

# FROM VISION TO ACTION

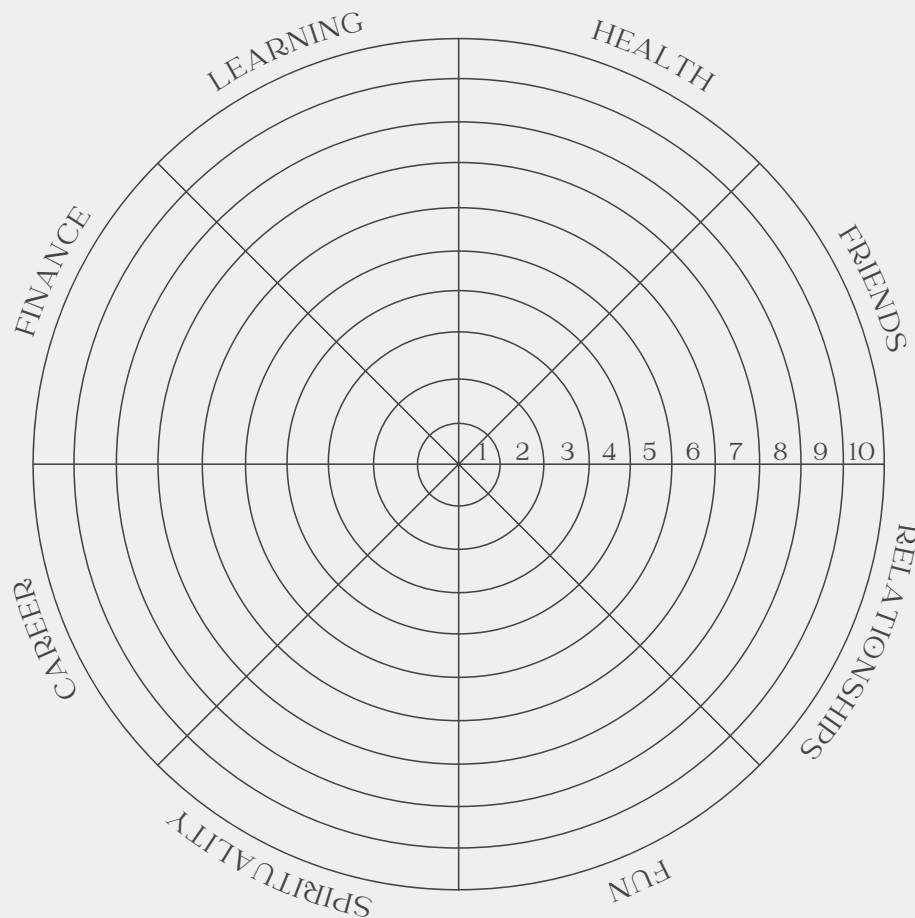
Your personal guide for goal  
setting and achieving.



THE  
**EXPANSIVE**  
WOMAN PROJECT

Every one of us is  
called upon, probably  
many times, to start a  
new life.

Barbara Kingsolver

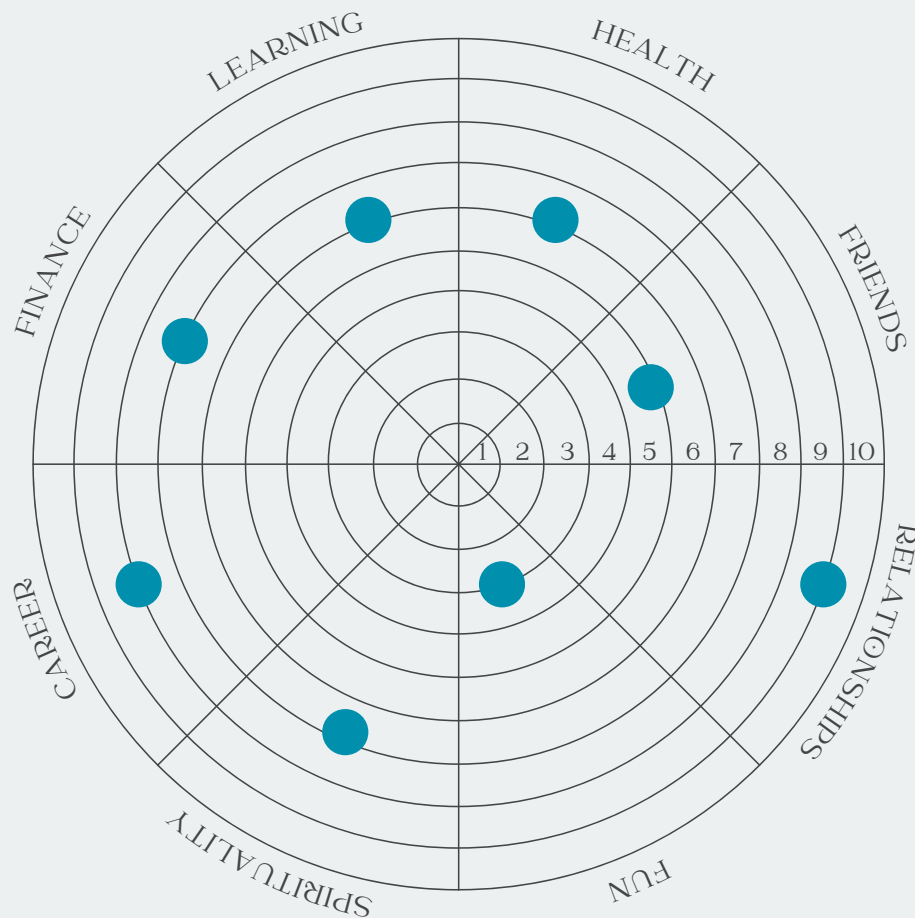


## 1. Let's begin with the Wheel of Life

Each of us has various zones in our lives. A great way to look at them is through the lens of the Wheel of Life.

The first thing we need to do is determine which zones you'd like to include. The Wheel above has some examples of common life zones, but you can add whichever ones make sense for your life.

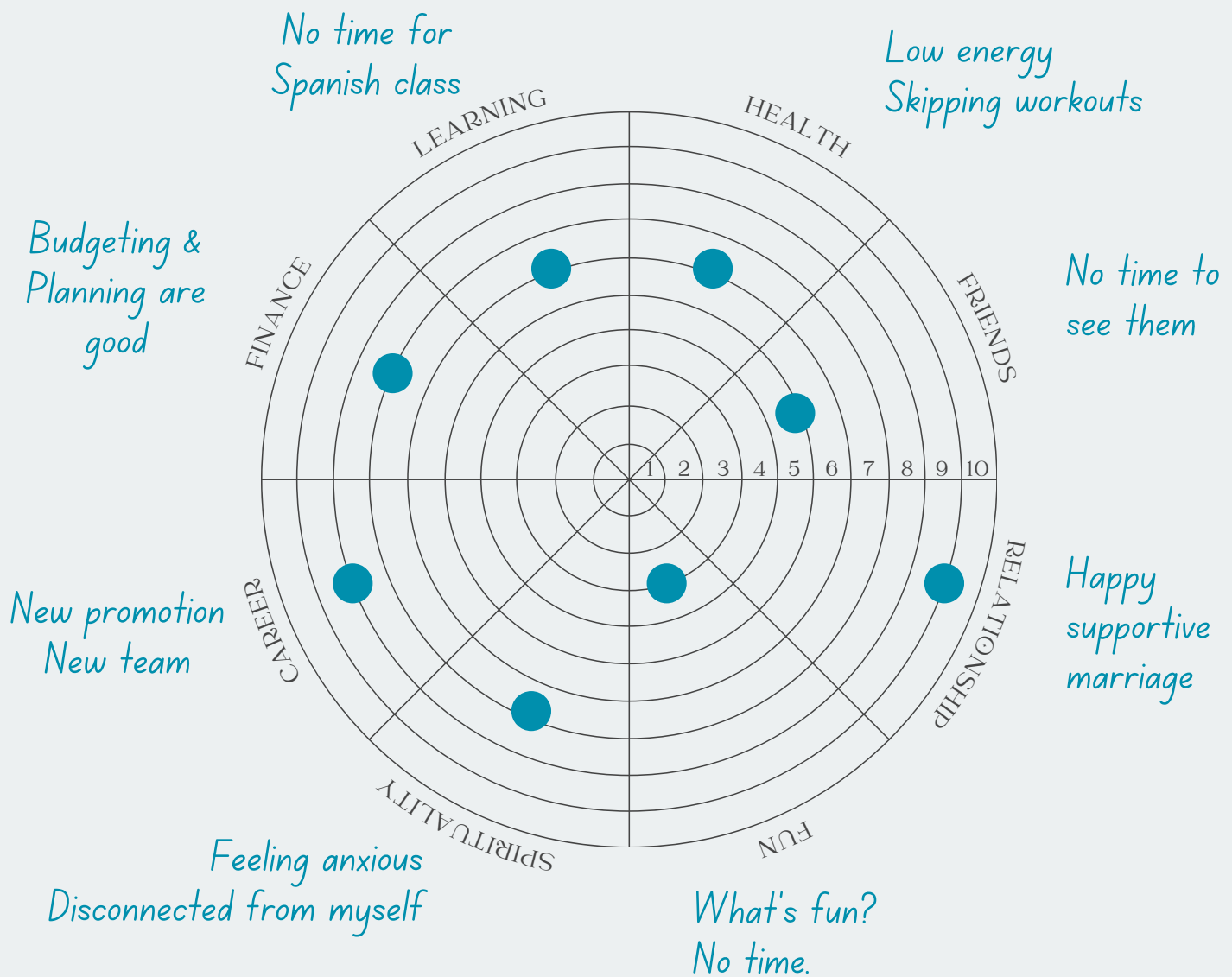
You may also choose to complete two life wheels - one for your personal life, and one for your work life.



## 2. Rate your life zones.

Rate your current level of satisfaction in each of the zones from 1 to 10. You might have some really low scores, or maybe all your scores are in the middle area. Or maybe there are a couple of areas where you're excelling, but many where your scores are below five. This is all okay. And it's all normal. And, it changes throughout our lives as our priorities and standards change.

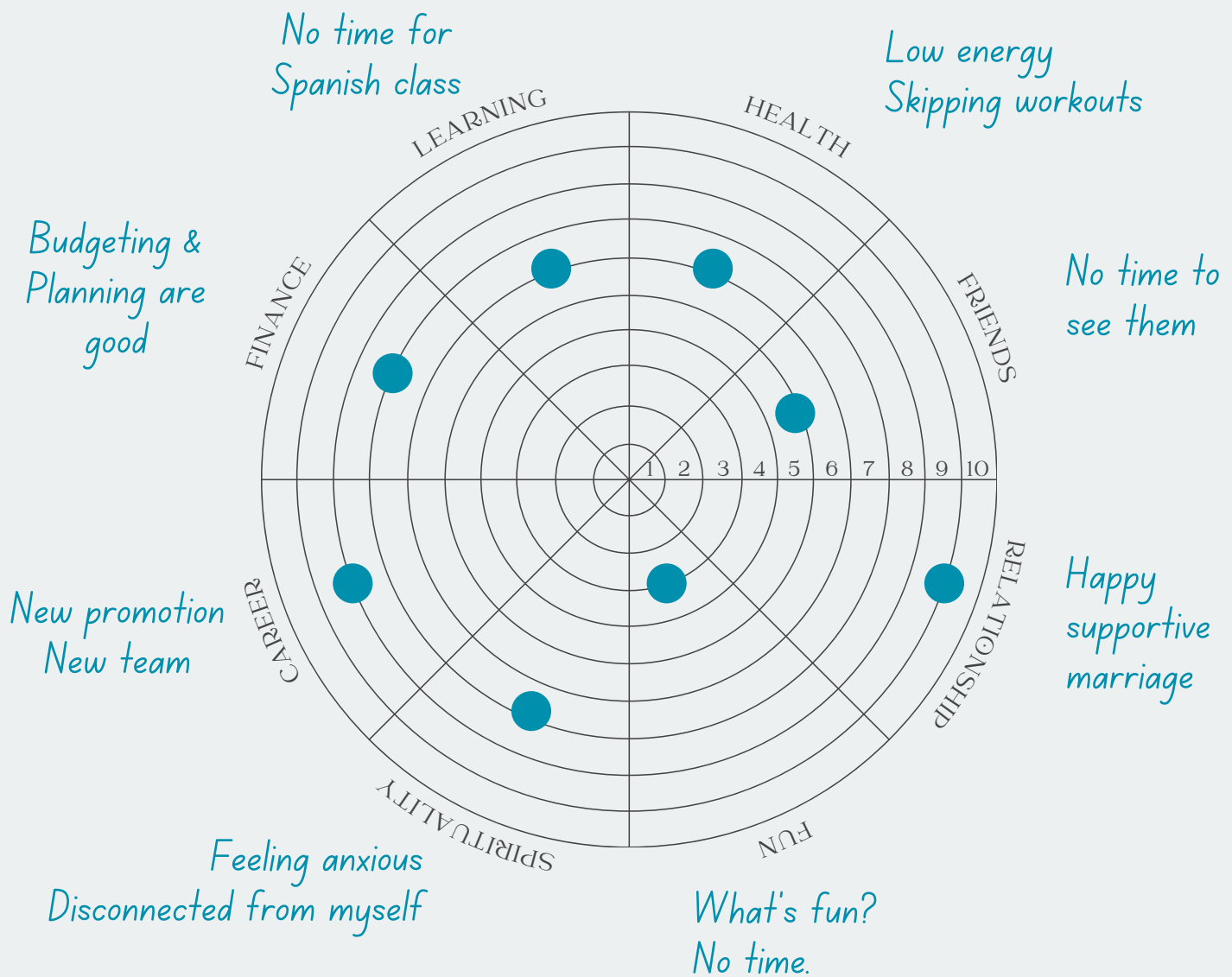
If you score above 8 on everything, you may want to re-evaluate your standards. Think big. Think expansive. Is there more?



### 3. Add context.

Next to each life zone, write 2 to 3 bullet points about why you gave it that rating.

Now you have a visual representation where you can easily see what is working in your life or career, and what isn't working.



## 4. Imagine possibilities

Choose a timeframe of 6 or 12 months. Imagine what you'd like your life to look like at the end of that time frame. What would a 10 look like?

Be realistic about what is possible within your timeframe. We don't want to set you up for failure.



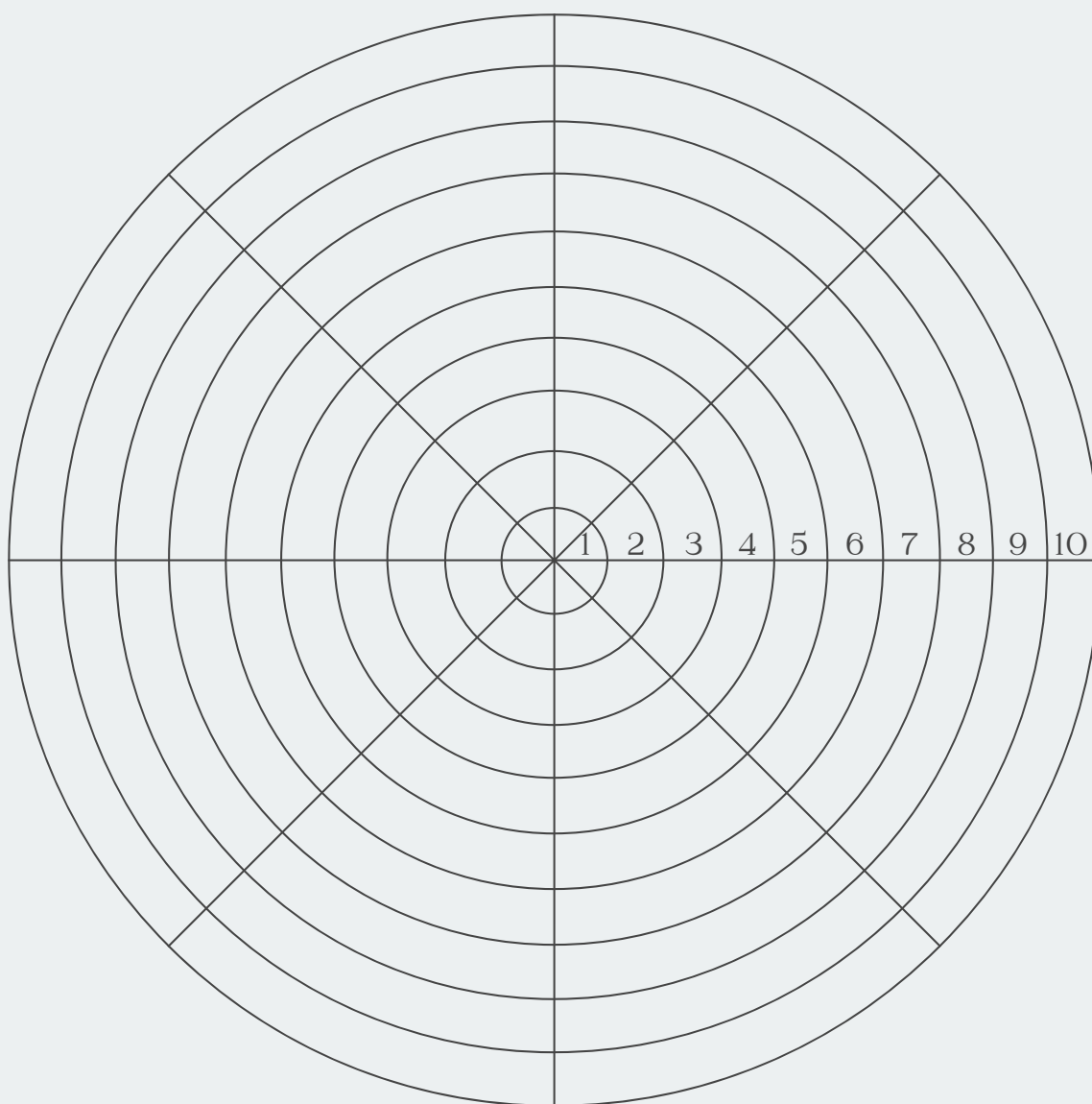
## 5. Choose 2 or 3 to work on.

You may be tempted to take all the lowest scoring zones and try to get them to a 10. My advice is not to do that. Choose at least one medium scoring zone, if you have one. If you can take a 5 to a 10 in a reasonably short period of time, it will give you a sense of accomplishment that will fuel your success in the more challenging zone.

On the next 2 pages, you will find blank life wheels for you to fill out.

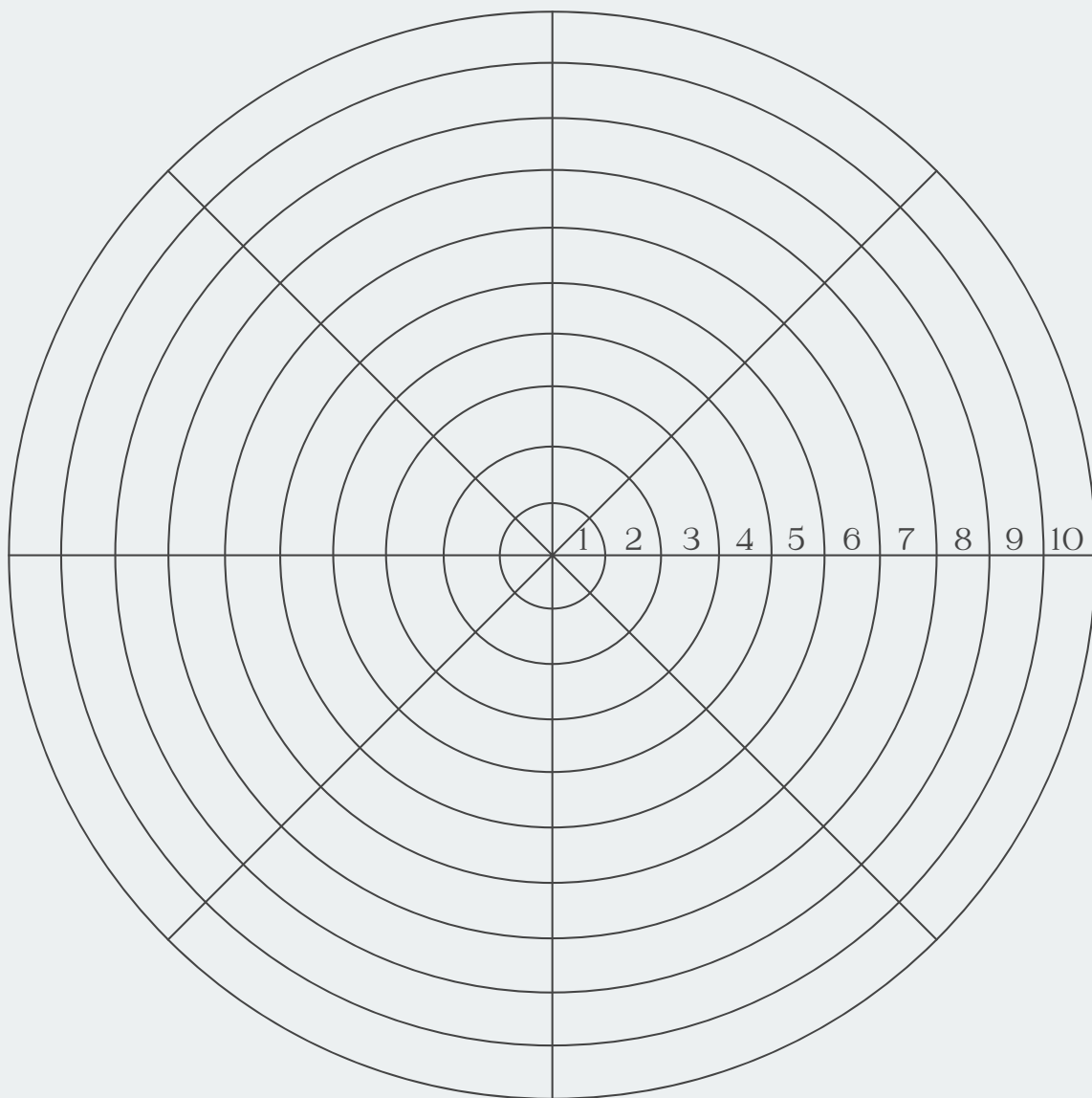
When you're done, we'll set some goals.

# WHEEL OF LIFE: PERSONAL





# WHEEL OF LIFE: CAREER



## 6. Set your goals.

Set 1 to 2 goals for each of the life zones you've decided to focus on. Your goals should be a little scary. You want to stretch yourself. Remember, we're expanding, not contracting.

LIFE ZONE	MY GOALS

# THE BIG WHY

Why is your goal important to you? What will become possible for you when you achieve it. Fill out this sheet for each of your goals.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?



## 7. Evaluate.

For each goal, evaluate. Is the outcome worth it to you? Share your goals with important people in your life. As you're doing so, are you excited, scared, feeling a little ho hum? If need be, go back and revise your goals.

MY GOAL	WORTH IT?

## 8. Break it down.

What has to happen for your goal to be achieved? What is your plan of action? What are the daily steps you will take toward your goal? Break it down into small, actionable steps.

Goal:

Steps:

## 9. Systemize and forget.

Now that you know what you want to achieve, and a clear idea of how to get there, it's time for the last step.

Put your goals out of your mind.

That's right. Forget them.

Instead, focus on the system you have created to achieve them. Focus on the day-to-day process, rather than the end result.

The truth is, life happens. Change happens. You will blow past some goals, meet others on target, and fail to achieve many.

That's life.

But think of it this way - if your goal is to increase your revenue by 10% and you only achieve 8%, is that a failure? Or are you better off than you would have been had you not tried?

Stick to the system. Celebrate your wins.

Be kind to yourself!

# WEEKLY SYSTEM

WEEK OF: \_\_\_\_\_

	GOAL(S)	ACTION(S)
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		



# MORE COURSES FROM THE EXPANSIVE WOMAN PROJECT



## Discovering Your Expansive Self

---

Get unstuck and design the life you were always meant to live.

Understand what got you to this place in your life. Discover your purpose, mission and vision. Harness the incredible power of "I can, if..." to achieve your dreams. Create your Big Plan and put it to work.



## Overcoming Imposter Syndrome

---

What if you could feel confident and authentic every day at work?

By understanding the root causes of your Imposter Syndrome, you will break the pattern of self-doubt and sabotage that has been holding you back. Become the fullest expression of your powerful, expansive self.

VISIT [EXPANSIVEWOMAN.CO](http://EXPANSIVEWOMAN.CO)  
FOR DETAILS.

THE  
EXPANSIVE  
WOMAN PROJECT