



Chrissy's
**7 Step Goal
Setting Tool**

Learn how to make your dreams into a reality

LIVING HOPE
WWW.CHRISTINEESTAMMERS.COM

Congratulations on taking the first step to learn more about how you can turn your Dreams into Realities.

All of us have Dreams, things we would like to do, places we would like to visit, things we would like to learn. But sometimes various things can get in the way. By using my *7 Step Goal Setting Tool*, I'm hoping that you will be able to start making some of those Dreams of yours into a Reality.

First step for you, is to print this out. Yep. Print it out. Why? So that you can draw, write or doodle in your answers. As a "Dream without a Plan, is just a Wish" (quoted from Katherine Paterson).

My aim is for you to utilise this document, make it yours, start to put a Plan into place, so that your Dreams do become real for you.

So let's start with, what made you click to download this document? What was on your mind? Was there something you thought of? An unfinished project, that Uni degree you've been dreaming of? Maybe it was to lose a few kg or pounds? Or maybe it is just a vague idea of something you would like to do, but haven't really thought it out in full.

Just write it down how you are thinking about it, there are no right or wrong words here.

Or if you prefer you can draw it, find pictures that represent it or cut out words from magazines

A large, empty rectangular box with a thin black border, intended for drawing or pasting images. The box is positioned below the text and occupies most of the page's width and height.

This next part I would like you to think how you can word this into a goal. Sometimes this can be scary, and that is ok. Being scared is a good thing, we show courage when we feel the fear and do it anyway. My goal is to _____

Some examples could be *My Goal is to learn how to drive a Manual Car*

My Goal is to finish reading Lord of the Rings.

My Goal is to apply for University.

Well done - You've completed Step 1 of my 7 Step Goal Setting tool!

So let's look at Step 2.

Why do you want to do this?

Why is it you want to complete this goal? How and in what way is it important for you to do this? The reasons for this will be different for everyone. It could be just that you just want to complete it and feel that satisfaction in doing so.

Remember those examples I wrote above? I've put them into a table below so you can see how your Goal and Why you want to do it, relate to each other.

<i>My Goal is (Examples Only)</i>	The reason why I want to complete this goal is
<i>My Goal is to learn how to drive a manual car.</i>	I want to prove to myself I can do this. It will help me in many ways to have this on my licence, but mostly help my confidence.
<i>My Goal is to finish reading Lord of the Rings.</i>	I have wanted to read this since I was a teenager and since the movings came out, I have wanted to read them even more.
<i>My Goal is to apply for University.</i>	I want to increase my qualifications so that I can job that I have always wanted.

What is your Why? Write it out here. If you would like to draw something instead, then there is a space over the page for you to do this.

Why do I want to complete this goal?

Step 3 - What is Stopping You?

I'd like you to write it all out, all those things that have been stopping you, including procrastinating, and unmotivation - & yes, I'm guilty of them too!

Write or draw all the little things, all the big things, everything that you feel has stopped you; maybe finances; you don't feel good enough to try it; you lack approval; or it could be something else completely different. You can also journal out those emotions behind it.

Step 4. How can I help myself to overcome this, or who could help me to overcome those things stopping me?

Step 5 & 6 Go together So I've done the example table first, and then over the page is yours to complete

Step 5. What Steps will I take to complete this	Step 6 - What is my Start and Finish Dates for this Goal?
<p><i>Ring driving lesson company and find out prices for lessons, if I can afford it, book in my first lesson.</i></p> <p><i>If I can't afford it, start saving money.</i></p> <p><i>When I have the money book in the driving lesson.</i></p> <p><i>Ring my Uncle and let him know that my Goal is to get my Manual Drivers Licence and to ask if I could still take him up on his offer of practice with him</i></p> <p><i>Set up a weekly or twice weekly time where I can practice driving with my Uncle. Write it up on my calendar and don't book anything else into those times.</i></p>	<p><i>I can do this Today ___/___/___</i></p> <p><i>My next pay comes in on Thursday, ___/___/___ so I will put \$15 into a separate bank account just for driving lessons.</i></p> <p><i>This should be about 3 weeks time, ___/___/___ so book in the driving lesson for a manual for then. My first lesson is on ___/___/___ At ___:___ am/pm</i></p> <p><i>I can do this Today, right after I have found out the prices for the lessons.</i></p> <p><i>When talking to my Uncle Today, find out what day/days of the week are best for him and lock in that day and time.</i></p>
<p><i>If I get discouraged about finishing, I will remind myself of Why I want to do this.</i></p> <p><i>Keep up my practice until I feel ready to have another Driving Lesson to see if I am ready to go for my test.</i></p>	<p><i>Put my Why, up on a piece of paper in the toilet/bathroom/kitchen so I can see it every day.</i></p> <p><i>Three months from today I will do this This lesson is on the ___/___/___ At ___:___ am/pm</i></p>

Step 5. What Steps will I take to complete this	Step 6 - What is my Start and Finish Dates for this Goal?

Lastly **Step 7. Celebrate achieving your Goal.**

Please don't skip this step. It is really important that you validate your hard work in getting here. You have overcome some big obstacles in getting here and celebrating is totally worth it.

Celebrating can look like:

- Buying yourself a memento that represents your achievement.
- Treating yourself with a luxury item.
- Celebrating with a friend who has supported you on your journey by having a cuppa together.
- Telling yourself how proud you are of you.

However you wish to celebrate it is perfect for you.

To continue on with my example of getting a Manual Licence *a celebration of this could be driving myself in my Uncle's car to get him a couple of pieces of his favourite cake and bringing it to him, then eating it together.*

Step 7. Celebrate Achieving My Goal: I will -

I hope you have enjoyed my 7 Step Goal Setting Tool.

Over the next few pages I have made some templates for you, if you have any other goals you would like set. - Regards Chrissy

<p>Step 1. My Goal is...</p>	<p>Step 2. I want to Achieve this Goal because.....</p>
<p>Step 3. What is stopping me from achieving this Goal?</p>	<p>Step 4. How can I help myself or who could help me to overcome this?</p>

Step 5. What Steps will I take to Achieve this Goal?

Step 6. What is my Start and Finish Dates for this goal?

Step 7. Celebrate. I will Celebrate Achieving my Goal by: