

DEFINING YOUR VISION AND GOALS

A WORKSHOP FOR GOAL CRUSHERS FROM CRUSHCAMP

STEP 1: IMAGINE YOUR FUTURE

- Imagine your ideal life 10 years from now, where anything is possible and you are writing the script - how old are you? Who is with you? Where are you? What are you doing? How do you inspire those around you? How do your friends describe you?
- This vision should excite you, make you a little nervous, and is for you and you alone - what you want, not what others want for you.

STEP 2: DETERMINE YOUR CORE VALUES

- With your Vision in mind, choose no more than 3-5 words that describe the life of your dreams
- "How do I want to feel?" "What is more important to me than anything?"
- Leave the words on a post-it beside your bed, and sit with them
- When you make a big decision or feel really uneasy, check in with your values - what is out of alignment?

STEP 3: MAKE A PLAN

- Trickle back - starting with the 5-year plan, write down 3-5 achievable, measurable goals that, if accomplished, will lead to your 10-year vision being achieved
- Write your goals in present tense - I am, I have, I own, I visit, I create - not I will. Make it real - imprint it on your mind. Now do the same for your 1-year goals
- Check in with your values - if you achieve these goals, will you feel the way you want to feel? If not, what needs to change?
- Pre-empt your roadblocks - for each goal, think WOOP - what is the WISH, the OUTCOME, an OBSTACLE that may prevent you from achieving this wish, and a PLAN that will help you overcome that obstacle

a goal is a dream with a plan

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Today's Date: _____

_____ *'s Vision + Goals*

My Core Values:

By _____ I...

10

By _____ I...

5

By _____ I...

1

Set Goals. Crush. Repeat.

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