Welcome to Your Best Year!

The only thing you need to do to experience your best year yet is to make a decision. A decision to MAKE it your best year. After you make that key decision and put some action to it ... NOTHING can stop you but YOU!

The first action to slaying/rocking/knocking-out-of-the-park your goals is to get the plan and vision for your year. In other words - pray. Sit down in a quiet place (I know this can be a tough one for mamas!) and dream about the year you'd love to live this year.

The order is pray then slay!

Prayer gives us many things we need like peace, wisdom, and the strength to move forward when it gets really hard.

And wisdom is what we so desperately need before we get moving! Wisdom to know the plan-and how to navigate through it. Don't blaze through this year alone. You've got help!

Once you spend time getting the vision, write it down! That's the first page in this kit. Writing down your vision helps you remember everything, but it's also essential to pulling out each of the goals that are like the mini-steps you need to take to get there.

Then you're ready to fill in the goal sheets for your family goals and ones you have individually. After you've successfully written down your goals - the fun part begins!

You get to fill out the goal planning worksheet for EACH goal. This may seem daunting, I'll be honest, it will take you some time but you're building your year and all structures need time and accuracy to ensure they stand over time. We're talking about slaying your year. Right!?

In essence, this is the RIGHT way to set goals because you're making sure they actually get done! I hate New Years resolutions because they require minimal thought and don't work!

Using this kit - all the way - will set you up for success!

Going through each page will help you seal the deal and finally make this your best year!

I've included an at-a-glance quarterly goal evaluation sheet to check your progress along the way and allows you to always see what you're aiming for. And a weekly planning sheet, a vacations & rest scheduler, a worksheet to help you overcome that dreaded procrastination the right way, and a self-care routine worksheet! Whew! That's a lot!

And to close this goal-slaying toolkit with a bang, I've added a resource page at the end with all my FAVORITE books and courses that were game-changers for me and will help take your goal slaying to a whole other level! I believe in you! But let me tell you something - you MUST believe in yourself! You got this!
Reflection Questions

Fill in the questions to get your mind in the mode of reflection to help you write your vision next.

What was your biggest obstacle, set-back, or failure last year? Is there any guilt you’re holding on to?

What was your biggest victory, happiest moment, or greatest achievement last year?

Write a sentence to describe how you felt about each of the following areas last year:

Money -
Relationships -
Career -
Health -
Reflection Questions

Fill in the questions to get your mind in the mode of reflection to help you write your vision next.

What is your biggest dream that you’re still holding back on? Why?

Who do you need to become/how do you need to show up in 2017 to start walking in that dream?

List the areas in your life that have been totally neglected and need purposeful focus:
Write Your Family Vision

Your vision is the "big Picture" for where you want to go and what you want to accomplish and experience as a family. This helps to draw out goals that form the overall vision, so don't skip this step!
Family Goal Worksheet

List all the goals/things you'd like to experience together as a family over the course of this year.

Write out your service/outreach goals. Ways your family can make a positive difference.

Write out your goals for making more meaningful connections as a family.

Write out the financial goals you have for your family. This could be a plan for increasing your income, a savings plan, or creating a brand new budget.

Misc goals that are unique to your family. These could be fitness, education, or even nutritionally related. Just list those things you want your family to do as a team!
Individual Goal Worksheet

List all the goals/things you’d like to experience and/or accomplish personally and professionally.

How would you like to grow this year in your relationships (marriage, motherhood, friends)?

Write out your goals for improving your skills, knowledge, and/or education.

Write out your goals for your professional growth. This could be finally pursuing that promotion, starting your own blog, or joining a mastermind group.

Write out your goals for your personal growth. This could be starting a new fitness routine/group, joining a mom’s community group, or just trying something new.
Goal Planning Worksheet

Go deeper with each of your goals to ensure you'll be most effective in your goal execution.

** Print this sheet for all the main goals (family/individual) you decide to pursue this year.

1. Define Your Goal
   Make it S.M.A.R.T. - Specific, Measurable, Achievable, Relevant, & Time-Based

2. Define Your Why
   This will help you decide if this goal is worth your investment of your time and energy and if so, how much.

3. Define Any Blocks
   Determining potential obstacles or roadblocks helps prepare you if they do happen.

4. Define Your Steps
   Break down this goal into small, actionable steps and assign a date/time to complete each step.

5. Define Your Needs
   Decide what skills or resources you need to bring this goal into reality.

6. Define Your Help
   Decide who can help you with your goal as a partner or even as accountability.
S.M.A.R.T. Goals

Understanding the formula for successful goal setting is vital to getting them done - a.k.a. slaying them! Goals that are set out of emotion or other fleeting thoughts are quickly met with disappointment and frustration. Making sure your goals a S.M.A.R.T. will set you up for dragon slaying beast mode.

S - Your Goal must be SPECIFIC. If it’s too general or broad you’ll quickly lose focus or get overwhelmed. Either one will kill your goal slaying momentum before you ever get started!

M - Goals must be MEASURABLE to ensure that they can be tracked and actually achieved. Setting a goal to enjoy life more can’t be measured. But if you list out activities you want to experience that bring you joy then you’ll know once you’ve reached that goal.

A - You must have the means to actually achieve this goal. You also can’t set a goal for something you don’t have direct control over.

R - Goals must be personally RELEVANT to you to be most successful. Developing your "why" helps to keep you focused on why this goal is important in the first place!

T - Your Goal needs to be TIME-BASED. In other words, you should have a deadline. As humans, we need deadlines to keep us on track. Just be sure your deadline is REASONABLE!
1st Quarter Goals
At-a-Glance Evaluation

List all your goals on the left side of each box and at the end of each month fill in on the right side what you actually did to easily check your progress throughout the year.

**January**

<table>
<thead>
<tr>
<th>What You Planned</th>
<th>vs.</th>
<th>What You Did</th>
</tr>
</thead>
</table>

**February**

<table>
<thead>
<tr>
<th>What You Planned</th>
<th>vs.</th>
<th>What You Did</th>
</tr>
</thead>
</table>

**March**

<table>
<thead>
<tr>
<th>What You Planned</th>
<th>vs.</th>
<th>What You Did</th>
</tr>
</thead>
</table>
# 2nd Quarter Goals At-a-Glance Evaluation

List all your goals on the left side of each box and at the end of each month fill in on the right side what you actually did to easily check your progress throughout the year.

<table>
<thead>
<tr>
<th>Month</th>
<th>What You Planned vs. What You Did</th>
</tr>
</thead>
<tbody>
<tr>
<td>April</td>
<td></td>
</tr>
<tr>
<td>May</td>
<td></td>
</tr>
<tr>
<td>June</td>
<td></td>
</tr>
</tbody>
</table>
3rd Quarter Goals At-a-Glance Evaluation

List all your goals on the left side of each box and at the end of each month fill in on the right side what you actually did to easily check your progress throughout the year.

**July**

What You Planned vs. What You Did

**August**

What You Planned vs. What You Did

**September**

What You Planned vs. What You Did
4th Quarter Goals At-a-Glance Evaluation

List all your goals on the left side of each box and at the end of each month fill in on the right side what you actually did to easily check your progress throughout the year.

**October**

What You Planned vs. What You Did

**November**

What You Planned vs. What You Did

**December**

What You Planned vs. What You Did
Making Adjustments

So often our lives feel too full to allow new goals a seat at the table. This happens when our days are over-scheduled. Use this sheet to help you help find margin in your day and eliminate the unnecessary so you can stay on track for full goal annihilation!

List the top 5 time wasters you could limit or banish all together. Then list the top 5 actions that’ll create more margin in your days (i.e. meal-prepping) that you could add in or do more of.

<table>
<thead>
<tr>
<th>Minimize</th>
<th>Maximize</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
<td>3.</td>
</tr>
<tr>
<td>4.</td>
<td>4.</td>
</tr>
<tr>
<td>5.</td>
<td>5.</td>
</tr>
</tbody>
</table>

Adjustments List

Now you should see some glaring tasks that can be minimized because they take up time and don’t add to your life. But what about things like cleaning, grocery shopping, and running errands that you don’t love to do but can’t stop or minimize? That’s where we make tweaks to outsource, delegate, or systematize!

Write out all the tasks you must do, but change them to make them easier, faster, or maybe even on auto-pilot!
Life Lessons Worksheet

Use this sheet to allow the lessons you've learned in the past year help you grow and mature this year.

Write out the Top 5 Lessons you Learned in the Previous Year

List 5 Activities that Will Help you Grow and Apply them in Your Life

Give Your Year a Motto!
Sum up your New Year in a phrase or even just a word that speaks to you!
How to Procrastinate-Proof Your Passion

When it comes to your dreams, passions, and purpose procrastination leaves clues about what you should be doing and how you should be doing it.

If you find yourself dreading, delaying, or out-right putting off doing something that you know you need to be doing - it’s usually due to one of 3 reasons.

If you’re procrastinating because that task is outside of your skill-set and not a task that’s necessary for you to personally develop - it’s probably time to find another way to get it done. The first reason for procrastination is continuing to do tasks that need to be outsourced, delegated, or systematized.

It’s not always easy to let go of things we’ve always done, but the only way for you to grow is to focus on what only YOU can do. I’m a firm believer that if there’s a task that you can delegate - you should. Especially, if you don’t even enjoy doing it!

The second and probably most popular reason for procrastination is letting fear stand in your way. Let me let you in on a little secret. If your dream doesn’t scare you - it’s probably not worth doing anyway.

Here’s a common acronym for fear - False Evidence Appearing Real. And it’s extremely accurate. Most of what we fear in relation to becoming better and stepping out, is irrational. That’s why I’m a huge fan of learning to do things afraid and getting really familiar with living outside of our passion-limiting comfort zones.

The final reason for procrastination is not having a strong WHY. Having a meaningful reason for doing what we do is so important to keeping us inspired and on track with our goals and vision for our year.

If you have a goal or task that you believe you should be doing but keep procrastinating, use the next sheet to help you identify your why. And use that why to keep you inspired and going strong through this entire year!
Mapping Your WHY

If you have a goal that keeps getting lost in the day to day, this sheet will help you discover and solidify your reason for doing it in the first place and keep you focused on achieving it!

Goal:

____________________________________________________________________________

Why is this Goal Important to you?

____________________________________________________________________________

Who will be directly impacted by the manifestation of this goal and what does that mean to you personally?

____________________________________________________________________________
My Rest and Vacation Goals

When you love what you do it’s hard to step away and take a break ... a real break. But making time for resting and vacations is essential to thriving in this new season!

Fill in the dates and mark with a V for your planned vacations and mark your days off with a R for REST.

<table>
<thead>
<tr>
<th>January</th>
<th>February</th>
<th>March</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>April</td>
<td>May</td>
<td>June</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>July</td>
<td>August</td>
<td>September</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>October</td>
<td>November</td>
<td>December</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
My Self-Care Goals

As busy women and mommas, the goal of taking care of ourselves tends to fall low on the priority list. This only causes us to end up running on empty and our family suffers in the end. Putting yourself first allows you to become the best version of yourself so you can best serve those you love the most!

What are you NOT doing for yourself that you know you should be?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Describe YOU at your very best (your daily habits, your looks, interests, and passions):

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

List the activities you can add to your daily routine that'll help you become that best version of yourself.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
# Weekly Planning Sheet

This is what I'm going to **Slay** ... This week, at least!

**Week of ..........**

<table>
<thead>
<tr>
<th>Goals:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday:</td>
</tr>
<tr>
<td>Friday:</td>
</tr>
<tr>
<td>Tuesday:</td>
</tr>
<tr>
<td>Saturday:</td>
</tr>
<tr>
<td>Wednesday:</td>
</tr>
<tr>
<td>Sunday:</td>
</tr>
<tr>
<td>Thursday:</td>
</tr>
<tr>
<td>Victories ... Yeah!</td>
</tr>
</tbody>
</table>
INVEST In You!

Resource Pages

This page is full of all my favorite books and courses that have been game-changers for me:

My Favorite Books:

- **Today Matters: 12 Daily Practices to Guarantee Tomorrow’s Success**
  John C. Maxwell

- **The Compound Effect**
  Darren Hardy

- **Crash the Chatterbox: Hearing God’s Voice Above All Others**
  Steven Furtick

- **The War of Art**
  Steven Pressfield
Resource Pages
This page is full of all my favorite books and courses that have been game-changers for me:

My Favorite Courses:

Financial Peace University
Dave Ramsey

Building a Framework
Abby Lawson

Makeover Your Mornings
Makeover Your Evenings
Makeover Your Mornings
Crystal Paine