



KAT LUCKOCK
(SHARE IMPACT)



*Climb the Mountain - one step at a
time*

After watching the video, take some time to go through this workbook. It will take more than five minutes, so block out the time and find somewhere quiet so you can really dig deep.

It works best if you print the workbook out and write your answers, but do whatever works best for you.

Think about what THRIVING means to you.

To me thriving means

- getting up each day and living a fulfilled day of love, happiness and joy
- being in alignment with myself in mind, body and soul
- exercising regularly and looking after my body by eating and drinking well
- enjoying myself even when things are busy, difficult or challenging
- spending time with my family & friends and being present when I'm with them

These aren't things I currently achieve each day, but these are where I'm heading, and some days I am thriving!

What does THRIVING mean to you? Write about what it would look and feel like if you were thriving.

What about your DEEPEST DESIRES? What do you DREAM of doing, or being?

Brainstorm your deepest desires and the thing you dream of doing.

Desires come in all shapes and sizes, maybe you want to think about some of the following areas:

- Health & wellness
- Family
- Social
- Influence
- Financial
- Material things
- Environmental
- Travel
- Community
- Personal development
- Spiritual
- Impacting others

Now write your desires as if you've already achieved them.

For example, "I want to go to Paris" you would write as "I have been to Paris".

Don't limit yourself, write as many desires or dreams which come to mind. When I first did this I wrote more than 25!! Write as many as come to mind. Some may be big life changing desires, others might be smaller things you can achieve tomorrow. Write them all down.

Think again about you living your life where you're thriving. What would you be doing differently. How would you feel, and why are these things important to you?

Which desires are you going to focus on? What's most important right now? Why?

How would life be different if those desires were realised?

Once you're clear on your deepest desires you can start to set goals by setting a date by which you'll achieve the goal.

A goal isn't a nice to do. A goal is something you've decided you are going to have or achieve by a particular date, which you then focus on and take consistent action to achieving everyday.

Goals don't have to be 'realistic'. Don't underestimate what is possible. But don't set yourself up to fail either.

When you put your dreams and desires on a timeline, they become goals.

Writing down your goals is vital. In a study, a group of Harvard students who were surveyed:

- 84% of the class had no goals
- 13% of the class had goals that weren't in writing
- 3% of the class had written goals

The article says, "Ten years later, the members of the class were interviewed again, and the findings, whilst somewhat predictable, were nonetheless astonishing. The 13% of the class who had goals were earning on average, twice as much as the 84 percent who had no goals at all. And what about the three percent who had clear, written goals? They were earning, on average, ten times as much as the other 97 percent put together."

What goals are you committing to? When will you achieve them by?

My practice of goal setting

For me, goal setting is just a practice you can get good at. These are the steps I consistently use to set goals connected to my deepest desires:

1. Commit to yourself and truly believe that your desires matter. Remember your dreams are worth pursuing, and you are the only one who can take control and make them happen.
2. Give yourself space and time to tune in to your deepest desires.

Every few months, I set aside some time to review my deepest desires and think about whether I have others developing. Overtime your desires may change don't feel disheartened by this just accept that life is constantly changing and as you grow on your journey you will desire new things. It's normal.

3. Once you're connected to your desires you need to prioritise them. It's unlikely that you will be able to do them all at once, and some may need to do some before you can achieve others.
4. Next, imagine your living as if you've already achieved your dream or desired. This helps you tune in on exactly what you want, it will also help maintain motivation on the tough days.
5. And finally put your dream/desire on a timeline. Set a deadline by which you will achieve the dream and commit to achieving your goal.

Tips for staying on track

Some things that I've learnt which now help me achieve my goals are:

- Making sure they are non-negotiable and have a deadline

Is this goal something you're committed to acting on, and have focussed in your mind? Have you told others about it, to keep you accountable?

- Check the goals are connected to your deepest desires

Remember our desires change so you may need to make new goals or tweak existing ones.

- Write your goals down (and set reminders in your diary or on your phone). It can help to write these down each day, or set aside 5 minutes a day to focus on the goal.

- Imagine your life as if you've already achieved the goal

- Publicly share your goal. Doing this is scary but it will hold you accountable and make you much more likely to work towards it.

- Making a commitment before you're ready or take the step which will inevitably assist you in achieving my goal

For example, I wanted to run a half marathon. I'd been a runner for a while, and had wanted to do a longer race for a while, but had 'never got round to training for one'. But I was a runner and regularly ran 5-10km comfortably, so knew my next step was a half marathon (21km). I knew that if I just booked on a race it would make my commitment real, and I would start to take the training for it seriously. I'm about to race in a week, there's no going back – I'm doing it whether I'm ready or not!

- Having someone to hold you to account, but who's supportive and going on a similar journey to you.

There will be roadblocks along the way, but don't let this stop you. Just take some time, focus on the dream (the deep desire) and imagine yourself as if the goal has been achieved. Then continue on the journey you need to take to make the goal a reality.

I'd love to support you achieve your goals so why not message me with your goal and how you're going to achieve it. Or if you have any questions please get in touch. My email address is kat@shareimpact.org