

Stepping Forward
with *Kate*

THE
YEAR OF ACHIEVEMENT
WORKBOOK

Title: _____ GOAL # _____ (1,2, or 3)

A Full Colorful Description

By What date?

How would you like to achieve it?

What is your goal in HOW you would like to FEEL when you achieve this goal? Close your eyes and picture it and then write it down.

HOW do you CONNECT with this goal now (in your heart & soul)?

How will you STAY connected?

Title: _____ GOAL # _____ (1,2, or 3)

A Full Colorful Description

By What date?

How would you like to achieve it?

What is your goal in HOW you would like to FEEL when you achieve this goal? Close your eyes and picture it and then write it down.

HOW do you CONNECT with this goal now (in your heart & soul)?

How will you STAY connected?

Title: _____ GOAL # _____ (1,2, or 3)

A Full Colorful Description

By What date?

How would you like to achieve it?

What is your goal in HOW you would like to FEEL when you achieve this goal? Close your eyes and picture it and then write it down.

HOW do you CONNECT with this goal now (in your heart & soul)?

How will you STAY connected?

THE WHY

Why would you like to achieve these goals?

GOAL # 1

Title: _____

GOAL # 2

Title: _____

GOAL # 3

Title: _____

Why haven't you achieved these goals prior to now?

GOAL # 1

Title: _____

GOAL # 2

Title: _____

GOAL # 3

Title: _____

What gets you out of bed in the morning – or would get you out of bed in the morning?

List some of your passions in life. Things you LOVE to do.

**LIST THE MAIN ELEMENTS
and Number them Based on Priority or Timeline**

GOAL # 1

Title: _____

No.

THE
YEAR OF ACHIEVEMENT
WORKBOOK

**LIST THE MAIN ELEMENTS
and Number them Based on Priority or Timeline**

GOAL # 2

Title: _____

No.

GOAL # 1 Title: _____

How are you going to do it? **List different ways** Research how other people have done it and write down EVERYTHING that needs to be done. Then go through and list the corresponding element number next to it. Next, analyze each element number and circle items that are similar that you group together.

No.		No.		No.	

GOAL # 2 Title: _____

How are you going to do it? List different ways Research how other people have done it and write down EVERYTHING that needs to be done. Then go through and list the corresponding element number next to it. Next , analyze each element number and circle items that are similar that you group together.

No.

No.

No.

GOAL # 3 Title: _____

How are you going to do it? List different ways Research how other people have done it and write down EVERYTHING that needs to be done. Then go through and list the corresponding element number next to it. Next, analyze each element number and circle items that are similar that you group together.

No.	No.	No.
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

WORKING - TO DO LIST

GOAL # 1 Title: _____ **ELEMENT** _____ **GROUP** _____

Highlight Next To DO (cross off when complete)	Target Date		Target Date		Target Date

THE
YEAR OF ACHIEVEMENT

WORKBOOK

WORKING - TO DO LIST

GOAL # 2 Title: _____ **ELEMENT** _____ **GROUP** _____

Highlight Next To DO (cross off when complete)	Target Date		Target Date		Target Date

WORKING - TO DO LIST

GOAL # 3 Title: _____ ELEMENT _____ GROUP _____

Highlight
Next To DO (cross off when complete)

Target
Date

Target
Date

Target
Date

NEXT Goal

ONCE I

Achieve this Goal

I'M GOING TO CELEBRATE BY
