



# NEW YEAR GOAL SETTING & MANIFESTING WORKSHEET

1. **Celebrate My Victories:** Write down as many things as you can remember that you accomplished last year.
2. **My Values:** What are your values that connect you to your heart? *Example: I value communication, self expression, creativity, etc.* Write as much as you like and go as deep as you like within each value.

3. **My S.M.A.R.T. Goal:** Using the SMART formula, write one thing you would love to accomplish this year and the “why” connected to your deepest value(s).

### Is it a S.M.A.R.T. goal?

**Weak Example:** “I want my voice to sound better.”

**Strong Example:** “By April 31st, I will be able to sing my favorite song, Somewhere Over the Rainbow in front of an audience with more confidence than I have now.”

**Specific** – Does the goal state clearly what it will achieve?

**Measurable** – How will you know if you have achieved your goal?

**Achievable** – Is this a goal that can actually be achieved?

**Relevant** – Does the goal reflect your values in life?

**Time specific** – when do you want to achieve this goal by?

4. **My Relationship to Myself:** On a scale of 1-10 - 10 being the highest, how much do you trust yourself to show up the way you need to, right now in order to reach your goal? *(A side note: the level you trust yourself is connected to how much you trust your voice. The level you trust your voice is directly related to your vocal performance. Trust is a key element to empowerment.)*

## CHASE-ing the fear, pain and self doubt...into EMPOWERMENT

5. On a scale of 1-10, how **C**ommitted am I to my creation? \_\_\_\_
6. On a scale of 1-10 how much am I willing to commit to **H**onoring my Process with self compassion? \_\_\_\_
7. On a scale of 1-10, considering the goals above, what is the level of **A**wareness of my analytical mind \_\_\_\_ *(Example: How much do I want to mathematically figure it out and proceed logically?)* vs. my creative mind \_\_\_\_? *(Example: How much do I want to play with ideas, explore and have fun? Do my creative and analytical mind balance one another?)*
8. On a scale of 1-10, how willing am I to **S**urrender to the Flow and allow myself to feel comfortable in my own skin doing this goal? \_\_\_\_
9. On a scale of 1-10, how much am I willing to **E**njoy the Experience of achieving this goal? \_\_\_\_

## MANIFESTING

10. Write down how you will feel, after you have accomplished your goal, as if it just happened in real time and you are telling a friend about it. *(Example: I'm so excited I just finished performing and I feel so amazing and fulfilled I want to explode...)*