

It's Just Terrain

Remember, no matter what happens in the middle of your goal, – it's just terrain!

You got this!



LifeChangingPrinciples.com



Goal Getters: Get it on Amazon!

Every goal has obstacles. Finding multiple paths to the same goal increases your hope. List as many ways as you can think of to get around obstacles and reach your goal. What would you do if you knew it could not fail? What might someone else try? Remember: All obstacles are figure-out-able.

Obstacles

My Goal Journal

Name _____

A pocket-sized handbook for starting a Goal Journal.

Goal Terrain

We often imagine our goals as straight lines leading from where we are to the end of our goal. Our goals are really laid out on the mortal terrain of our lives.

They twist and turn in unexpected ways. We don't know what's around the bend for our goals. But we do know that whatever happens, even failure, it's just part of the terrain of our goal.

Try using a goal journal to keep track of the terrain of your goal. You can make plans, break your goal into small do-able pieces, look back and evaluate what happened, and start new goal loops.

Zoom Out

Imagine standing on the path that leads toward your goal. What terrain do you see ahead? What's in your way? How does it feel right now?

Zoom Out. Now, zoom way out on a ski lift and look down on the terrain of your goal. How far have you come? What do you notice way out here that you couldn't see down on the path?

Zoom Back In. Now zoom back in, so you're standing right on the path where you were before. Any new insights? What did you learn?

My Goal _____
Are you willing to tolerate discomfort and negative emotions on your way to your goal?
Make a list of emotions, thoughts, urges, and failures you are willing to experience or tolerate to accomplish your goal.
I am willing to:

Willingness

Everybody has failure moments. It feels bad. It helps to write it all down. What emotions come up for you?
How is this setback part of the terrain of a bigger goal or purpose?
Remember, all failure is just terrain on your way to a bigger goal.

Failure

Brainstorm goals you are interested in. Create different kinds of lists.
My Someday/Maybe Goals
My Bucket List
My goals for this semester
My family goals
Skills I want to learn
Things I need to prepare for
New things I want to try or learn
Things I like or am good at
Now choose one: _____

Brainstorm

Who Owns the Goal?

Some goals I want to do and some others want me to do. Who wants me to do this goal? Who will be happy if I do this goal?

How can I make this goal my own?

How will I benefit? Why do I want to choose this goal?

How much do I want to do this goal? (1-10). Say it was a 4. Why not 3 or 2? What got you that high? What would it take to nudge that number up a bit?

Choose goals you really want. When someone suggests a goal for you, you can choose to make it your own or let it go. It's up to you.

Outcome Purpose Takeaway

My Goal _____

The outcome is what you set out to do. The purpose is why you did the goal. The Takeaway is what you learned from engaging with your goal.

OUTCOME	PURPOSE	TAKEAWAY

Remember a Goal

Do you need to create a reminder?

When will you do this goal?

Where will you do this goal?

Create a reminder that shows up when and where you will do this goal.

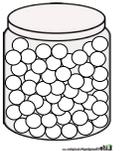
Track a Goal

Do you need to track this goal?

What tiny wins can you track for this goal?

Try to avoid daily goals. Choose more interesting ways to track:

- Print a goal tracker
- Try a marble jar
- Log page in your goal journal
- Tally marks to a page on the fridge.
- Put post-it notes on a door.



Get an empty notebook for your goal journal. Use the ideas from this booklet to create your own goal journal pages. When you choose a goal, use as many pages as you need in your goal journal. If you start a new goal, just write the name of the goal at the top of the page. You can skip around. It's okay. If you set the journal down for a month – it's okay. Just pick it up and start where you left off. You know how to brainstorm a goal, choose one, create a reminder, track it, adjust it, let it go, finish it, and bank it!

My Goal Journal

Bank every bit of progress, no matter how small, and make it visible. Research shows we are motivated to continue goals if we see we are making progress. Put post-it notes on a bedroom door. Create your own celebration like a football touchdown celebration when you take goal action. Create an achievement poster inside a kitchen cupboard. Make a goal journal and record the steps you take on the way to your goal.

Bank It

Stop in the middle of your goal and ask these questions:
Do I want to keep working on this goal?
Do I want to adjust my goal in some way?
Why did that go well this time?
What went well?
Do I want to let this goal go for a while or forever?
You can choose to stop working on a goal. Be grateful for what it taught you and let it go.
• Create a goal journal and record the steps you take on the way to your goal.
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• Create an achievement poster inside a kitchen cupboard.
• Make a goal journal and record the steps you take on the way to your goal.
When your goal gets stuck, open a new goal journal page. End your stalled efforts with these goal loop questions:
What did you learn?
What didn't go well?
Why did that go well this time?
What went well?
Do I want to adjust my goal in some way?
Why did that go well this time?
What went well?
Do I want to let this goal go for a while or forever?
You can choose to stop working on a goal. Be grateful for what it taught you and let it go.
What new goal loop do you want to start?

Adjust a Goal

Goal Loops