

Behind the Vine

THE CE PURPOSE PLANNER



ONEHOPE
Rooted in Purpose

GOAL SETTING EDITION

Sections in the Workbook

- Reflect & Plan
- Goal Setting
- Resources
- Vision Boards

SECTION ONE

Reflect & Plan



Reflect & Plan

YEAR: _____

Your Year in Review

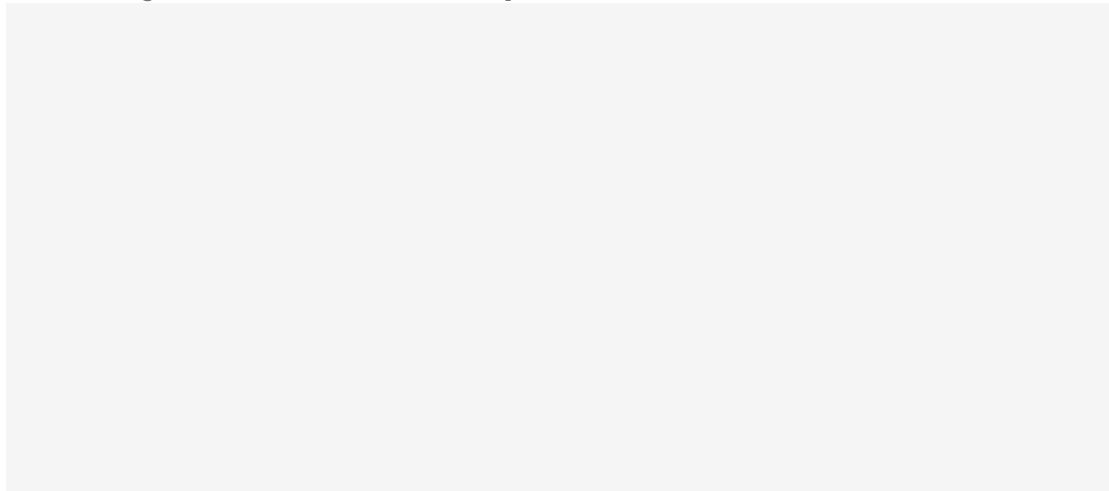
Review and reflect on your life and business and make a list of your major accomplishments, areas of progress, results or positive events that took place during the past calendar year.

Thought Stimulator:

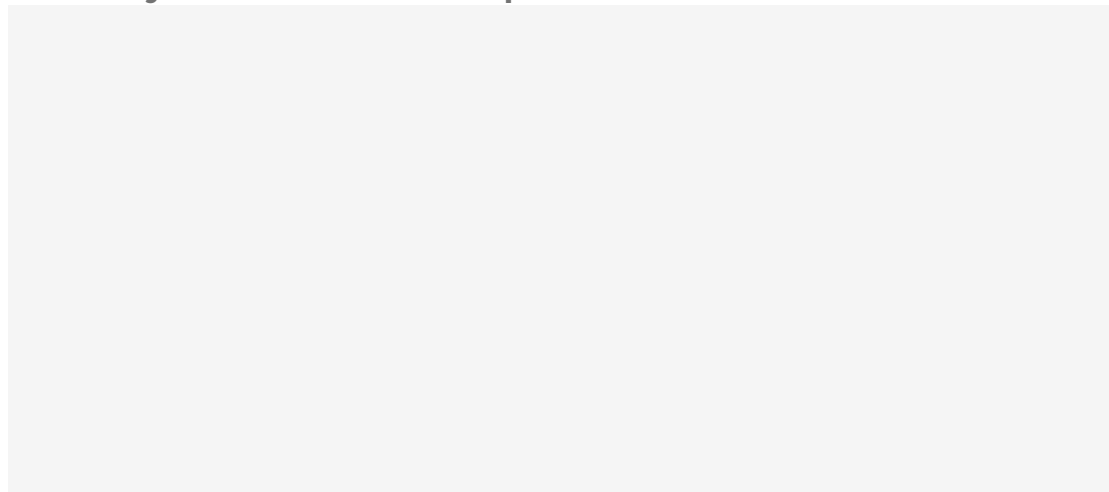
- Business milestones and progress
- Business relationships (old and new)
- Delegation and management
- Leadership success
- Presentations and speeches
- New technologies learned or used
- New abilities, skills and confidence
- Financial income and investments
- Personal relationships (old and new)
- Habits developed
- Events attended
- Personal presentation
- Personal development
- Family
- Home
- Health and fitness
- Trips and vacations
- Letting go
- New additions
- Spiritual
- Community

Reflect & Plan

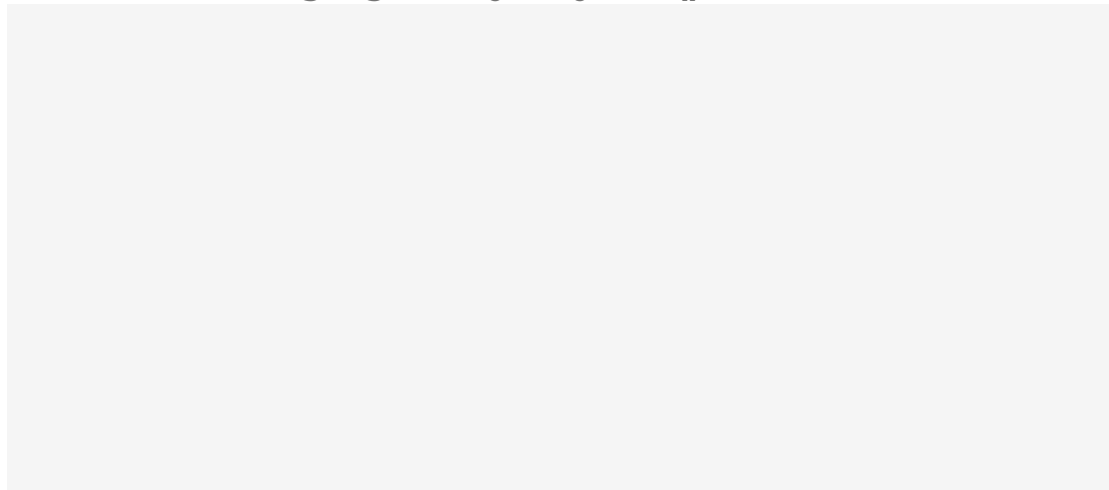
List 5 of your Business Accomplishments



List 5 of your Personal Accomplishments

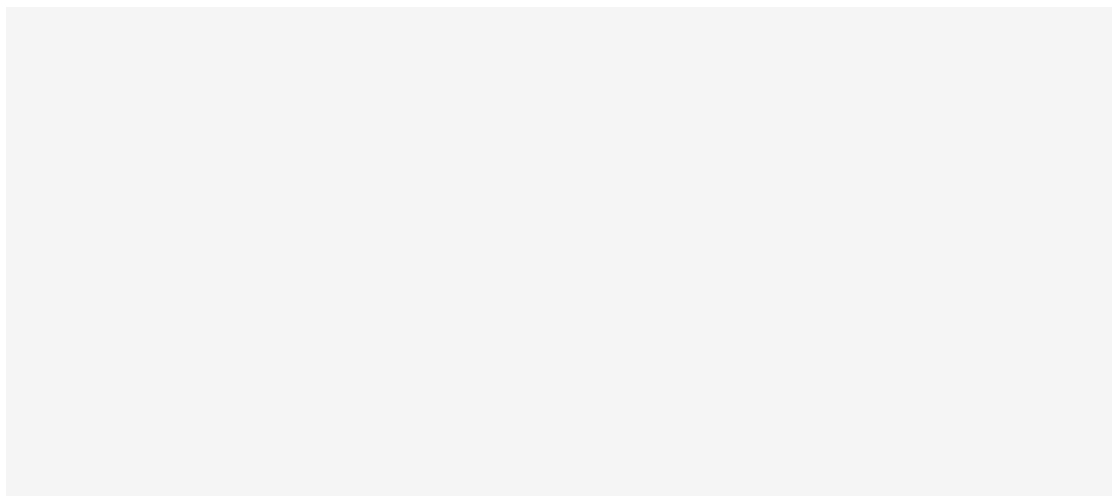


What were the highlights of your year? (positive events, moments)

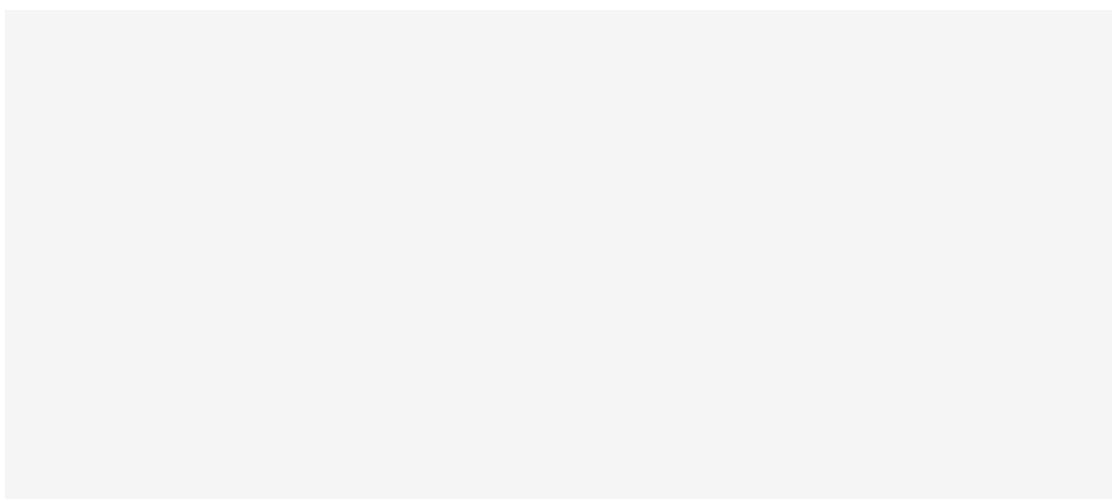


Focus For The Year

My Personal Mission Statement:



My Theme for the Year (6 words or less)



SECTION TWO

Goal Setting



What is a Goal?

A goal is...

- an idea of the future that you envision, plan and commit to achieve
- the intention of an activity of a plan
- it describes what you expect or hope to accomplish over a specific period of time
- it is something that you have control over

Not a goal:

- X** I will never drink soda
- X** To run the same distance and pace as Susie

Unrealistic goal

- X** Writing a book in a week
- X** Losing 30 pounds in 1 month

Goal:

- ✓** Limit soda to 1 can per week
- ✓** To increase my distance by 1/2 mile per week

Realistic goal

- ✓** Writing 500 words per day
- ✓** Exercising 4 days a week

Goal setting is a process that not only helps us get better results but also to feel motivated and take responsibility for our actions.



The Anatomy of a Goal

These 6 C's are ways to help you relate to your goals and be inspired by your personal vision for success.



Writing SMART Goals

When you focus on only a few important goals, you're more likely to achieve them. You only have so much time in a day and so much energy to give. The challenge is actually limiting yourself to just a few of the most important, SMART Goals.

S specific

**Your goal is direct,
detailed, and meaningful**

M measurable

**Your goal is quantifiable to
track progress or success**

A attainable

**Your goal is realistic and you
have the tools and/or
resources to attain it**

R relevant

**Your goal aligns with your
personal mission**

T time-based

Your goal has a deadline

Action Step Instructions

A goal is not a goal unless you take action. Taking action is the difference between a goal and a dream. Your actions need to be intentional and targeted.

What three actionable steps will I take to achieve this goal?

Example - My goal is to save up \$1000 to go on vacation.

1. Evaluate my budget to cut spending from at least 2 areas
2. Calculate how much I need to save per paycheck and for how long
3. Set up my bank account to automatically transfer \$ from checking to my savings account.

What steps will I take each week to achieve this goal?

Take your actionable steps and break them down weekly. How much time do you need to set aside? How much \$ do you need to save? Basically, how can you measure your progress each week?

What steps will I take each day to achieve this goal?

Ideally you will start breaking down the steps to make daily habits. What can/should you do daily that will progress you towards achieving your goals? If you are saving money, then packing a lunch instead of going out. Making coffee at home instead of going to Starbucks.

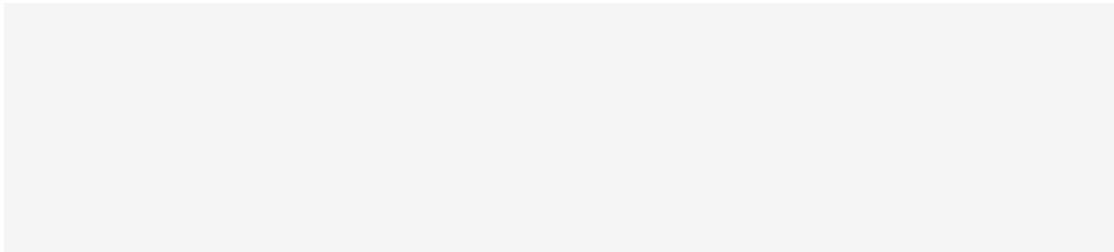
How will I reward myself once this goal is achieved?

Celebrate your milestones and successes in accordance with your goal. If your goal is to save money, don't splurge on your reward, If your goal is related to fitness/diet don't indulge in a hot fudge sundae. When you reward yourself along the way, you are more likely to stay positive and put in the work to achieve your goals.

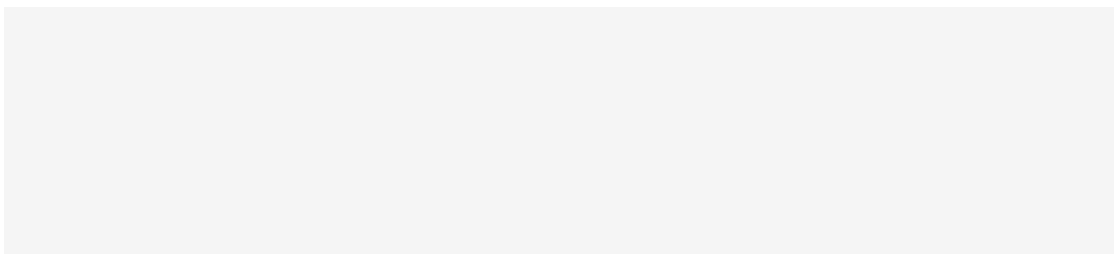
My Goals

You are **42%** more likely to achieve your goals when you write them down!

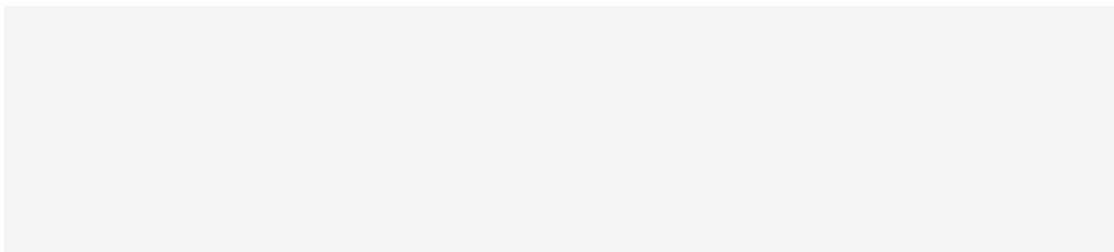
GOAL #1



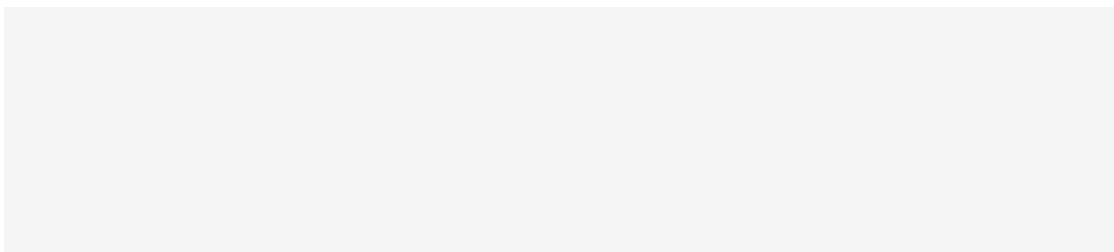
GOAL #2



GOAL #3



GOAL #4



Goal #1 Worksheet

My Goal: _____

Key Questions to Consider

Why do I want to achieve this goal? How will it better my life?

What tools/resources do I need to achieve this goal? (money, team, time, etc.)

Who will help me stay on-track with this goal? how will they hold me accountable?

Who must I BE to make this happen?

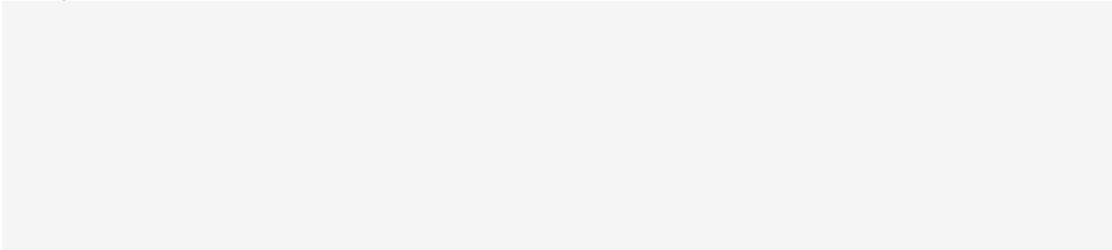
What are the obstacles and my fears that I have about my goal?

What will it look/feel like when I achieve my goals?

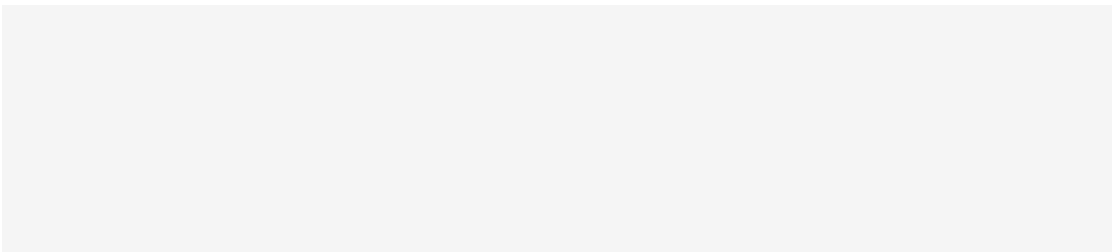
Goal #1

Action Steps

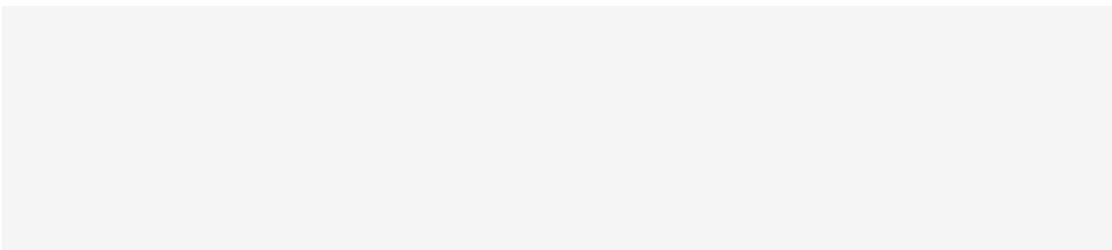
What three actionable steps will I take to achieve this



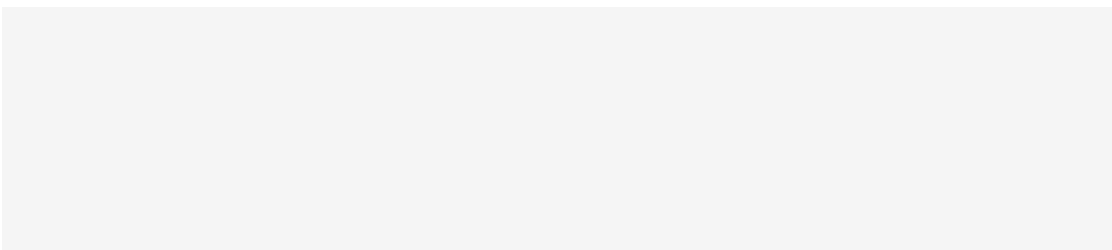
What steps will I take each week to achieve this goal?



What steps will I take each day to achieve this goal?



How will I reward myself once this goal is achieved?



Goal #2 Worksheet

My Goal: _____

Key Questions to Consider

Why do I want to achieve this goal? How will it better my life?

What tools/resources do I need to achieve this goal? (money, team, time, etc.)

Who will help me stay on-track with this goal? how will they hold me accountable?

Who must I BE to make this happen?

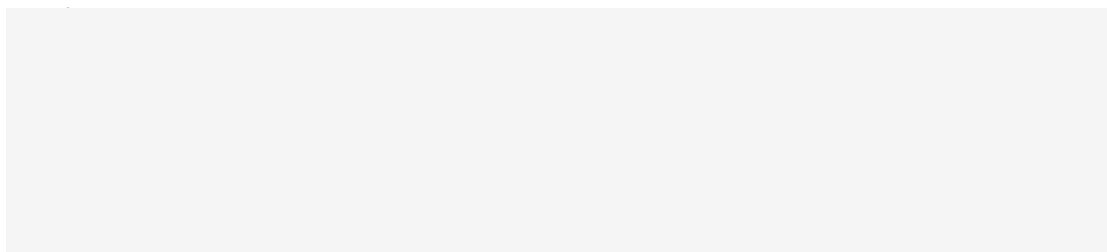
What are the obstacles and my fears that I have about my goal?

What will it look/feel like when I achieve my goals?

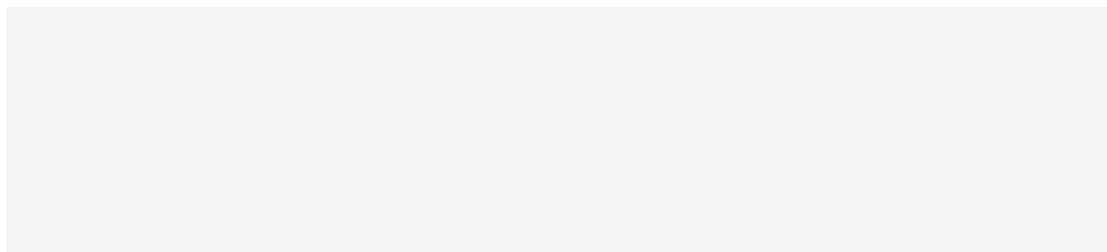
Goal #2

Action Steps

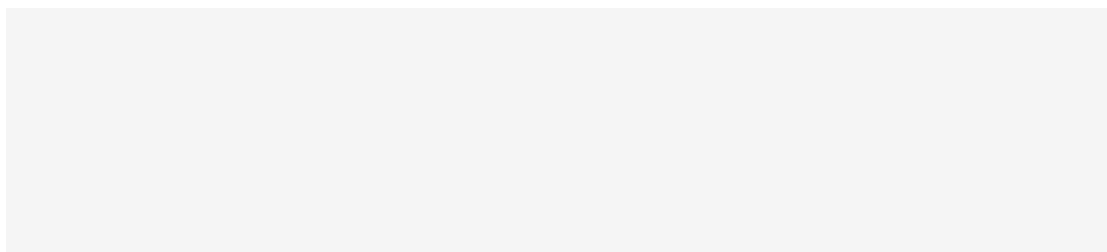
What three actionable steps will I take to achieve this



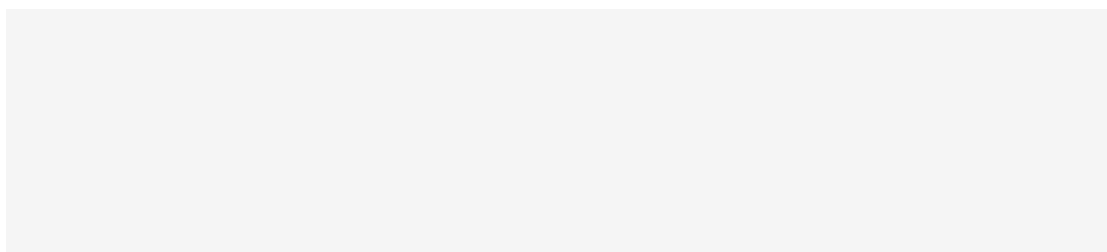
What steps will I take each week to achieve this goal?



What steps will I take each day to achieve this goal?



How will I reward myself once this goal is achieved?



Goal #3 Worksheet

My Goal: _____

Key Questions to Consider

Why do I want to achieve this goal? How will it better my life?

What tools/resources do I need to achieve this goal? (money, team, time, etc.)

Who will help me stay on-track with this goal? how will they hold me accountable?

Who must I BE to make this happen?

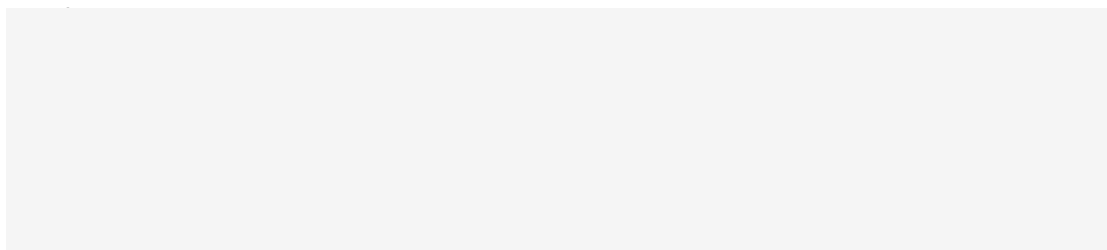
What are the obstacles and my fears that I have about my goal?

What will it look/feel like when I achieve my goals?

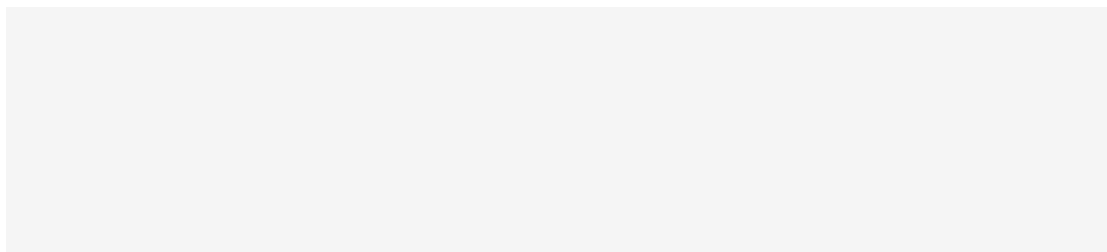
Goal #3

Action Steps

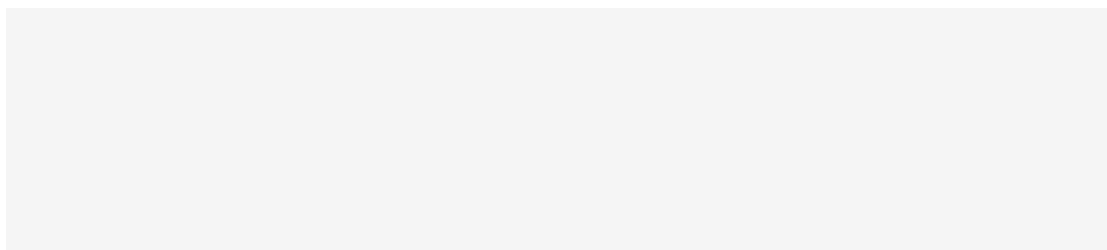
What three actionable steps will I take to achieve this



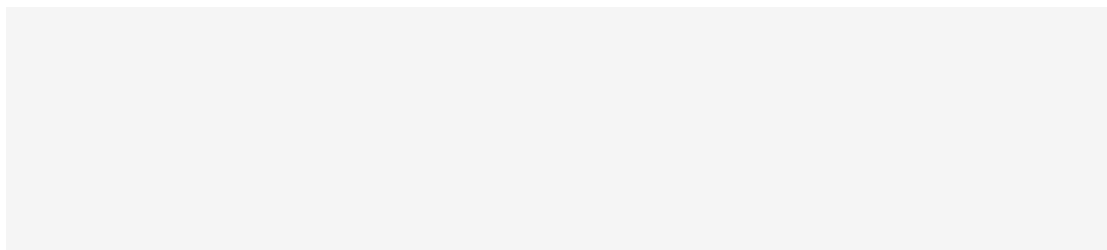
What steps will I take each week to achieve this goal?



What steps will I take each day to achieve this goal?



How will I reward myself once this goal is achieved?



Goal #4 Worksheet

My Goal: _____

Key Questions to Consider

Why do I want to achieve this goal? How will it better my life?

What tools/resources do I need to achieve this goal? (money, team, time, etc.)

Who will help me stay on-track with this goal? how will they hold me accountable?

Who must I BE to make this happen?

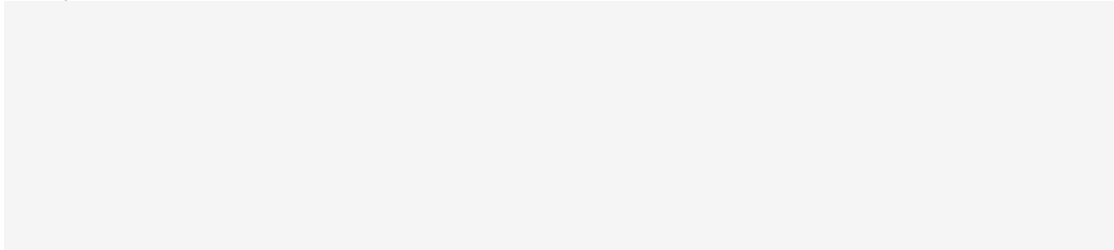
What are the obstacles and my fears that I have about my goal?

What will it look/feel like when I achieve my goals?

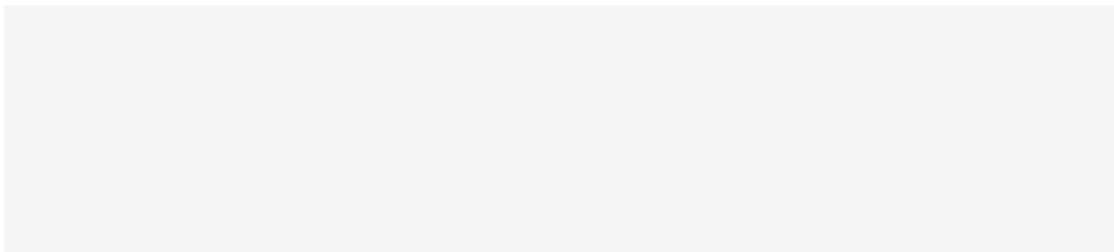
Goal #4

Action Steps

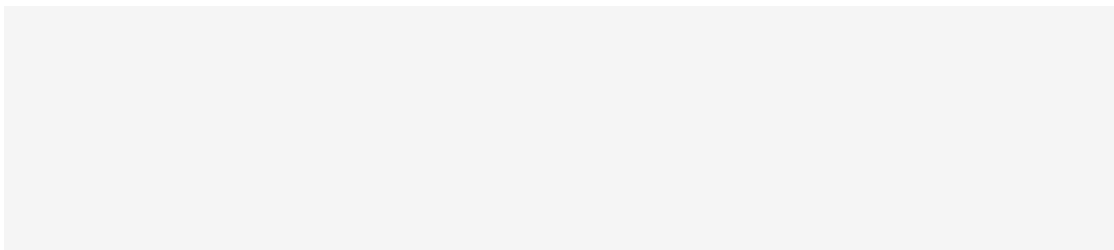
What three actionable steps will I take to achieve this



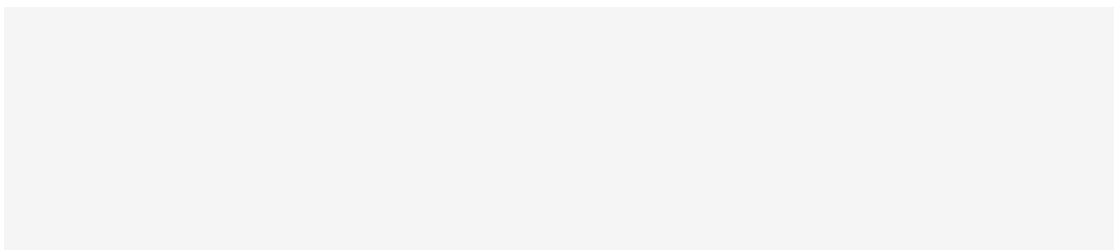
What steps will I take each week to achieve this goal?



What steps will I take each day to achieve this goal?



How will I reward myself once this goal is achieved?



Gratitude

Gratitude is being thankful and appreciative for what you have and received. With gratitude, you acknowledge the good in your life. Gratitude helps people feel more positive emotions, cherish good experiences, improve their health, deal with adversity, and build strong relationships.

I am grateful for

I appreciate

I feel special when

I am blessed with

I am thankful for

My mindset is

I'm happy when

My emotions are

I need to thank

SECTION THREE

Resources



Resources

Setting goals is a process and an investment of time that will payoff when you are committed to taking action. It is also a personal journey. We want to enrich that journey and provide you with a list of additional resources to support your process and learning about the effectiveness of goals.

Recommended Books:

Write it Down, Make it Happen by Henriette Ann Klauser



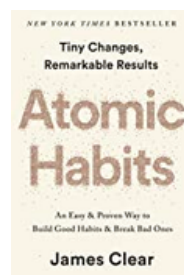
[Amazon Link](#)

This year I will... by M.J. Ryan



[Amazon Link](#)

Atomic Habits. Tiny Changes, Remarkable Results by James Clear



[Amazon Link](#)

Resources

Pro Tips from our Field Leaders:

- You must use a tangible calendar and keep it before you daily!!!
- Always shoot for the moon! Never give up! Put your head back down and get back to work. The only thing we have control over is our own attitude!
- Check reports daily and weekly. Check in with my team to offer support

ONEHOPE Business Tools

Business Planning & Goal Setting

<https://hubs.ly/HOPKvJZO>

SECTION FOUR

Vision Board



Vision Boarding

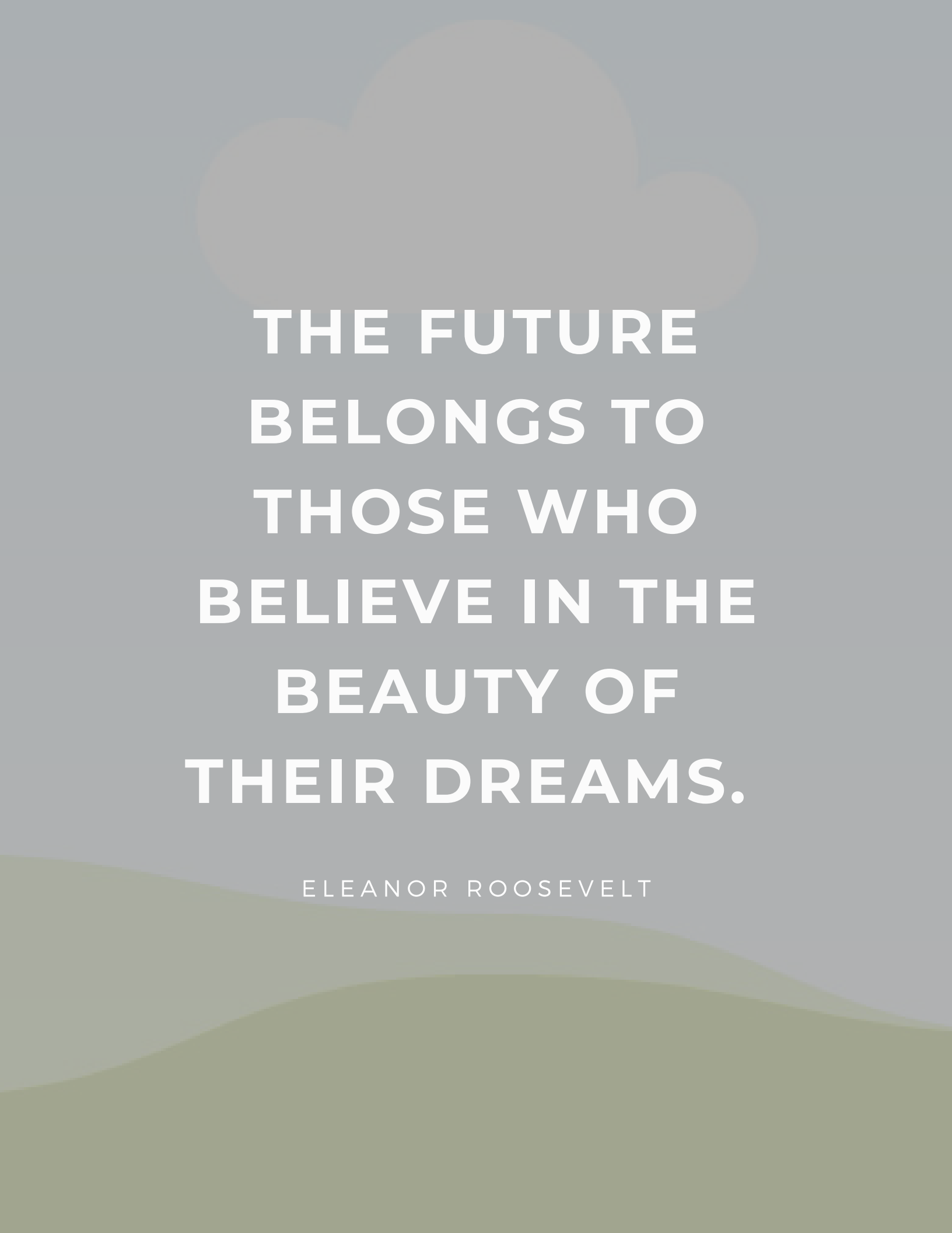
Creating a Vision Board is a great way to stay focused and motivated on your dreams and goals. It is personalized by you and for you!

Top 10 Benefits of Having a Vision Board

1. Creates better intentions
2. Makes your dreams clear
3. Improves creativity
4. Provides motivation
5. Enhances productivity
6. Provides focus
7. Boosts chances of success
8. Makes you happier
9. Boosts determination
10. Pushes your desire

What might you need?

- magazines
- screen shots
- photos
- eye catching images
- inspiring quotes
- poster board
- scissors
- glue



**THE FUTURE
BELONGS TO
THOSE WHO
BELIEVE IN THE
BEAUTY OF
THEIR DREAMS.**

ELEANOR ROOSEVELT