

5 STEPS TO ACHIEVING YOUR GOALS

@LIFEACCORDINGTOHER



RESEARCH YOURSELF

Explore you and your capabilities. Dive into the narrative that you've created and identify your true self perception. What do you feel like you can accomplish?



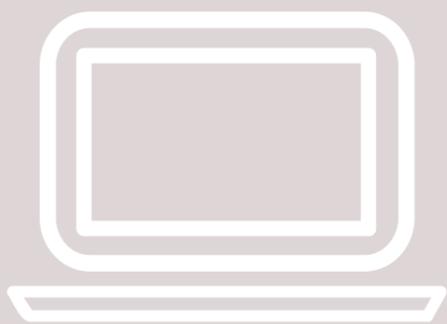
LETTER OF INTENTION

Take the results from your exploration and add a vision of three years in the future. Then write a letter to yourself detailing what your life will look like, speaking things into existence. Be descriptive about what you visualize and how it makes you feel. Include goals and aspirations as though they have happened.



MANIFESTATION COLLAGE

Create a visual dream board incorporating highlights from your letter. Use magazine or online images. Add personal affirmations to encourage you upon daily review.



ACTION PLAN

Utilize your letter and manifestation collage to pull out two sets of goals: your long-term goals, your goals for the upcoming year. List month-by-month action items that will help achieve those goals.



SHARE SHARE SHARE

Revealing your goals to a trusted friend or colleague will help you to feel accountable as well as make the goals real to you.