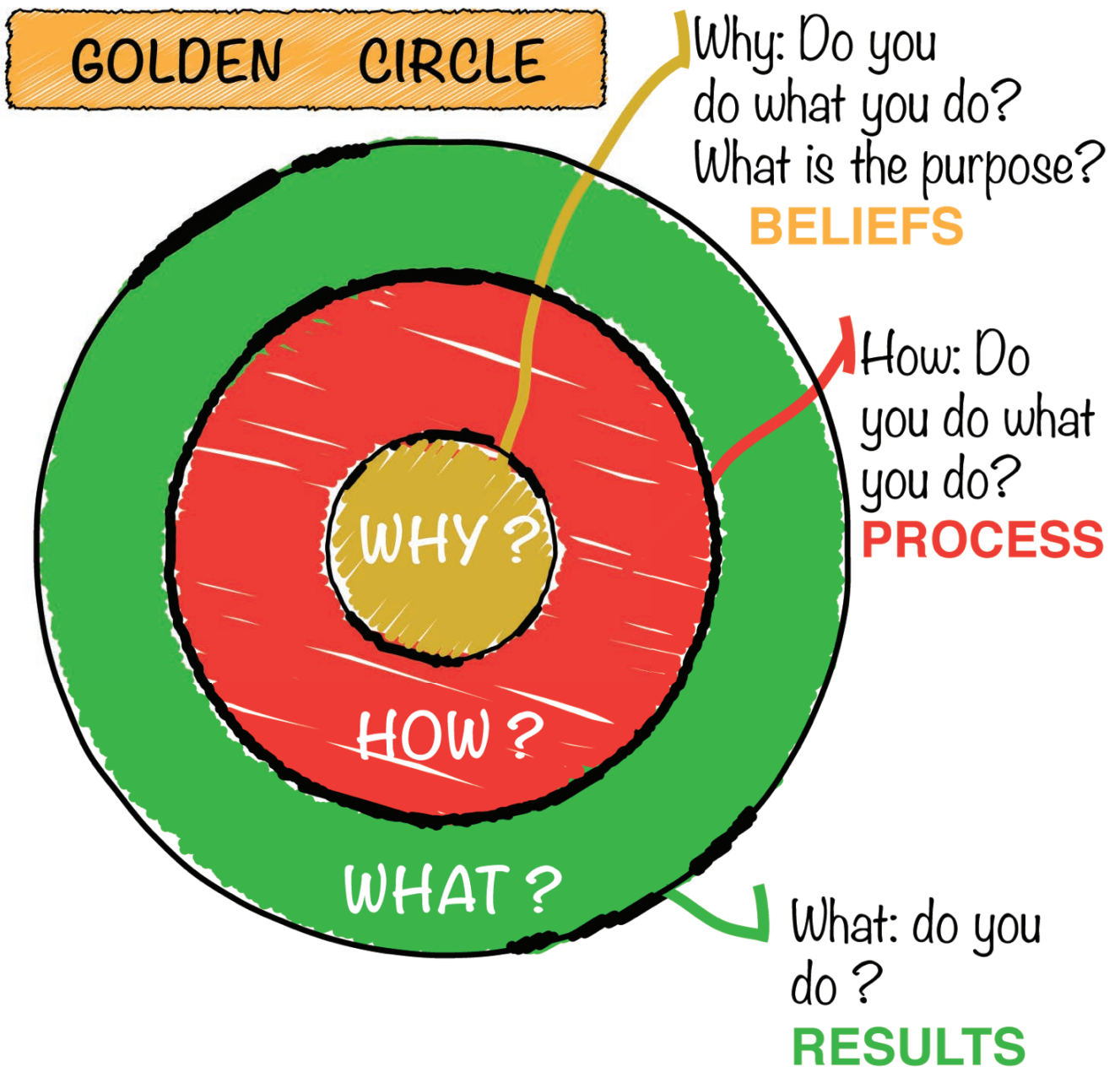


frame it up...

Today you are you! That is truer than true!
There is no one alive who is you-er than you!
-Dr. Seuss



Write Words

So you signed up for this workshop... good for you! But now you're in a room with strangers... and it's a little scary. We're gonna get the nerves out right now... so you can focus. Pick one of the statements below and write about it. Let your ugly, scary, bad self out. No one is gonna look or judge. Be Real 2 Get Real. Ready. Set. Go.

What does an "awesome" life look like to me?

Where am I standing in my own way? (How? Why?)

What's the smallest step I can take towards a big thing today?

Why am I worked up about this? (Whatever "this" is, you define)

What blessings can I count right now?

Why do I care so much about impressing people?

What is the hardest choice I'm avoiding? (Why?)

Do I rule my fears or do they rule me?

How will today's difficulties reveal my character?

When being pulled by strong desire:

What will happen to me if I get what I want and how will I feel after?

What do I need to be who I want to be?

Write Words

“

A large, empty rectangular box with rounded corners, defined by a thick black border. The box is intended for writing words.

”

Be a Goal Digger

“They” say a goal without a plan is a wish. You’re a Woman with ACTION... not a dreamer or a wisher. You hold power in your hand. The purpose of this worksheet is to think about the areas of your life that could benefit from some focus.

Directions: Look at the 9 Areas of Your Life. Run down the list and on a scale from 1 to 10 (10 is perfection/you’re handling it like a BOSS and 1 is I’m missing the mark), give each category a score based on your own definition (not what others say or think). Low scoring areas are **not** openings for guilt.

Rank	Area Of Your Life	GOAL GETTER:
	Health & Fitness	Health & Fitness Goal:
	Relationships/Friendships	Relationship/Friendship Goal:
	Home/Family	
	Finances	Home/Family Goal:
	Work/Career	
	Community	Finance Goal:
	Spirituality	
	Travel/Recreation	Work/Career Goal:
	Hobbies/Skills	
<p>Now consider some potential “make life awesome” goals in these areas. Focus first on the areas you scored the lowest.</p> <h1>MAKE LIFE AWESOME</h1> <p>These are not “guilt” goals. These are MAKE LIFE AWESOME goals. Focus on things that will either bring you pure joy or a sense of orchestrating your life “Like a BOSS.” (pssst... joy can be indulging in pedicures and trashy novels- not existential joy)</p>		Community Goal: Spirituality Goal: Travel/Recreation Goal: Hobbies/Skills Goal:

S.M.A.R.T. Girls Get 'er Done

An average person with average talents and ambition and average education, can outstrip the most brilliant genius in our society, if that person has clear, focused goals. -Mary Kay Ash

You are a smart woman.
Let's make sure the goals you set for yourself are also SMART.

Specific

Specifically SMART Goals: set real goals that include real deadlines and metrics. I will save \$600 for a spa vacation in December 2020 by putting all my change in a jar, directly depositing \$20 in my savings every pay period and saving every work bonus.

Measurable

Measurable SMART Goals: use mini-goals to measure progress with real metrics. I will have \$50 towards my spa vacation every month.

Achievable

Achievable SMART Goals: be your own best friend and make sure your goal is something you can manage. I can set aside \$20 from every paycheck without a struggle and my bank will put all my "change" in my account from my debit card purchases.

Relevant

Relevant SMART Goals: will this goal truly make your life AWESOME. Is it something that matters to you. Pampering myself is a treat that I long for and going with my gal pals for a retreat is important to my wellbeing.

Timely

Timely SMART Goals: give yourself time to make it happen with goals and benchmarks. I will begin in December and will be half way to my goal by May in time to put a down payment on my trip.

Women of Action Work It

Let's record those SMART goals. On this worksheet you will record your SMART goal, attach a short, medium and long-term benchmark

Health & Fitness Goal:

SMART TEST:

S M A R T

Short Term Benchmark:

Medium Benchmark:

Long-term Benchmark:

Relationship/Friendship Goal:

SMART TEST:

S M A R T

Short Term Benchmark:

Medium Benchmark:

Long-term Benchmark:

Home/Family Goal:

SMART TEST:

S M A R T

Short Term Benchmark:

Medium Benchmark:

Long-term Benchmark:

Finances Goal:

SMART TEST:

S M A R T

Short Term Benchmark:

Medium Benchmark:

Long-term Benchmark:

Work/Career Goal:

SMART TEST:

S M A R T

Short Term Benchmark:

Medium Benchmark:

Long-term Benchmark:

Women of Action Work It

Let's record those SMART goals. On this worksheet you will record your SMART goal, attach a short, medium and long-term benchmark

<p><i>Community Goal:</i></p> <p>SMART TEST: S M A R T</p> <p>Short Term Benchmark:</p> <p>Medium Benchmark:</p> <p>Long-term Benchmark:</p>
<p><i>Spirituality Goal:</i></p> <p>SMART TEST: S M A R T</p> <p>Short Term Benchmark:</p> <p>Medium Benchmark:</p> <p>Long-term Benchmark:</p>
<p><i>Travel/Recreation Goal:</i></p> <p>SMART TEST: S M A R T</p> <p>Short Term Benchmark:</p> <p>Medium Benchmark:</p> <p>Long-term Benchmark:</p>
<p><i>Hobbies/Skills Goal:</i></p> <p>SMART TEST: S M A R T</p> <p>Short Term Benchmark:</p> <p>Medium Benchmark:</p> <p>Long-term Benchmark:</p>

**The distance between your dreams
and your reality is called ACTION.**

Everyday we're hustlin'

As you work your goals it's important to do a self-check. This is not an opportunity to load on the guilt... gag! This is a non-emotional inventory of how your goal getting is working out. It's a time for you to make little tweaks and adjustments.

WHAT'S WORKING:	WHAT'S KINDA WORKING:	WHAT'S NOT WORKING:

I am a Woman With Action

Smart women make SMART plans that are Specific, Measurable, Achievable, Relevant, and Timely. I'm a very smart woman who is **Making My Life Awesome!**

	Monday <i>Money Management</i>	Tuesday <i>Stress Less</i>	Wednesday <i>Quality Sleep</i>
<i>Gal Pals Get It Done</i>	<i>Sess</i>	<i>Sess</i>	<i>Sess</i>
	<i>Lisa</i>	<i>Lisa</i>	<i>Lisa</i>
	<i>Barb</i>	<i>Barb</i>	<i>Barb</i>
	Thursday	Friday	Weekend
<i>And in solo</i>	<i>Money</i>	<i>Family</i>	<i>Saturday</i>
	<i>Stress</i>	<i>Clients</i>	<i>Sunday</i>
	<i>Sleep</i>	<i>Hobbies</i>	

I am a Woman With Action

Smart women make SMART plans that are Specific, Measurable, Achievable, Relevant, and Timely. I'm a very smart woman who is **Making My Life Awesome!**

Monday	Tuesday	Wednesday
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Thursday	Friday	Weekend
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>Saturday</p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>Sunday</p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>