



CREATIVE
UPRISING

WORKBOOK

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Vision Making and Goal Setting

A live workshop for creatives, coaches & leaders

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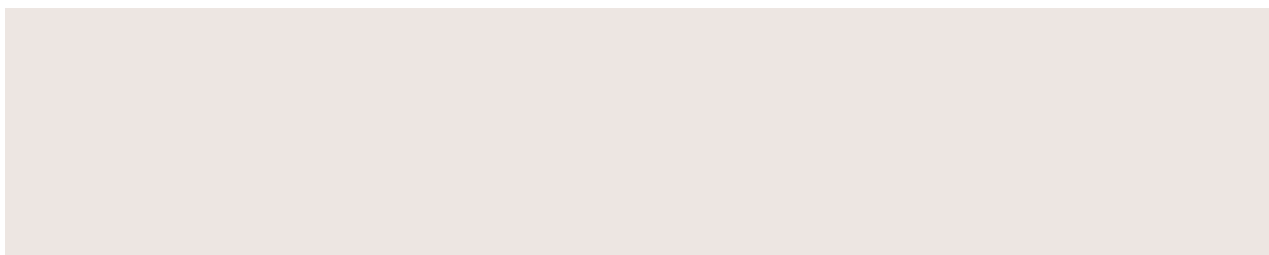
01 What is the Role of goal setting?

Fact: Many of us feel stuck because we're unsure about what we truly want in life.

Let's embark on a journey to uncover your goals, take meaningful action, and make 2024 your best year yet!

"The reason most people feel stuck is because they don't know what they want to create in their life."

For years, I faced this challenge myself, but today, I want to guide you through setting effective goals. It's not just about next year; it's about creating a meaningful, intentional, and purposeful life. "What's your BIGGEST struggle when it comes to goal setting?"



The Will and The Way

Learn the two crucial components of effective goal setting: **the will and the way**.

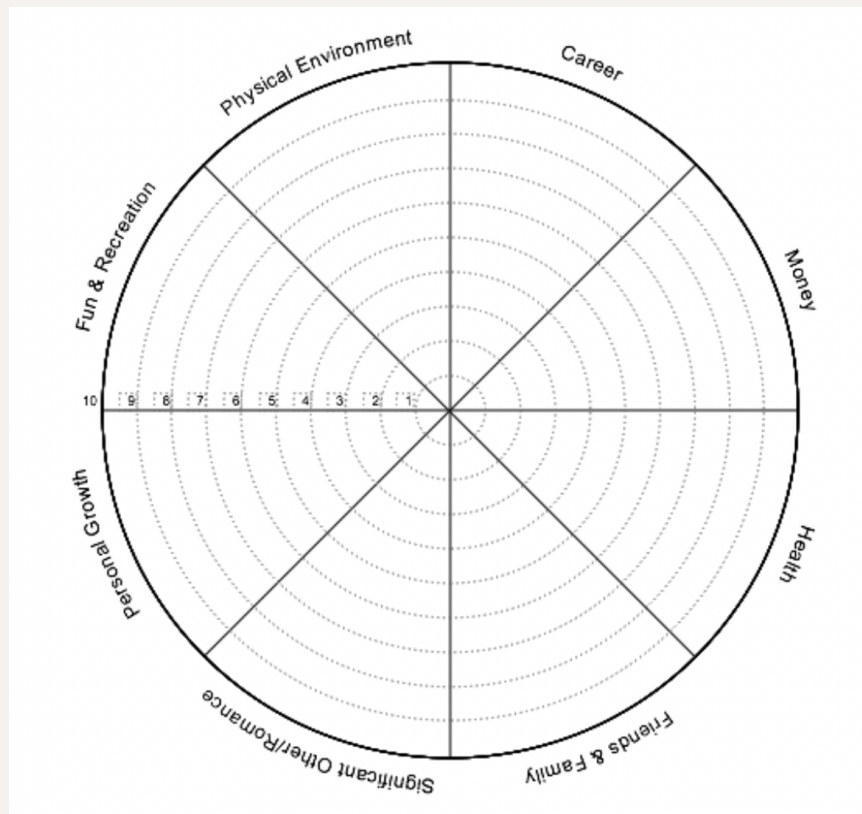
A goal should present resistance, requiring you to do something new. Let's identify areas of your life that need improvement.

Connecting with Your Future Self

"What areas of your life do you want to address and change in the next year?"

"Every goal requires a why and a how."

Understand the intrinsic motivations behind your goals (the will) and the cognitive aspects (the way). Share your plans for accountability and success.



What were the hardest aspects of your life last year?

If anything immediately stands out write it here; then work through the key groups, and write what you found most challenging last year for each key area.

In the areas of Health and Wellness what was challenging?

In the areas of career and money?

In the areas of love and relationships, friends and family?

In the areas of fun and recreation?

In the areas of purpose, spirituality and meaning (personal development)?



"When your goals are informed by the things you've struggled with, those goals take on a richness of meaning."

Which of the areas in your life do you need to prioritise and focus on this year?

What did you learn about yourself? Choose one area to prioritise.

Then, you can choose two more areas, and that's it.

You should only focus on up to three goals at a time!

Which will be the key priority? Write it below:

A large, empty rectangular box with a light beige background, intended for the user to write their key priority.



Tip one : Align goals with personal desires.

This is what scientists call congruent goals.

Get clear on why you want what you want to strengthen your intrinsic motivation.



Tip two : Consider the end of life perspective.

If you were dying what do you wish you would do more of and less of?



tip three: Talk about your goals in the third person for clarity.

How you can use it: write a statement in the third person describing what you are doing, seeing and feeling once you have achieved your goal.



Common Mistakes

"Avoiding pitfalls for successful goal setting."

- Balance the why and the how.
- Avoid setting too many goals.
- Find the sweet spot - not too easy, not too hard.
- Establish success criteria for your goals.

How do you know you have succeeded? What will it look and feel like?

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Project Planner

3 KEY AREAS OF LIFE YOU WANT TO IMPROVE
(OR THE ONE AND ONLY)



Break down your areas into 3 specific goals:

Area 1

Area 2

Area 3



Action Steps:

Action Steps:

Action Steps:



Hey! Let's deepen the conversation

I'd like to invite you to take me up on a totally free 1:1 session with me. This is for you if you're committed to creating your own work now AND you want to overcome the obstacles stopping you from doing it.

During the session we will assess your biggest challenge and lay out a mini-plan/ map. I'm committed to helping you gain clarity with your purpose, message and getting your work to be seen and valued.

Head over to my scheduling link and grab a spot (limited spaces).

Visit my website www.anacoaching.com and calendar <https://anacoaching.as.me/> and join me on social media on linkedin and instagram.

INFO@ANACOACHING.COM

LET'S KEEP IN TOUCH



CREATIVE LEADERS

mastermind

An event for creatives and leaders in the arts and cultural sectors to network, get new ideas, meet like minded people and explode their growth!