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WORKBOOK

# WHY GOAL-SETTING STINKS!

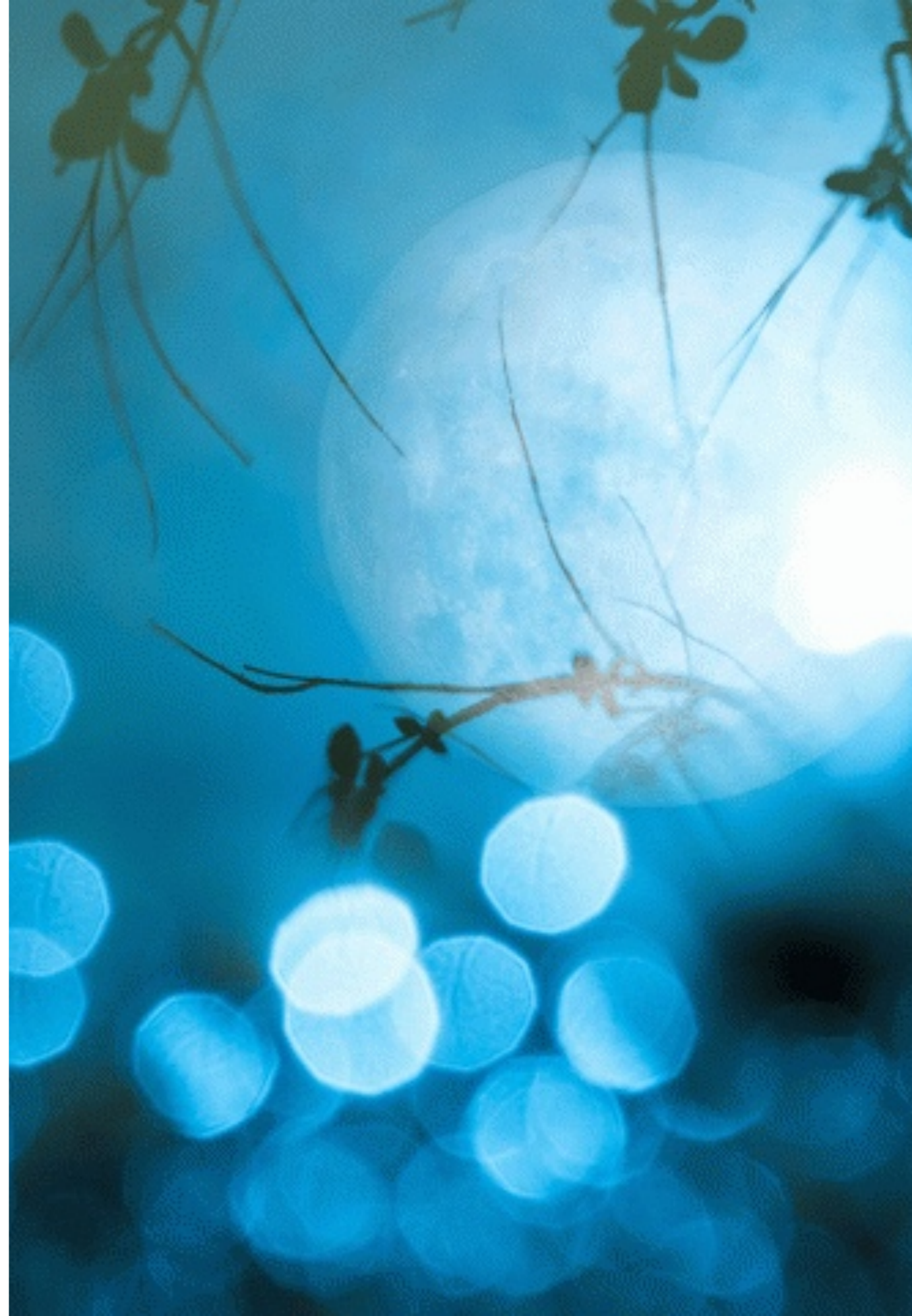
Forget blueprints and cheat sheets. Changing the world isn't so much about what you do, it's about who you allow yourself to become.

And the questions from this masterclass gives you the step by step how-to. Here is your deep dive workbook. I can't wait to hear what you go and do with this stuff!

Clare, ♡

# 1. IN 2018, I WANT TO BE THE WOMAN WHO...

Take three deep, sighing breaths, to come back to this moment and get grounded. Then allow at least seven answers to bubble up, without editing or judging.





## 2. I CAN'T BE THAT WOMAN, BECAUSE...

List at least 3 'because' answers for each of your 'I want' responses (except for any where there genuinely isn't a reason!).



### 3. WHAT IS THAT 'BECAUSE' DOING FOR ME?

This is your 'secondary gain' - meet this unmet need in a more healthy way and your 'because' block will disappear.



#### 4. DRAW A LINE THROUGH THOSE 'BECAUSE' STATEMENTS THAT NO LONGER BELONG TO YOU. FOR THE REST, ASK YOURSELF: WHAT DO I WANT INSTEAD?

Remember to make these statements positively phrased (your mind can't process a negative) and something YOU can change about YOURSELF, not requiring others to change, for you to be happy.



## 5. WHAT SUPPORT DO I NEED?

For each 'what do I want instead', ask yourself what you need to support creating that in your life.



## 6. I AM THE WOMAN WHO...

Rewrite your sentences from Q1 as I AM statements. Then do the guided visualisation.



## 7. HOW CAN I EXPRESS THAT THROUGH MY BUSINESS? WHAT WILL I CREATE IN 2018?

Now it's time to set your goals!



## 8. A LETTER FROM THE FUTURE

Write yourself a letter from the version of you who has already achieved all of this - and more. What advice would they give you, right here, right now?