



**CULTIVATE**  
WHAT MATTERS®

*Your Guide to  
PowerSheets® Prep Week*

DECEMBER 4-8, 2023



## *Welcome to PowerSheets Prep Week!*

This is the week we set aside to begin or complete our 2024 PowerSheets Prep Work as a community. It's a big one around here! With your goal planner in hand and daily video coaching on your screen, follow along as we break down our proven goal-setting process into six parts you can complete when you're ready (including each day, with us, if you'd like!).

With your PowerSheets Prep Work, you'll look at what worked this past year, what didn't, what's holding you back, and what fires you up in a simple, life-giving way. It will help you make sense of what you've experienced this year and allow you to move forward with confidence and joy. This will feel so good!

So, grab your 2024 PowerSheets and join us each day for a much-needed life refresh. We'll be with you each step of the way! (Our team needs this, too — we're going to be doing our PowerSheets right alongside you! We can't wait!)

## The Schedule

Here's what we'll be tackling each day, if you like to plan ahead:

	ONE-YEAR	FRESH START + 90-DAY
Monday, December 4th <b>GET FIRED UP</b>	Pages 1–9	Pages 1–9
Tuesday, December 5th <b>GET CLEAR ON YOUR BIG PICTURE</b>	Pages 10–15	Pages 10–13
Wednesday, December 6th <b>SET YOUR 2024 GOALS</b>	Pages 16–21	Pages 14–19
Thursday, December 7th <b>BREAK IT DOWN</b>	Pages 22–39	Pages 20–35
Friday, December 8th <b>LIVE IT OUT</b>	Pages 40–47 + 52–53	Pages 36–39
Saturday + Beyond <b>GET READY FOR JANUARY</b>	Pages 49–56	Pages 41–47



## *You're Invited!*

As a Goal School Premium member, you're invited to join us for a special GSP event on Wednesday, December 6th! Bring your PowerSheets and start or continue your Prep Work at your own pace alongside your fellow Cultivators and members of Team Cultivate. The chat will be open to ask questions and bounce ideas around, and we'll provide the tunes and a little bit of teaching. We hope to see you there!

Zoom Link: <https://zoom.us/join>  
Meeting ID: 838 0735 1979



## *How to Prepare for Prep Week*

As we get ready to turn the corner into 2024 Prep Week, we wanted to share a few ideas for how to self-reflect in a meaningful way — and to make your time with your PowerSheets truly feel like a personal retreat. You deserve it!

For some of us, self-reflection might not be a natural part of our regular life, so sitting with the introspective questions in our PowerSheets might feel uncomfortable. They might ask us to look at painful parts of our life or acknowledge fears we have. This is natural — whenever there's a gap between where we are and where we want to be (even if our life is going well!), we're bound to feel that tension of wasted time or regret.

And that's not a bad thing! Use that tension — that pain — as fuel to move forward. (That's why we're setting goals, right?) After all, what causes people to change starts with one pivotal moment: it's the moment when you decide that the pain of staying the same is greater than the pain of change.

Friends, fear is a non-negotiable when going after your goals. It's natural and essential! The good news? Each time you step out of your comfort zone, the next uncomfortable thing feels a little easier. And, you can soften the blow a bit in the midst of the uncomfortableness by intentionally bringing comfort and refreshment to the experience. And that's where these tips come in!

Even if you're just stealing 15 minutes here and there to work on your PowerSheets, that time can and should feel like a mini personal retreat. After all, you're doing really good work! Here are some of our best tips as you prepare to get started:

- **GET PHYSICALLY COMFORTABLE!** Wrap yourself in your favorite blanket, kick off your shoes, sit yourself in front of a window with a view, or head to your favorite coffee shop or library.
- **SWITCH ON A SENSORY CUE.** Turn up a favorite playlist (pump-up hits or relaxing instrumental — your choice!) or light a candle. These cues will help your brain know something special is going on!
- **FUEL YOURSELF.** If you're working through your Prep Work and setting goals in one big chunk, pack a snack and have a glass of water, coffee, or tea at the ready. Hangry goal-getters aren't nearly as effective!
- **PUT YOUR PHONE IN ANOTHER ROOM** so that you aren't distracted by news updates, texts from friends, or social media notifications. Studies have shown that we are much more likely to pick up our phones when they are visible as opposed to out of sight, so the removal to another room (or at least your bag) is important!

As we walk through 2024 Prep Week together, remember: change takes change. Our brains don't always like change, but pushing through the tension is worth it! A year from now, you will be so glad you started today.



# *Prep Week Checklist*

Mark your progress as you move through your 2024 Prep Work!

**GET FIRED UP**

Pages 1-9

**GET CLEAR ON YOUR BIG PICTURE**

Pages 10-15

**SET YOUR 2024 GOALS**

Pages 16-21

**BREAK IT DOWN**

Pages 22-39

**LIVE IT OUT**

Pages 40-47 + 52-53

**GET READY FOR JANUARY**

Pages 49-56



## *Hooray! You did it!*

You uncovered what matters, thinking deeply about who you want to be and what you want to do in the big picture.

You set goals to help you live out what matters, and then you broke those goals down into a simple action plan you can't wait to get started on.

You gained tools to live out what matters and use your time well. You are ready for a new month, and you are ready for a new YEAR!

We are grateful and excited to have you as a part of this community in 2024. You know all those things you've always wanted to go do? *It's time to go do them.* We'll be with you each step of the way!

**ONWARD TO 2024,**  
*Team Cultivate*