



JOURNALING FOR GOAL SETTING TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



JOURNALING FOR GOAL SETTING

▷ What You'll Discover

- What journaling for goal setting is.
- How it helps you set better goals.
- How it helps you go beyond setting goals to actually achieving them.
- How to journal for goal setting.

▷ What Journaling for Goal Setting Is

Journaling for Goal Setting is that magical time when you sit down and put all of your hopes and dreams onto paper. It's when you get all of those fantasies and aspirations out of your head and start doing the real work to turn them into reality.

It's about more than just writing out a list of all that you want to achieve. Journaling for Goal Setting is when you take a look at what you want and how it all ties together. You decipher between what are your genuine desires and what are just notions. You take the time to figure out what fits into your big picture and that should be a point of focus as opposed to things that are just serving as distractions from your real goals.

▷ Benefits of Journaling for Goal Setting

Journaling your goals is one of the practices that can create some truly astounding outward changes in your life. Let's take a look at some incredible statistics.



Only 14% of the population sets goals. That 14% is 10X more successful than the 86% of the population that doesn't set any goals. Now here's where it gets really good. Of that 14% of the population that actually sets goals, 11% is just setting those goals in their head. Only 3% actually put those goals onto paper. 3%. That's it! I can guarantee you that the most successful people you can think of right now are part of that 3%. That 3% is 30X more successful than those who don't set goals. Don't you want to be part of that elite 3%? Journaling on your goals and dreams is how you get there!

Not writing down your goals is one the main reasons most people don't achieve their goals. Let's take a look at some of the other main things standing in the way of people achieving their goals.

They aren't specific enough. This is where journaling your goals come in. You dig into the meat of your goals. You get really clear on what you want to achieve and what all the moving pieces are. You allow your pen to allow you to explore the different paths you can get to take you where you want to go. You get really specific and clear on what you want.

Another reason many people fail to achieve their goals is that they have doubts. Doubts that they can make it happen. Doubts that it's possible for them or that they deserve it. That is where Mindset Journaling, Manifestation, and Self Love Journaling can really tie in beautifully with Journaling Your Goals. They are all pieces of the puzzle that fit together to create the life you want.

Another reason many people fail is that they quite simply aren't doing the work to make it happen. They aren't taking action. Journaling helps you figure out those action steps so you can start making progress towards making your dreams a reality. It gets the dream out of your head and allows you to create a real plan of action.

Some people lack the motivation to make their goals happen. They love the idea of achieving them but at the same time they are pretty content taking the easy road and staying comfortable. Even when "comfortable" is simply familiar, and far from comfortable. Journaling regularly about your goals is very motivating. It keeps that fire lit and that desire front and center in your mind so you aren't slipping into old routines. It tackles another common reason people don't achieve their goals which is lack of focus. Journaling on your goals helps keep you laser focused on what you want and how you plan to get there.

And the other biggie... fear of failure. So many people don't even try to achieve their big goals because they are too afraid of disappointing themselves and setting themselves up for failure.

I hear it all the time. Women saying they don't like to set specific goals because they'll feel badly about themselves if they fail. If they can't make it happen. This is nonsense! If you are taking action towards your goals you can never be failing. You are learning. Gaining clarity on what you want and on what methods are best suited to get you there. You're not failing, you're adjusting course to get there! If you aren't even trying then you sure as hell aren't going to accomplish a damn thing. Become proud of your failures. You can succeed without having your own healthy dose of failures. Failure is part of success because in order to succeed, you must dare to fail.

"Failure is only the opportunity to begin again, only this time more wisely."

HENRY FORD

▶ How to Journal for Goal Setting

You may already be very clear on your goals or you may have no idea where to start. Either way it's important to note that in order to journal on your goals and dreams and to create some plans to put into action you should already have an idea of what your Why is. What is your purpose. Spend some time on the Purpose Journaling lesson and exploring the prompts included in this course on purpose so you can know what it is that you want and why you want it so that you can begin journaling on possible goals to set and how to make your dreams come true. If your goals and desires aren't in alignment with your true purpose and values then you are going to struggle to have the motivation to fulfil them.

When you're journaling on your goals don't hold back! Shoot for the moon, even if you fall you'll land amongst the stars. Explore all of the things you want. How do they tie together? What things are you including that if you really think about it are someone else's goals and not yours? If you could clear everything off the that you are doing or considering what would you actually want to put back on that table or add? What goals are you resisting writing down because you are afraid to want them because you don't believe it's possible?

Create an action plan. What can you do now? If you aren't taking any action then these aren't goals, they're fantasies. Allow yourself to really let loose and write out all the things that you



feel might help you achieve your goals. The things that inspire you as well as the practical and possibly tedious steps that will be part of making it happen.

Don't be afraid to fail. If obstacles come up, journal on them. What are they showing you? What are they trying to teach you? Do you need to try harder or do you need to pivot and adjust course to a new path? Stay open to opportunities and fumbles that arise and explore what they are showing you. What doors are they encouraging you to beat down or what new paths are they nudging you to explore.

Get visual. Charts, mind maps, doodles, just explore whatever comes up when you are brainstorming your goals. This helps you access more creative solutions to achieve what you want.

Let's dig into some Goal Setting Journal Prompts.

▶ Journal Prompts

- What would you do if you knew you could not fail?
- What would you do differently if you embraced the unknown, rather than resisting it?
- List 10 things that you want to happen in the next year.
- What is your top goal? Why is this goal important to you?
- If you could become an expert in any subject or activity, what would it be?
- Is it time to let go of a fantasy that's been keeping you from living and enjoying your actual life?
- Have you given up on your ambitions out of disillusionment?
- If you weren't afraid to expand, what might you expand into?
- How would you like to be remembered when you're gone? You could write this as an obituary or eulogy.
- What does your dream day look like?



Notes

A series of horizontal dotted lines for writing notes.

