY you want to achieve your goals.

Your "*why*" is like fuel for your goal rocking gas tank, it's the thing that will drive you forward and help you stay focused, motivated and taking action towards your dreams.

In the words of 80s pop icon Billy Ocean, it's what will keep you going "*when the going gets tough*".

To get clear on your why, ask yourself these questions for each of your goals:

- What feelings will achieving this goal bring into my life?
- How will achieving this goal make me feel about myself?
- What will I have more of in my life when I achieve this goal?
- What will I have less of in my life when I achieve this goal?
- How will achieving my goal change my life?

You might find some of the words, feelings and benefits repeat as you answer the questions and that's ok.

The aim is to immerse yourself in how amazing it will be to achieve your goals so you have a great big list of goodness to keep your motivation levels high.

A PERSONAL STORY

Here's an example from my life that you might relate to.

A few years ago, through some bad decisions, a low paying job and a habit of shopping to fill emotional voids, I got myself into over \$30,000 worth of debt, and it made me feel stressed, unhappy and filled with self-doubt.

I got to a point where I knew I had to make a change.

I decided I wanted to stop overspending, get out of debt and save \$5,000.

At the time, the goal felt scary (and a little out of reach if I'm honest), but I was committed to making it happen and I wrote out all of the reasons why it was so important to me, because I knew that having a clear 'why' would help keep me focused (and stop me from spending money on stuff I didn't need).

Here's my "WHY" for getting out of debt and saving \$5,000. Achieving this goal will:

- make me feel happy, free, secure, stable and in control of my money.
- make me feel less stuck, more free and really proud of myself. I'll also feel confident that I can manage my money, great about myself for turning my finances around and secure because I'll have a savings buffer.
- mean more abundance, money, confidence and choice .
- mean less stress, worry and arguments with my partner about money.
- change my life because I'll finally release my bad habits and negative beliefs about money.
- mean I'll be able to build a solid financial foundation and true financial freedom for my future.

GOAL ROCKING ACTION ITEM

Now it's your turn to connect with your deep, divine why for each of your goals.

Think about why you want to achieve each goal and if you get stuck, work through the 5 questions at the start of this activity to get you started.

If, as you do this activity, you find you don't have a strong why, ask yourself honestly, *"Do I really want this?"*

If the answer is no, don't be afraid to let the goal go and choose a different goal to rock. That's absolutely ok.

If the answer is yes, and you really want it but you're feeling stuck around your why, take a little extra time with this activity.

Here are some ideas to create a little 'brain space' so the ideas can flow:

- Get moving - take a walk around your neighbourhood or in nature (you could even take a friend or pet for company), do some gentle yoga or exercise, or dance around your office or lounge room to get the blood flowing.
- Talk through your why with a friend, family member, coach or mentor you trust who is supportive and encouraging of you and your goals.
- Breathe in some beautiful [essential oils](#). You might enjoy calming & grounding oils like lavender, frankincense, patchouli or vetiver, uplifting oils like orange or bergamot, or oils to help with mental clarity like peppermint or rosemary.
- Take a bath or have a shower. I've lost count of how many times I've had a-ha moments or great ideas while having a shower or washing my hair!
- Or any other way you create space for clarity and creativity.

Review the questions on the first page of this section and write down your wonderful WHY for each of your goals on the following pages.



MY WHY FOR GOAL NUMBER ONE

Why do I want this? What feelings will achieving this goal bring into my life? How will achieving this goal make me feel about myself? What will I have more of, and/or less of when I achieve this goal? How will achieving this goal change my life?



MY WHY FOR GOAL NUMBER TWO

Why do I want this? What feelings will achieving this goal bring into my life? How will achieving this goal make me feel about myself? What will I have more of, and/or less of when I achieve this goal? How will achieving this goal change my life?



MY WHY FOR GOAL NUMBER THREE

Why do I want this? What feelings will achieving this goal bring into my life? How will achieving this goal make me feel about myself? What will I have more of, and/or less of when I achieve this goal? How will achieving this goal change my life?

WHERE ARE YOU NOW?

Before you dive in and take action, it's time to take stock. Where are you now versus where you want to be, and what's your starting point?

And before we really dig in to this activity, I want to offer up a loving reminder: don't be disheartened by this step. This is absolutely not a negative part of the process, in fact it's the exciting first step towards making your dreams come true.

This activity is a chance to celebrate yourself and acknowledge your own awesome skills, knowledge, gifts and talents; to give yourself credit for the things you know, and know how to do - even the things you do every single day that you might not even notice.

And remember, just because something comes easy to you, that doesn't mean it's not new and exciting, mind-blowing or even difficult for others.

The things that come easy to you, they're your strengths, your gifts and your natural talents, and this activity is a chance to harness that power of YOU to Rock Your Goals.

So let's start at the beginning and look at where you are now.

Why?

Because once you know your starting point, a clear path will begin to emerge and it will be easier to figure out what actions you need to take, and in what order, to bring your goals to life.

I also want to reassure you that you don't have to know it all now. It's ok to figure things out along the way, and even if you know just one thing that will help you start moving towards your goals, that's one step you've already taken.

GOAL ROCKING ACTION ITEM

For each of your goals, write down your answers to these questions:

- What do I already know that will help me rock my goal?
- What do I already know how to do that will help me rock my goal?
- What resources do I have available to help me rock my goal?
- What do I do every day that could help me rock my goal?
- Who do I know that could help me rock my goal?

Here are some examples to get you started.

I want to run a 5km fun run and I already:

- have a great pair of sneakers / trainers / running shoes I can run in; or
- have an oval / running track / park near my house I can run around; or
- walk daily so I've got a good level of fitness; or
- have a friend who runs and can help me put together a running plan.

I want to work for myself and I already:

- have a great business idea that I can't wait to get started on; or
- make delicious home-made granola I could sell at markets / online; or
- have a blog that could be the foundation of my online business; or
- have a job / skill / trade that means I could contract, freelance or build my business around.

I want to learn how to cook amazing meals and I already:

- have a kitchen and lots of cooking supplies; or
- have a cook book at home I can dive into and try new recipes from; or
- know where I can get delicious ingredients to cook with.

I want to travel overseas and I already:

- have a valid passport; or
- know where I'd like to travel to; or
- know when I'd like to go away; or
- have saved some money for my holiday; or
- am great at organising / planning / Googling / finding information.

I want to get out of debt and save \$5,000 and I already:

- have a savings account; or
- know how much money I owe and who to; or
- know how to budget; or
- have a copy of [the Barefoot Investor](#) on my bookshelf; or
- know someone who is great with money / an expert I can ask for advice.

Whether it's something you can do, someone you know, a book you own (or can borrow!) or a skill you have; whatever it might be, the point of this activity is to list all the amazing knowledge, information and resources you have available to you right now (before you even start).

So dive on in and write down your starting point for each of your goals.

Tap into your own inner awesome and list all of the resources and knowledge you already have available that will help you Rock Your Goals.

Your list might be longer than you think!



I already know how to / I know someone who can / I have great skills, knowledge, information and resources available to me help me rock my first goal including:

A large, empty rectangular box with a thin black border, intended for writing the details of the first goal.



I already know how to / I know someone who can / I have great skills, knowledge, information and resources available to me help me rock my second goal including:

A large, empty rectangular box with a thin black border, intended for writing the answer to the question above.



I already know how to / I know someone who can / I have great skills, knowledge, information and resources available to me help me rock my third goal including:

A large, empty rectangular box with a thin black border, intended for writing the response to the prompt above.

IT'S ACTION TIME

You know what you want, why you want it and the skills, knowledge and information you already have available to help you on your way, so now it's inspired action time.

It's time to **design the path to your dreams** and figure out exactly what you need to do to make it happen.

This is the part of the goal rocking process where you break your goals into easy to achieve, bite sized pieces.

And while it might sound kinda obvious, breaking things down makes achieving your goals SO much easier.

Why?

First of all it means you can take regular action so you build momentum and feel the constant buzz of making progress.

And second, when you've got lots of little milestones on the way to your dreams, you get to celebrate A LOT (and celebrating is awesome because it helps you feel good about yourself and what you're doing).

Loving note: If any of your goals are really big or will take quite a long time to achieve, break them down into smaller goals or create major milestones along the way. That way you can work from one milestone to the next so you don't feel overwhelmed.

For this activity, let's run with the example of booking an amazing overseas holiday and design a path to rock this goal.

Let's say your starting point is this: you know where you want to go, how long you'll be away for and how you'll pay for your trip, plus you already have a valid passport.

If we break the steps down to achieve this goal, it might look like this:

1. Choose your travel dates and book time off work.
2. Book your flights and accommodation, and arrange travel insurance.
3. If you're heading overseas, check that your passport is valid and contact your doctor to see if you need any immunisations .
4. Book any transport, transfers, train tickets, internal flights etc.
5. Decide how you'll handle spending money and notify your bank if need be.
6. Research fun things to do while you're away and pre-book any special events, meals or tourist attractions you don't want to miss.
7. Do a pre-trip audit - is there anything you need to organise (for example a pet or house sitter, someone to water the plants or collect the mail?) or is there something you need to buy for your trip (for example an international plug adaptor, luggage, or a new swim suit?)
8. Arrange transport to the airport.
9. Pack your bags.
10. Catch your flight, enjoy your holiday!

ACTION ROADBLOCKS

There are a few common roadblocks to taking action but with the right tools and mindset, you can drive on by them and keep your mojo flowing.

FEAR ::

If you're feeling fear about the goals you're setting, remember that's absolutely normal.

Anything you do for the first time is usually a little (or a lot) scary, because you've never done it before.

Think about the first time you tried a new hobby or class, your first day at a new job, or the first time you tried to drive a car – did you feel 100% comfortable?

It's likely you felt a little (or a lot) nervous, but you went ahead and did it anyway and you proved to yourself you can do it.

So any time you're feeling afraid, remember times in the past where you've felt the fear, done it anyway and come out feeling stronger.

PROCRASTINATION ::

Procrastination is often a result of fear; fear of failure, fear of not being "*perfect*", fear of judgment or other feelings of fear that trigger you.

And you want to know the best antidote to procrastination?

It's ACTION!

Action brings clarity and builds belief.

Action helps you feel amazing about yourself and your progress.

Action helps you bring your goals and dreams to life - because a dream without a plan is just that, a dream.

And I don't know about you but I've lived in that perpetual state of what I call "*active procrastination*" (and a lovely client of mine calls "*procrasti-planning*" and it's not fun.

You know that place...

You think about it, talk about it, read about it, research it and plan it until the cows come home, but you never take action.

Why? For me it went like this: *"If I never take action then I can never FAIL."*

So here's how to get past the procrasti-planning and Rock Your Goals:

Make your action steps as simple and easy as you possibly can.

And if you find yourself feeling the pressure of perfection, remember that ***"done is better than perfect"*** and remind yourself how great you'll feel when you bring your dreams to life.

The other great fear busting tool is having wonderful, loving support surrounding you, so whether it's family, friends, a coach, a mentor or people with similar goals - recruit some cheerleaders to help you bust through the fears and keep you feeling focused, motivated and inspired.

GOAL ROCKING ACTION ITEM

Take time now to plan the path to your dreams.

For each of your goals, work through the process of identifying the steps you'll take to bring your goals to life.

Ask yourself, *"What action will I take to rock my goals?"*

Start at the beginning, with where you're at now, and map out a plan to Rock Your Goals.

If it makes it easier to get started, you can brain dump all of the steps or actions you'll take and put them in order afterwards.

Or you might find it easier to think through the process in order, from start to finish (or by reverse engineering from your end point) and design your action plan that way.

Whichever method you choose, keep it easy and fun. And if you get stuck at any stage, don't hesitate to shout! I'm here for you.

Loving reminder: once you're in action, you might find you need to tweak or change the plan a little, to add or remove some of the action items you set, or to change things up completely and that's absolutely ok.

Stay flexible with your action plan and review it regularly to make sure it's still feeling inspiring, exciting and, most importantly, aligned.

Want to take it to the next level? Set a timeline for your goal rocking AND decide when you'll have step number one done by.

Having deadlines can help you stay on track and keep you accountable.

You could even add to the accountability by telling a friend, family member, coach, or fellow goal rocker when you're going to have step number one done by.

Or, you could go really big with the accountability and publicly announce or share your goal and your timeline.

I used this trick to help me get my very first Rock Your Goals workshop off the ground and while the goal was big (and felt scary at times) having that public accountability really kept me on track.

Why? Because once I announced the event date and tickets went on sale I HAD to do the work! It really helped me move through my own fears and self-doubt and stay focused on why I was creating the workshop and who I was creating the workshop for.

Loving note: as with every goal rocking tip, do it in a way that works for you. Tools like accountability aren't meant to add stress, they're meant to help you stay focused and moving forwards, but if it's not for you then that's ok. Find other ways to help you Rock Your Goals that feel great to you!



My path to goal number one (what steps will I take and by when?) + I will take step number one towards my goal by (date):

A large, empty rectangular box with a thin black border, intended for writing the path to goal number one.



My path to goal number two (what steps will I take and by when?) + I will take step number one towards my goal by (date):

A large, empty rectangular box with a thin black border, intended for writing the path to goal number two and the date for step number one.



My path to goal number three (what steps will I take and by when?)
+ I will take step number one towards my goal by (date):

A large, empty rectangular box with a thin black border, intended for writing the path to goal number three and the date for step number one.

CELEBRATE!

You're AWESOME!

You now have three amazing goals you're really excited about, you know why you want to achieve them and you've got a clear plan to bring them to life.

That's incredible.

So now what?

Now it's time to celebrate!

I'm a HUGE advocate for effort and reward, and goal rocking becomes even more fun when you take time to celebrate yourself every step of the way.

If you think about the path you've just designed, I want to invite you to treat each and every step on that path as a mini goal.

And more importantly, I'd like to encourage you to celebrate yourself every single day or every single time you take one of those steps.

Ticked something off the list? Celebrate it!

Exercised, chose a healthier meal option or made time for self-care? Celebrate it!

Called a friend instead of blowing your holiday savings at the sales? Celebrate it!

Diarised, downloaded, or got out on the path and took action? Celebrate it!

And celebrating doesn't have to be difficult or expensive.

Celebrating can be as simple as taking a minute to say 'yay me!' or patting yourself on the back.

It could be high fiving yourself or a friend.

It might even mean keeping a packet of party poppers in your cupboard and popping one each time you take action.

The purpose of this step is to acknowledge what you've achieved and remind yourself that you're doing an amazing job.

Another option is to scale your celebrations to match the size of the action you took.

For example if you've achieved a big part of your goal, or the BIG goal itself, you can go even bigger with your rewards.

That could mean an afternoon at a day spa, a night away in a nice hotel, a new outfit for your holiday, a subscription to your favourite magazine or treating yourself to some gorgeous new office supplies to help you plan and action your goal getting.

Or your celebrations could be goal specific.

For example, if your goal is to run a 5km fun run, you could spend an afternoon at a day spa to celebrate the half way mark of your training and when you complete the fun run you could treat yourself a new pair of running shoes to celebrate.

And remember, you're not going to feel inspired or inclined to celebrate if you're not excited by the rewards you've chosen.

So however you decide to celebrate, choose things that make YOU feel good, because this is your wonderful journey!

GOAL ROCKING ACTION ITEM

For each of your goals, write down some of the fun ways you'll celebrate rocking your goals.

And if you're feeling stuck, here's a list of ideas to get you started.

IT'S TIME TO CELEBRATE

- Have a massage, facial or mani-pedi.
- Go out for a special meal with a friend, loved one or on your own.
- Pop a party popper.
- Do a happy dance (mine is the running man!).
- Block out half an hour of 'me time' and do something that makes you happy (even if that means enjoying doing absolutely nothing - guilt free).
- Hug, high five or call a friend to share your excitement.
- Head to your favourite cafe for an afternoon treat.
- Send yourself flowers.

- Have a Netflix marathon in your PJs or watch your favourite movie or TV show.
- Share a bottle of bubbles, a mocktail or a celebratory smoothie or cuppa with someone you love.
- Hug your pet.
- Head to the beach or the local park for a walk.
- Share your win with your fellow goal rockers in a group or community you're part of.
- Throw yourself a party.
- Treat yourself to a purchase that makes you feel great - new clothes, beauty products, a book or magazine - whatever you love.
- Get away overnight to a plush hotel or take yourself on a holiday if you've rocked a BIG goal!
- Shout yourself something that will help you rock your goal - for example, a new pair of sneakers or trainers, art supplies, a new recipe book, a course or class, a new outfit for your upcoming holiday or a new lens for your camera.
- Buy yourself a new planner, calendar, diary or gorgeous stationery to keep you on track and rocking your goals.

HOW I'LL CELEBRATE MYSELF & MY PROGRESS

MINDSET & MOTIVATION

(AKA HOW TO KEEP GOING WHEN YOU JUST WANT TO QUIT)

Also known as:

- *"it's too cold to go for a run" or*
- *"no one liked my Instagram post so I'm a total failure" or*
- *"I tried something new and it didn't work out" or*
- *"I can't, I haven't, I didn't, so what's the point, I might as well give up!"*

We ALL have those difficult days when we feel stuck, unmotivated, or just can't be bothered.

It's normal, it's going to happen, and I've got a few tricks for you to use on those tough days so you can kick self-sabotage in the pants and keep moving forward.

ONE :: Be Honest & Give Yourself A Break

First up, be really, really honest with yourself and ask yourself,

"What's stopping me?"

Did you try running around the oval and only make it quarter of the way?

Did you write a blog post you loved, and got a lukewarm response?

Did you try a new recipe, photography technique, dance class or take some action that didn't quite turn out the way you planned?

If that's the case, please know that you're not alone and it's ok to feel frustrated, disappointed, upset, angry or any other not so happy feeling.

Take some time to let yourself feel what you're feeling. And remember, you won't always feel successful or 'get it right' the first time.

Also, remind yourself that it's ok if you're not bouncing with enthusiasm about your goals every single day. Sometimes it might feel like hard work.

On those days, is there something you can do to let those negative feelings go and take the next step?

Can you make it easy or fun?

Or is there a quick and simple action you can take that'll have you feeling like you've achieved something today?

Maybe it's as easy as getting out your calendar and scheduling an action item for tomorrow.

TWO :: Be Kind To Yourself

The other thing I want to say here is please be kind to yourself.

If you're not feeling the goal rocking love and when you check in it's because you're run down or there something happening in your life that's demanding a lot of time or energy, then give yourself the day off.

Loving note: this isn't an excuse to slip back into active procrastination mode, it's just a reminder that life happens, work gets busy, kids get sick and other unexpected stuff can come up that can slow your progress or mess with your motivation.

That's why it's so important to be realistic about how much you can achieve in any given day, week, month or year.

Because goal rocking isn't about running yourself into the ground, it's meant to be fun.

Challenging? Yes.

Shifting you outside your comfort zone a little? For sure.

But it's meant to be fun and rewarding, and it's definitely not meant to feel like a chore.

If it starts to feel like a chore at any stage then ask yourself, "*Is this goal still feeling exciting, fun and aligned to me?*"

If the answer is yes then give yourself the day off and come back fresh tomorrow.

If the answer is no, then maybe it's time to reassess: to shift, change or let go of the goal and that's ok too.

And as Albert Einstein famously said, "*Insanity is doing the same thing over and over and expecting a different result.*"

So take time to regularly review your progress and how you're feeling about your goal, pay attention to what's working and what's not, and if you're taking action but you're not moving closer to your goals, don't be afraid to change the path.

Ask yourself, "*What else can I try?*" and "*How can I approach this differently?*"

Also, just because you took action and you didn't get the result you expected, it does NOT make you a failure.

Every effort you make and every action you take towards your goals is a personal success, so when you reflect and review, do it with a loving heart and an open mind.

Goal rocking is an evolution.

You will change, your goals will change and that's ok.

Embrace the process and give yourself permission to enjoy the journey as well as the destination.

THREE :: Reconnect With Your Why

The next really powerful thing you can do is to revisit your "*why*".

Your why is like rocket fuel for your goal rocking gas tank, and re-reading and really feeling into your why can help invigorate you, get you feeling excited and have you visualising that big moment when you make your dreams come true.

So if you're in funky town (and not in a good way), re-read your why and reconnect with all of the goal digging goodness you felt when you first set your goal.

FOUR :: Make It Easy For Yourself

Give yourself permission to play with a goal, dabble, try it on for size. Nothing has to be forever.

For example, maybe you want to learn to dance - go to different classes to find out if you like to dance and try different styles until you find the one you like.

Equally if you try a few classes or dance styles and discover that you don't like it at all, that's ok too. Let it go and move on.

But keep trying until you find the things you love and then do them in a way that works for YOU.

Plus, don't give yourself a hard time if you don't achieve something on the first attempt. Remember that you're learning and there's no such thing as a mistake, just the opportunity for growth.

Allow yourself to play, learn and have fun rather than pushing for perfection, because **done is always better than perfect.**

Also, if you're feeling overwhelmed, see where you can simplify things and ask yourself honestly, am I trying to do too much?

Or do I need to give myself space and permission to slow things down a little?

And remember, it doesn't matter how slowly you go, forward is forward.

FIVE :: Don't Change The Goal Posts After The Finish Line

Do you find yourself achieving what you set out to achieve and then moving the goal posts?

Stop it!

Why? Here's an example from my life you might relate to.

I wanted to be published on a big website and I put it off for a long time because I felt scared.

When I finally got up the courage and made it happen I allowed myself all of 3 minutes to feel good about my achievement before I started adding a whole lot of new conditions in order to feel successful.

Suddenly being published wasn't enough and I had to have a certain number of people read the article and then click through to my website for it to count.

In a split second, I took all of the joy and accomplishment out of the moment.

What I could have done instead was had a little party for myself, celebrated my achievement and given myself a few weeks to feel great about it. Then I could have reviewed what I'd achieved and thought, '*hmmm, I'd like to expand on that*', I'd like to be published again and next time I'd like to aim for a certain number of readers or a certain number of visitors to my website from the article.

The important lesson here is to treat each goal as it's own unique and wonderful entity.

How?

Set a clear goal and when you achieve that goal, celebrate it whole heartedly because you've done it!

If you choose to set a fresh goal that expands on the first one, that's great, do that, but don't change the goal posts after you've reached the finish line.

Remember, you're allowed to feel great about what you've done and you're allowed to want more, that's ok, but make sure you allow yourself the gift of fully feeling the joy, achievement, accomplishment and '*yay me*' feelings that go with rocking the goal you set for yourself.

Take time to celebrate yourself and your achievements before you dive into the next goal.

SIX :: What To Do When Your Nearest & Dearest Don't Support You

As you start rocking your goals, you might find that not everyone in your life will be fully supportive or happy for you.

They might feel frustrated because you're not as available for them as you used to be, or it might trigger their own personal feelings of discontent, unhappiness or inaction. If this happens, remember that's their stuff, not yours.

Their opinions will be based on their own thoughts, ideas, beliefs and experiences, and while they're entitled to an opinion, no one should be allowed to make you feel uncomfortable, guilty or "bad" about any of your goals, dreams or choices.

The only person who truly needs to be happy with your goals is YOU.

It can be upsetting and hard to deal with other people's negativity, but try your best not to worry what other people think.

If you're in a situation where someone is being unkind or unsupportive, step away with the knowledge that it's their stuff not yours.

Once you've created some distance, take some time to tap back into your why.

Remember why you started, remember what you're doing and remember who you're doing it for.

Stay focused on what you believe in and, as long as it feels good to you, it doesn't matter what anyone else thinks.

Another great way to 'keep the shields up' to negativity is to surround yourself with people with common goals and interests.

You can create a beautiful support network of people you trust, who you can share with and who will lift you up.

That might mean calling an accountability buddy each week to check in, or Skyping with a mentor or friend to stay focused and inspired, or working with a coach to keep your goal getting efforts moving forward, or talking things through with a friend, partner or family member who believes in you and wants you to be happy.

And remember, you're allowed to be happy and create the life and business you want, and you don't have to do it alone.

GOAL ROCKING ACTION ITEM

Which of the mindset and motivation tips resonated most with you?

Did any of the examples or road blocks feel familiar or did you see yourself in any of the examples?

If mindset and motivation are things you tussle with when you're goal rocking, think about some of the ways you can keep your mojo flowing.

What will you do to get back in the goal rocking zone? What will you tell yourself? What action will you take? Is there a song you could listen to? Something you could read to feel inspired? Someone you could talk through the feelings with?

How will you kick self-sabotage in the pants and keep rocking your goals?

GETTING CREATIVE WITH YOUR GOAL DIGGING

Want to up the power and potency of your goal rocking? Surround yourself with positive juju by using one (or all) of the following ideas:

ONE :: Vision Boards

Create a vision board for your dreams.

You can do it the old fashioned way by cutting pictures from your favourite magazines and pinning, pasting or sticking them to paper, a pin board or a wall or mirror in your home.

Or you can do it digitally using Pinterest, a design program like Canva, Photoshop or In Design, or save pictures that inspire you in a folder on your computer or phone called "Dreams".

Having a visual representation of your goals that you can look at every day is a beautiful way to keep your eyes on the prize.

TWO :: Meditation & Visualisation

If you're someone who likes to sit in quiet reflection, take time each day to imagine yourself living your dreams and picture it in as much colour, clarity and detail as you can.

Really see yourself on that incredible holiday, or living in your dream home, or running your successful and fulfilling freedom business; whatever it might be for you.

Taking time to visualise yourself living your dreams will help get your subconscious mind on the goal rocking train and keep your attention and energy on what you're trying to achieve.

THREE :: Write It Out

This is a cool trick I learned from money mindset mentor [Denise Duffield-Thomas](#) and it can really help support your goal digging.

Take time at least once a day, more if you can, to write down your goals.

By doing this you're bringing even more attention and awareness to your goals and, as the sayings go: "*What you think you create*" and "*What you focus on expands*".

So take time each day to focus on your goals and watch them come to life.

FOUR :: Recruit Cheerleaders

We've talked about this one a bit already because it's such an important part of the goal rocking process, but sharing your goals with someone you trust who will be loving, caring and supportive can help you stay focused and keep you accountable.

You might recruit a friend, family member, coach, colleague or mentor to cheer you on. Or, if you have a friend, loved one or fellow goal rocker with the same (or a similar) goal to you, you could work together and support each other as you Rock Your Goals.

FIVE :: Affirmations & Mantras

Repeating affirmations or mantras is another great way to bring attention to your goals.

You can use a general affirmation like:

- Each day I'm designing and living the life of my dreams; or
- I deserve a life filled with joy and abundance; or

- I trust in the power of my dreams.

Or you can create something specific to your goal, for example:

- I lovingly take care of my body and mind; or
- It's safe for me to express my creativity; or
- Money flows to me daily from unexpected sources.; or
- I easily attract dream clients to my business simply by being me.

An affirmation I love which I created is this one:

"I am. I can. I trust. I believe. I deserve."

It helps me remember that I'm taking action, I can do it, I trust in myself to achieve it (and for me personally I also trust in the Universe but for you it could be God, source, your higher self or just yourself if you're not a religious or spiritual person), I believe I can do it and that I deserve to live my dreams and bring my goals to life.

I also love this affirmation because it doesn't bring up the resistance that some other affirmations (like *"I love myself"* or *"I'm beautiful"*) can bring up so it helps me feel more motivated, inspired and confident..

GOAL ROCKING ACTION ITEM

On the following pages, write down some of the ways you'll surround yourself with goal rocking goodness and add some extra power and potency to your goal getting efforts.

WRAP UP

Congratulations gorgeous goal rocker, you're well on the way to rocking your goals.

Here's a list of all the great things you've achieved:

- You know how you want to feel & you have an inspiring list to refer back to.
- You know all the things you already have and do in your life that support those wonderful feelings.
- You have an incredible list of dreams and goals that make YOU feel happy and excited.
- You've given yourself permission to ditch all those shoulds + have to's and live YOUR dreams instead.
- You've chosen the goals that you're ready to rock.
- You've got a really clear vision of how those amazing, inspiring and wonderful goals will look once you're living them.
- You know your deep + divine WHY for your goals.
- You're crystal clear about where you are now and what your starting point is.
- You've designed the path to your dreams, you know what you need to do and you've set dates for accountability and motivation.

- You have a list of fun ways to celebrate your progress.
- You have some tricks up your sleeve to kick self-sabotage in the pants and a whole host of extra ideas to support you in your goal getting efforts.
- Plus, remember to celebrate yourself for working through the Rock Your Goals workbook today too! (Because being present and taking part is a big, beautiful step towards living the incredible life you dream of.)

WHAT NOW?

I hope you've enjoyed digging into the goal setting goodness and that you're feeling inspired and excited to go forth and Rock Your Goals.

To help you stay motivated and feel extra supported, I've put together some resources to help you with your goal digging efforts.

You can access them via this link: www.sarahjensen.com.au/GoalRocker

You'll find great free resources including:

- the iTunes New & Noteworthy & Award Nominated "Rock Your Goals" podcast.
- A goal rocking reading list.
- And more.

COACHING

If you'd like some one on one time to talk through your goals, book in a one hour Skype call and let's get you rocking your goals!

You can find all the details via this link: [60 minute goal rocking session](#)

LET'S GET SOCIAL

Want to connect on social media?

All the goal rocking goodness is over on:

Instagram :: [@MissSarahJensen](#)

NOTES

A little extra space for your thoughts, ideas + a-ha moments along the way.

A large, empty rectangular box with a thin black border, occupying the majority of the page below the introductory text. It is intended for the user to write their notes, thoughts, and ideas.

