

# GOAL *getting*

Don't just set it - GET IT!

# Goal Getting RULES!!!!

1. Be Humble (with yourself)
2. Be Courageous (change is hard)
3. Be Free of Judgement
4. Be Authentic (challenge your narrative + reflect inward)
5. Be Committed
6. Be Prepared to Hustle
7. Trust the Process

## Decide What You Want to Be, Do and Have in Your Life

As you go through the exercises in this booklet, you'll be defining what you want to be, do and have in your life. Use the ideas, prompts and memory-joggers in each section to help you think through your ideal life.

Are you ready to live your ideal life? Let's get started!

“The indispensable first step to getting the things you want out of life is this: Decide what you want.”

—Ben Stein, actor + author

# Year In Review

My 3 best things that happened to me in this past year.

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My 3 greatest memories from this past year.

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The 3 worst things that happened to me this year.

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The 3 goals I hit this past year.

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The 3 goals I missed this past year.

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The greatest lesson I learned from my worst things and missed goals this past year.

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The main reasons I missed the 3 goals this past year.

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The main reasons that I hit the 3 goals this past year.

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The 3 most influential people in my life this past year.

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The 1 thing I would do differently this past year.

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The 1 word that best describes my year in review.

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# Your Fitness + Physical Health

One of the greatest aspects of living an ideal life is a healthy, vibrant body that looks good and supports all the activities you want to pursue. If you know your health and body could be improved, start visualizing now what you want them to look like.

Decide what you want to be, do and have in the area of physical health. Complete the following blanks, using the ideas below as hints to determine what you really want.

## Fitness

1. I would rate my current health \_\_\_\_\_
2. How close am I to my ideal size? \_\_\_\_\_
3. I would rate my overall mental health \_\_\_\_\_
4. I do at least 3 workout sessions per week \_\_\_\_\_
5. How hard do I push myself during exercise? \_\_\_\_\_
6. I am active outside of exercise \_\_\_\_\_
7. I practice rest/relaxation daily \_\_\_\_\_
8. I love my life and have little stress \_\_\_\_\_
9. My meals are nutrient rich and proper calories for my body \_\_\_\_\_
10. I eat a balanced diet and avoid processed and fast food \_\_\_\_\_

Total Score: \_\_\_\_\_ / 10 =

I am healthy, fit, disciplined, and strong.



# Your Finances + Debt Free Life

Your monthly income, spending, debts, savings and investments will dictate the kind of life you lead—including whether you eventually get what you want.

Deciding what you want to be, do and have in your financial life is imperative. And it will usually take some research to discover what things cost. For now, however, let's start thinking about the big picture.

## Finance

1. I would rate my current personal finances \_\_\_\_
2. I am saving at least 10% of every dollar for non-retirement purchases (car, trip, down payment, etc.) \_\_\_\_
3. I am completely debt free (minus my mortgages) \_\_\_\_
4. My monthly income exceeds my monthly expenses \_\_\_\_
5. I am investing at least 15% for retirement \_\_\_\_
6. I have an emergency account equalling at least 7 months of expenses \_\_\_\_
7. I have proper insurance (health, term life, property, etc.) \_\_\_\_
8. I give my money generously and with no expectation of anything in return \_\_\_\_
9. I have a complete and updated will \_\_\_\_
10. I have a solid budget and stick to it every month \_\_\_\_

Total Score: \_\_\_\_\_ / 10 =

I am financially free and living abundantly.

# Your Family Relationships

One of the most fundamental requirements for the survival of humans is social interaction. And your own family members are the most foundational connections of all.

But how these family relationships support, affect, enhance or expand your life is up to you. The key is to decide what you want to be, do and have in your family relationships. First, let's think about the big picture, then fill in the details.

## Family

1. I would rate my current family situation \_\_\_\_
2. We eat at least one meal per day as a family \_\_\_\_
3. My immediate and extended family is functional \_\_\_\_
4. Thinking of family makes me feel happy \_\_\_\_
5. I am honest with my family members \_\_\_\_
6. I work hard at being a better family member \_\_\_\_
7. I set aside persona time with my family without my phone \_\_\_\_
8. My family is loving, patient, supportive, and respectful \_\_\_\_
9. I hold no hurt feelings towards my family members \_\_\_\_
10. I feel I spend enough time with my family to meet my needs \_\_\_\_

Total Score: \_\_\_\_\_ / 10 =

I am unconditionally loving, patient, and respectful.

# Your Field, Career, + Calling

For most people, a job, career or profession not only occupies the majority of the workweek, it also forms a large part of your identity. It affects your well-being and contributes to (or diminishes) your happiness and contentment. It can level up your finances, your relationships, your personal growth and more.

Deciding what you want to be, do and have in your career will set the stage for every other area of your life.

## Field

1. I would rate my current overall job satisfaction \_\_\_\_
2. My job financially meets my needs \_\_\_\_
3. I love my job \_\_\_\_
4. I feel as if I'm doing what I was created to do \_\_\_\_
5. I have solid goals for my field \_\_\_\_
6. My current job doesn't interfere with my family + personal time \_\_\_\_
7. My current job makes the world a better place \_\_\_\_
8. My job utilizes my natural gifts and abilities \_\_\_\_
9. My current job can support my long term financial goals \_\_\_\_
10. My job offers the opportunity to grow personally, professionally, and financially \_\_\_\_

Total Score: \_\_\_\_ / 10 =

I am pursuing my purpose in life.

# Your Faith in God + Daily Walk

Many successful people attribute their achievements to a strong belief in God, as well as prayerful, daily devotion to a closer walk with Him. Others renew their faith after a lifetime of struggle.

You were designed for greatness; your life circumstances do not define you. You have a special purpose on this Earth and an active relationship with God will help you discover that life purpose.

So what would your faith look like if you could be, do and have what you wanted in this area?

## Faith

1. I would rate my faith \_\_\_\_
2. I feel connected to a higher purpose \_\_\_\_
3. I am plugged into a faith community to learn + grow \_\_\_\_
4. I spend 20 minutes a day in meditation and/or prayer \_\_\_\_
5. My beliefs and the way I live my life are congruent \_\_\_\_
6. I use my faith to resolve conflict and issues in my life \_\_\_\_
7. I reflect on my faith often throughout my day \_\_\_\_
8. I forgive easily \_\_\_\_
9. I rely on my faith to guide my choices and decisions \_\_\_\_
10. I feel comfortable sharing and teaching my faith to others \_\_\_\_

Total Score: \_\_\_\_\_ / 10 =



I am grateful, humble, and fully connected.



# Your Friends + Network

It's said that we become like the five people we hang out with the most. Well, who are you hanging out with?

If your friendships and social circle could use some fine-tuning, this is your chance to “reverse-engineer” the friendships and social relationships you want—including being a better friend yourself. By choosing to be a good friend, you will naturally attract other supportive, positive and loving people into your world.

## Friends

1. I would rate my social network of friends \_\_\_\_
2. I have unconditionally loving, supportive, and empowering friends \_\_\_\_
3. I am satisfied with the number of friends in my life \_\_\_\_
4. I am a good example/mentor for my friends \_\_\_\_
5. My friends support my dreams and are good examples/mentors for me \_\_\_\_
6. When I think of my 3 closest friends, I have no stress \_\_\_\_
7. I openly communicate and trust my friends \_\_\_\_
8. I have friends that are good mentors \_\_\_\_
9. I have no hard feelings or ill will towards my present friendships \_\_\_\_
10. I am not judgmental towards my friends \_\_\_\_

Total Score: \_\_\_\_ / 10 =



I am blessed with empowering, healthy relationships.

# Your Fun Time + Bucket List

Over the past few decades, studies have shown people are working more and vacationing less. But free time and recreation are part of an ideal life. And deciding what you want to be, do and have during your “down time” will improve and enhance every other area you want to improve.

## Fun

1. I would rate my fun in life \_\_\_\_
2. I enjoy and am having fun in my life \_\_\_\_
3. I try new things often \_\_\_\_
4. I have fun and invest time pursuing my personal passions \_\_\_\_
5. I have fun outside of work at least 3 times per week \_\_\_\_
6. I check at least one bucket list item each year \_\_\_\_
7. I am a fun person to be around \_\_\_\_
8. Fun rarely interferes with my responsibilities \_\_\_\_
9. People would say that I am a fun person \_\_\_\_
10. I easily find free fun in simple everyday life \_\_\_\_

Total Score: \_\_\_\_ / 10 =

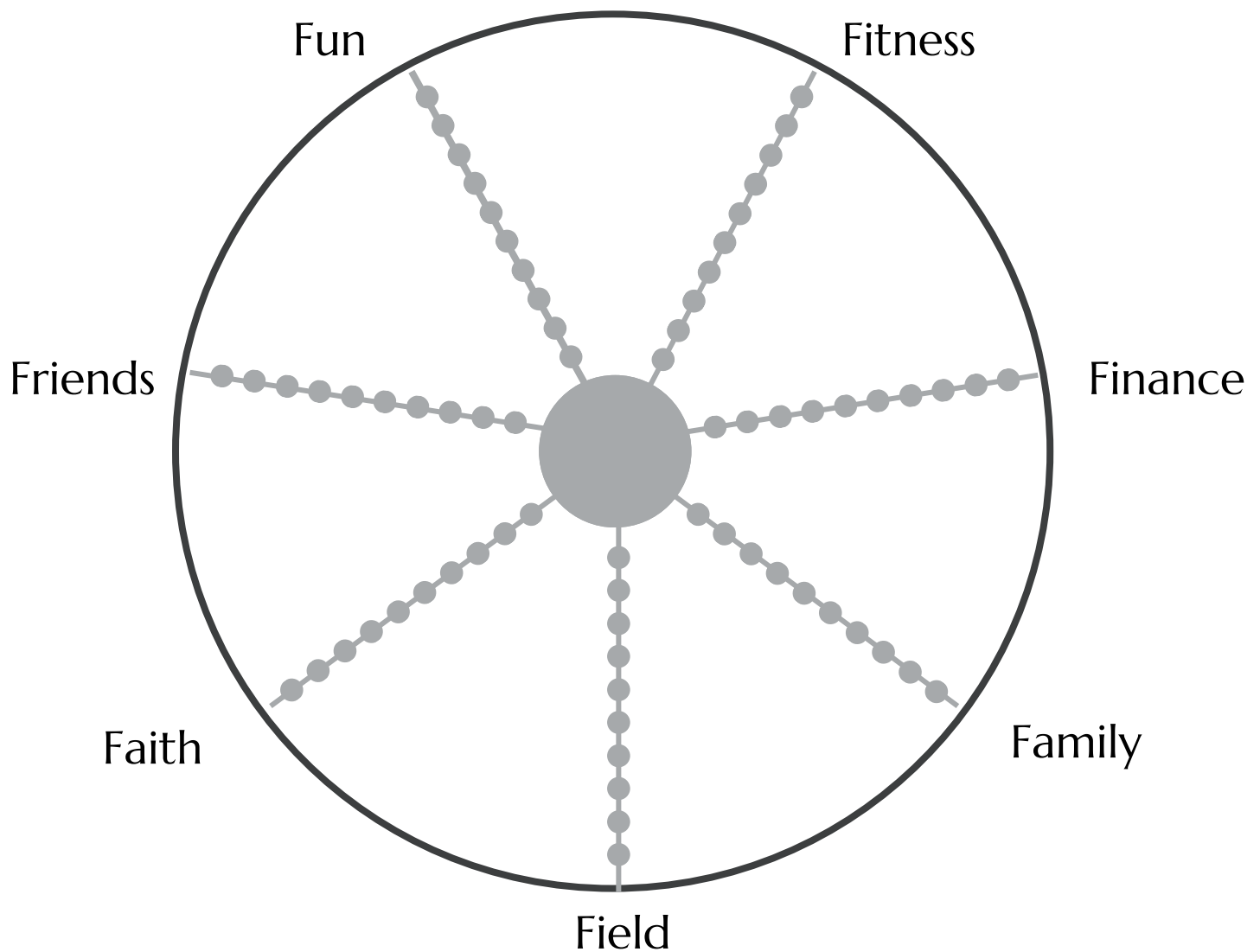


I am pursuing the joys of life.

## The Wheel of F's

Plot the approximate value for each category on the wheel below. Then connect each of your dots to form a wheel/circle. Notice that the wheel probably has a bit of a “flat tire”.

This visual helps to show you what area needs to be “pumped up” in order to propel you forward.



# Your Dreams For Fitness

What:

Why:

Goal 1:

Goal 2:

Goal 3:

Additional Notes:



# Your Dreams For Finance

What:

Why:

Goal 1:

Goal 2:

Goal 3:

Additional Notes:

# Your Dreams For Family

What:

Why:

Goal 1:

Goal 2:

Goal 3:

Additional Notes:

# Your Dreams For Field

What:

Why:

Goal 1:

Goal 2:

Goal 3:

Additional Notes:

Recommended Oils: Peppermint, Into the Future, Wings, Clarity,  
Magnify your Purpose, Awaken

# Your Dreams For Faith

What:

Why:

Goal 1:

Goal 2:

Goal 3:

Additional Notes:



# Your Dreams For Friends

What:

Why:

Goal 1:

Goal 2:

Goal 3:

Additional Notes:

Recommended Oils: Thieves, Lemon, Gathering, Melrose, Roots

# Your Dreams For Fun

What:

Why:

Goal 1:

Goal 2:

Goal 3:

Additional Notes:

# Finding Your Valve

Fitness   Finance   Family   Field   Faith   Friends   Fun

1. Think about the most? \_\_\_\_\_
2. Spend the most money on? \_\_\_\_\_
3. Spend the most energy on? \_\_\_\_\_
4. Surround myself with the most? \_\_\_\_\_
5. Set goals towards the most? \_\_\_\_\_
6. Feel most inspired to work on? \_\_\_\_\_

1. Think about the least? \_\_\_\_\_
2. Spend the least money on? \_\_\_\_\_
3. Spend the least energy on? \_\_\_\_\_
4. Surround myself with the least? \_\_\_\_\_
5. Set goals towards the least? \_\_\_\_\_
6. Feel least inspired to work on? \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

# Your Top 7 Goals

Goal 1:

Goal 2:

Goal 3:

Goal 4:

Goal 5:

Goal 6:

Goal 7:



# BARRIERS

For this section, determine the emotional barriers holding you back or slowing your progress toward your goals/dreams. Over the next several pages, one major emotion will be listed on each page. Go through the goals you have created and identify which goals have barrier due to that emotion. (Refer to the emotion wheel to determine category as needed). Answer the Ready, Set, and Go section for the goals identified. See example on this page.



READY

What is the emotion that comes up?

1. Fear - I will be in pain



SET

Identify what happens if you don't

1. My health will get even worse

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Identify what happens if you do

1. It will get easier and my health will improve



GO

The single action step to take

1. I will start small & build

BARRIERS

FEAR



READY

A gray circle containing the word 'READY' in white, serif, all-caps font. The circle is positioned on the left side of a horizontal gray bar.



SET

A gray circle containing the word 'SET' in white, serif, all-caps font. The circle is positioned on the left side of a horizontal gray bar. A thin horizontal line extends from the right side of the circle across the bar.



GO

A gray circle containing the word 'GO' in white, serif, all-caps font. The circle is positioned on the left side of a horizontal gray bar.

BARRIERS

GUILT



READY

SET

GO

# BARRIERS

## ANGER



READY

SET

GO

## BARRIERS

# SELF SABOTAGE



READY



SET



GO

# BARRIERS

## LAZINESS



READY

SET

GO

# BARRIERS

## ENVY



READY

SET

GO

# BOOSTERS

Identify one way to use each of the following boosters to support, motivate, encourage and keep you on track to your goals.

GRATITUDE:

LOVE:

DISCIPLINE:

INTEGRITY:

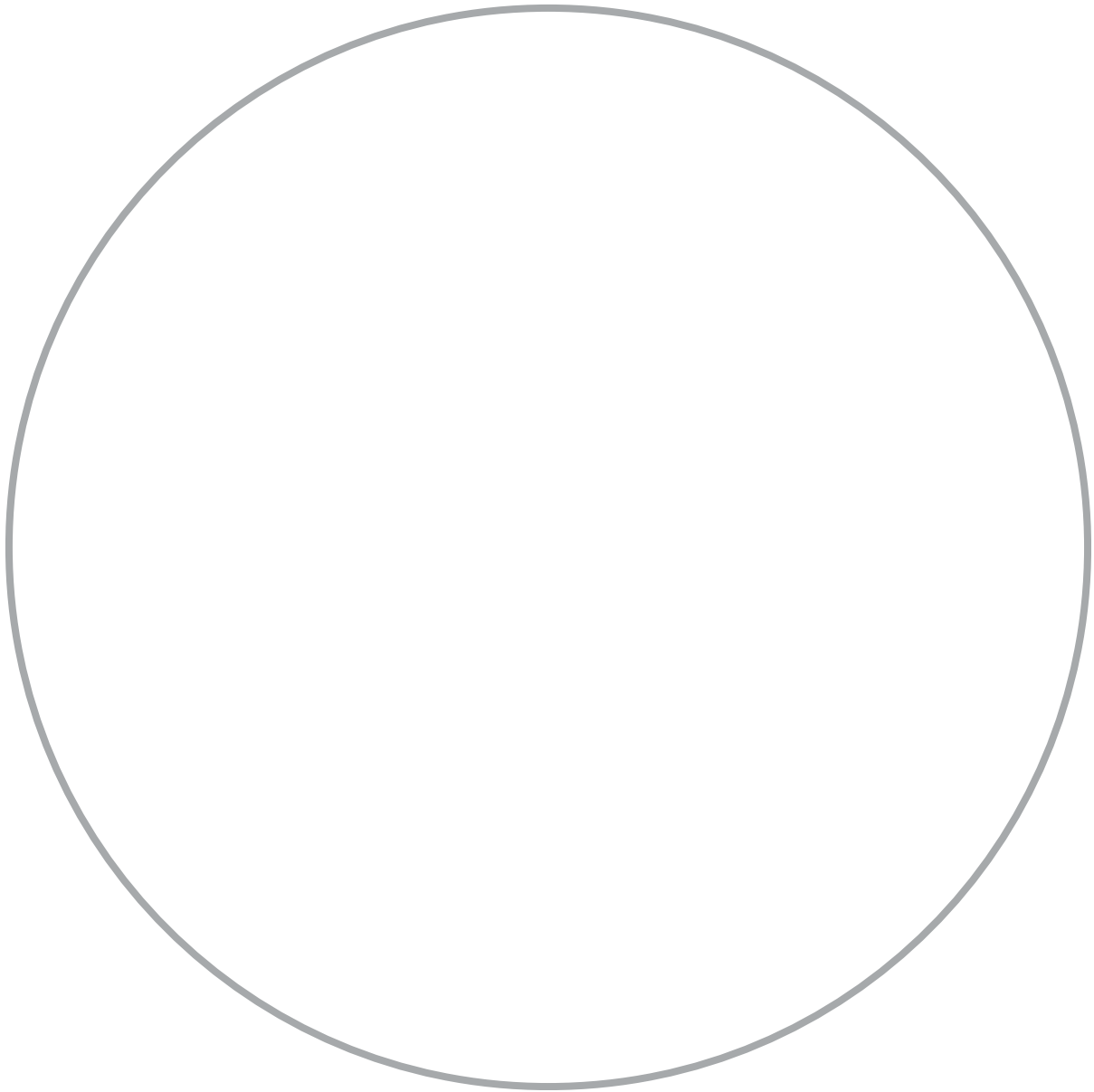
PASSION:

HUMILITY:

WISDOM:



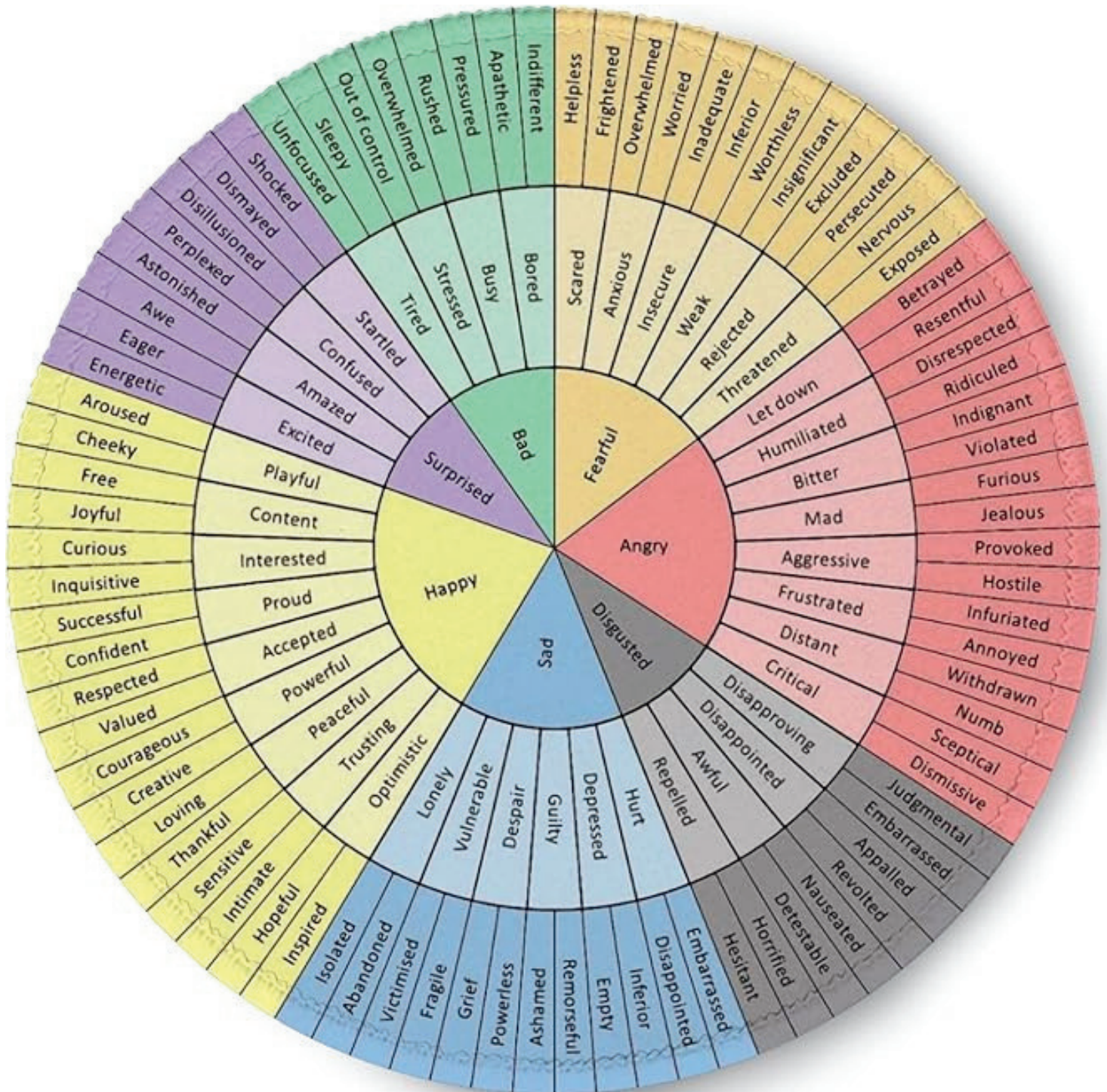
# THE GOAL TO GET:



## AFFIRMATION OIL:



# The Feelings Wheel



# The Aroma Freedom Technique

STEP 1 - Set your Intention & Rate It (How possible does it FEEL?)

Totally Hopeless    1   2   3   4   5   6   7   8   9   10   Absolutely confident

Round 1

Round 2

Round 3

STEP 2 - What does the negative voice say that tells you this is not POSSIBLE?

Round 1

Round 2

Round 3

STEP 3 - How do you feel when you hear this negative voice?  
(One emotion word)

Round 1

Round 2

Round 3

STEP 4 - Where do you feel the emotion word in your body?

Round 1

Round 2

Round 3

STEP 5 - Drift back to an earlier time when you felt the same way -  
get a snapshot or a series of images if multiple memories come up.  
If no image comes to mind, that's ok - focus on the emotion.

Round 1

Round 2

Round 3

STEP 6 - Smell Memory Release Blend or other oils (note which oil used)

Round 1

Round 2

Round 3

STEP 7 - Note any changes:

Round 1

Round 2

Round 3

STEP 8 - Is there a new belief or mindset that has emerged?

Round 1 - not normally done for the first round.

Round 2

Round 3

STEP 9 - Look back at Step 1 and the original intention. Rate it again.

How possible does it FEEL now?

Round 1

Round 2

Round 3

Totally Hopeless    1   2   3   4   5   6   7   8   9   10   Absolutely confident

If 8 or higher (or if no negative voice, skip to Step 10. IF less than 8 to back to step 2.

STEP 10 - Create an affirmation that expresses the new mindset you have developed. You can always use your original goal/intention.

STEP 11 - Stand in a power pose + affirmation + smell oil (Transformation, Believe, Citrus Fresh etc). Homework is to repeat this step 2x a day for 3 days. You can always do more.

STEP 12 - Make an Action List! 2 Steps you can take.

What will you do to move forward?

# AFT Recommended Oils

\* Included in Premium Starter Bundle

## Memory Release Blend:

(Equal Parts)

- \*Stress Away
- \*Frankincense
- \*Lavender



## Anchor Oils

(Choose 1)

Believe

Transformation

- \*Citrus Fresh

## Other Oils You May Wish to Have

Inner Child

Release

Forgiveness

Trauma Life

\*Peppermint

\*Digize

\*Peace & Calming

\*Valor