



GOAL

Crushing

GUIDE

Workbook

www.alessandrabraun.com

Welcome!

You are READY to crush your goals, I just know it. But sometimes things get in your way, like TIME (one of the MAIN obstacles I hear about when it comes to goal setting and actually reaching your goals), accountability, focus, motivation, actually knowing what your goals ARE, I could seriously keep going on and on.

But that will be no longer. No more excuses to not meeting your goals because I will give you MY SYSTEM on how I set myself up for SUCCESS each and every day (and currently, when I'm writing this, I am 37 weeks pregnant AND have a toddler at home - and I feel the most productive I have ever felt WHILE still getting to do fun things with her and relaxing, pretty freakin cool if you ask me).

This workbook is going to seriously cause some shifts in how you do things BUT you have to SHOW UP and DO THE WORK.

You got it?

I can't reach your goals for you, I can only show you how and I can only keep you accountable to a certain extent.

Things aren't just going to come to you. Your desires aren't just going to come to you. If you carry the mindset that you WILL achieve everything that you want to achieve AND you SHOW UP every day to manifest these desires, YOU. WILL. HAVE. EVERYTHING.

So let's get freakin started shall we??

Getting Started

What do you want?

First let's get down to what REALLY matters. WHAT YOU WANT in your life. This is where the goals will come from. This is where the MAGIC happens. This is how you are going to know exactly what you want to take action towards.

But you first have to get in touch with what your desires truly are.

What do you want? What comes to mind FIRST when I ask you that question?

What do you want for your business?

What do you want for your personal life?

What do you want for your relationships?

Your Desires

Let's get REAL specific.

Now I'm going to ask you to write down what it is you want. I'll give you some examples. Here are some of my desires in no particular order:

- *I have a home life that is connected and full of love, with open communication, honesty, and sacrifice for each other.*
- *I am constantly moving forward in my life, choosing to make personal development a priority each and every day.*
- *I connect with my friends and community 3-4 times a week and live in the place of my dreams.*
- *I feel STRONG in my body.*
- *I own my own home because I am able to grow a successful online business and my husband CHOOSES whether or not he wants to work.*
- *I have a thriving online business that brings me over \$50k a month because provide so much freakin value to people and CHANGE LIVES.*
- *My family gets to travel whenever we want, however we want, and to wherever we want.*
- *We no longer have any debt and have released the need to carry debt.*
- *I get to visit my family (or fly them up for a visit) at least once a month.*
- *I am always (ok, more often than not) patient and kind with my words.*

Your turn! Write down 10 desires. And no desire is too big or too small. And I want you to write them down like you already have them (this helps your trick your mind to BELIEVE even stronger that you WILL get everything that you want).

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Your Desires

Let's dig deeper.

How does that feel to write your desires?

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How much do you believe that you are able to achieve your desires?

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What are you committed to DOING to achieve your desires?

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Who are you committed to BEING to achieve your desires?

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Your Timeline

Choosing your main focus.

Ok, now we're going to create your goal that is going to be your MAIN FOCUS for the next 90 days (and if you're doing the SPRINT! Program, the next 2 weeks and beyond).

Choose one of your desires. Write it here.

Realistically, how long do you think it will take you to achieve this desire? (30 days, 60 days, 90 days, 6 months, 1 year, 2 years?).

Why do you choose that length of time?

Does this length of time push you enough to actually go for it or is it a safety net?

No matter how long you believe it will take you to achieve this goal, you are going to break this goal down into actionable steps you can take every day.

Yeah... EVERY. SINGLE. DAY. you will be working towards what you want.

Creating your Goal

Jumping into the 90-day framework.

Now we are going to think about your desire in terms of 90 days (and it's ok if have selected a shorter amount of time - this isn't entirely relevant, BUT thinking about your goals in at MOST a 90 day increment - or 12 weeks if you would like - will help you be WAY more successful and keep your goals in mind than rather saying I'll accomplish this in a year).

If you selected a longer period for your goal, think about a desired outcome that you believe you could achieve in 90 days. So for those longer goals, this is going to be a smaller version of the goal.

For example, say you have a monetary goal (these are easier to use an example because it's pretty concrete) of making \$10k a month and you believe you can achieve that in 1 year. To properly set your goals, you are going to want to think of a lesser amount (that still pushes you) to set for your 90 day goal. So let's say, \$4k. Your 90 day desired outcome would be to be making \$4,000 a month.

Create your 90-day desired outcome here.

How does it feel to write down this desired outcome?

On a scale of 1-10, how much do you believe you can achieve this desired outcome. Why do you give it that specific rating?

Choosing your Projects

Breaking it down further.

Next, we are going to break it down even further. I want you to think of what you need to DO in order to make this desired outcome a reality in 90 days. These are projects, larger tasks, etc.

For example, for my specific money goal of \$4k in 90 days, I would need to create something that I could sell (or sell something that I already have). I could create a program, intensive, coaching package, etc. Then I would figure out how much to price it, how many people I would want to sell it to, how many people I need on my list in order to sell this many, etc. Being as specific as possible in this section will make it so much easier in the next.

Identify TWO projects that will lead you to your 90 day goal (you can have more if you would like of course, but let's start with 2).

Project #1:

What do I need to do to complete this project? Think about larger tasks within this project.

Who do I need to be in order to complete this project?

Project #2:

What do I need to do to complete this project? Think about larger tasks within this project.

Who do I need to be in order to complete this project?

Your 2-week sprints

Breaking it down **EVEN** further.

Next, we are going to identify a 2-week sprint that is connected to your projects. You don't have to complete your entire project in 2 weeks, but you are going to create smaller projects within these larger projects in order to make progress (still with me??). These are your action plans.

Back to my example. Imagine that I decided that one of my projects was to create a course. There are countless actions that I need to take in order to make my course and that can get **REAL** overwhelming. Enter the 2-week sprint. I want to be making \$4k a month in 90 days, but I have to build it first. I won't be making that right away. First, I would need to design a course outline. What the heck am I going to sell? Why am I passionate about it? Why does it matter? Then I would need to create a launch plan, a schedule for myself in terms of how I am going to get this course out there (HINT: you don't have to have the **WHOLE** course created before you launch, I actually recommend **NOT** doing that and getting to launching!). And lastly, I need to focus on **WHO** am I going to be selling this to, so possibly growing my list of targeted subscribers.

Project #1:

What are 3 pieces of this project that **NEED** to happen in order for it to move forward?

1.

2.

3.

Project #2:

What are 3 pieces of this project that **NEED** to happen in order for it to move forward?

1.

2.

3.

Your Daily Action-Plan

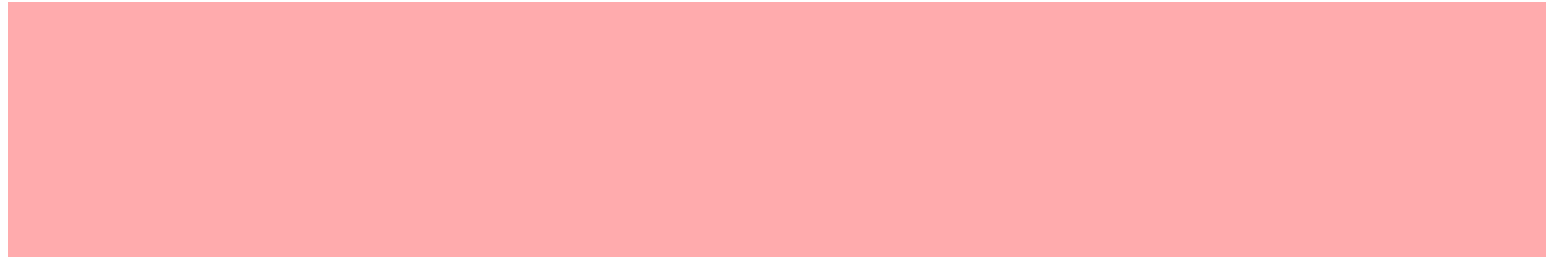
Yup. Breaking it down EVEN further.

LASTLY, we are going to BREAK IT DOWN even farther, into tiny bite-sized tasks that you can begin to do every single day. This will give you the clarity that you need in order to be constantly moving forward, which will lead to better and FASTER results.

Come up with at least 3 smaller tasks that you can do for each of your projects. For example, in order for me to design my course outline I personally need to start by journaling about the topic. What comes up for me? What do you I feel about it? Maybe I don't even know my topic and I want to just journal freely about what I want people to know. Then I would start researching or compiling my own work on the subject, breaking down the topic into smaller sections (which would probably eventually become modules). Then I could create an outline of the course, maybe even start working on a sales page (but that can totally be another 2-week sprint!).

Project #1:

Action Step #1 - Tasks

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Action Step #2 - Tasks

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Action Step #3 - Tasks

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Your Daily Action-Plan


Yup. Breaking it down EVEN further.

Project #2:

Action Step #1 - Tasks

A large, solid red rectangular area that has been redacted, covering the content of the first action step.

Action Step #2 - Tasks

A large, solid red rectangular area that has been redacted, covering the content of the second action step.

Action Step #3 - Tasks

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And there you have it. Daily tasks that will MOVE you towards your GRAND goals, your desires, everything that you want for your life.

Pretty freakin sweet right?!

Now go out there, create your goals, and start CRUSHING THEM!

Want more? Sure you do. You are **READY TO THRIVE**. Visit us at www.alessandrabraun.com