



FEEL**SEXY**OVER40

Dream BIG

"It's not about confidence in real life,
nor do yo want it to be. It's about the
opportunity to be changed by a
moment or experience."

- Jonathan Fields

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The process of Goal setting

What you need to know before you begin:

A goal is a dream with a deadline.

What is a goal? / Let's break it down.

A goal is a roadmap, a destination, a focus point. It can be a powerful motivator, it can alter the intensity of our actions and emotions. A goal is intention that guides behavior. A goal directs our attention to relevant behaviors and away from irrelevant ones.

People who set goals tend to believe that success is determined (and achievable) by their own actions and skills, they take responsibility for more aspects of their lives. Goal setters have a growth mindset; with clear goals, they set clear actions and they reach better performance. Goals give us a sense of where we are going, guides us toward growth, efficiency, clarity, confidence, self-actualization, potential, control and self-awareness.

The definition of **confidence** - A willingness to try.

The definition; **discipline** - A promise we keep to ourselves.

Goal setting is fundamental for a fulfilled life.

Achieving goals is good for us.

It provides internal feedback: we perceive our progress adequate and we feel more capable of learning new skills and setting more challenging future targets.

We become more flexible; we adapt to barriers and persevere when things don't go as planned (What are the odds of that happening?!) and we become better at self regulating our emotions and so become more resilient.

Planning changes a good idea into a goal.

So we know setting and achieving goals is a good thing – but where do I start?

Let's break it down and start with a goal - What makes a good goal?

- First of all, good goals are important on a personal level – this is something you want to achieve **FOR YOURSELF**.
- Good goals are optimistic but doable.
- Good goals are compelling, exciting, inspiring and a little bit scary. That will give them momentum. Nothing like a little challenge!!
- Good goals are specific, precise, implicit - this is a direct course to reach them.
- Make the time-scale realistic. An overly difficult goal that requires to learn new skills will take time. An unrealistic time frame will feel overwhelming and will destroy our morale, productivity and motivation.

Steps to set ourselves up to success:

- The content of our goals may be less important to our well-being than our reasons for pursuing them.
- Share goals with others but choose the right people/group – share with those who will be supportive. Out of these people identify who could be your cheerleader, who could be your accountability partner and who could play the mentor role.
- When ready, find a good, (but not necessarily a perfect) time to start. Goals don't care if it is a Monday or if it is the beginning of the month.
- Make sure you are committed to your goal – is this something you really want?
- Make sure you understand what is required to reach it and what the determination to get there might mean.
- We have to have clarity around our goals.
- Creating daily practices makes new habits automatic and allow you to stick to them easier. For example if your goal is to go for a run first thing every morning, prepare your workout clothes and all the gear you will need the night before.

Goals can be set in all areas of life;

- professional
- social
- family
- sport
- physical
- financial
- relationships
- faith
- community
- mental
- etc.

Goals fall into different categories:

Mastery goals or process goals - These type of goals are directed towards skill development, self-improvement. The journey is the goal. IE: I want to become a better carpenter.

Performance goals - These are all about demonstration of ability. Competence relative to others, refers more to ability, improvement. IE: I want to run that 5K faster.

Outcome goals - geared toward creation. IE: I want to win the best garden contest.

Time bound - short or long term goals. IE: I want to get all my laundry folded by tonight.

Focus goals - big objectives, tend to be long term. IE: I want to be a CEO.

Topic based – IE: financial, personal, etc. as we talked about earlier

These categories are not mutually exclusive, a topic based goal can be short or long term for example.

Our motivation to achieve our goals could stem from striving for competence, a desire for success, or can be fear based, to avoid incompetence or fear of failure.

Here is how to start dreaming big:

One way to come up with a list of big dreams is to do a brainstorm / braindump.

Say what?

A brainstorming session basically allows us to go where we only go when we are asleep or when we are a bit tipsy, and just allow anything and everything to come into our heads and write them down. No matter how crazy, impossible, outlandish the ideas are. No filters, no over-thinking. Just dream and write.

Be on the lookout that sometimes in the most outlandish idea is the seed of our biggest dreams and desires.

Approach this whole process with a super open mind, allow the ideas to flow without judgment and have fun with it.

I encourage you to disrupt your current reality; what can you do to make your dreams bigger?

Imagine you could do 5 times as much, 5 times bigger than you believe you can do now.

Excitement creates desire for more.

Go and dream!! ... Now go dream even bigger!!

(Now go and fill in the next page with all your dreams! Remember to allow free flow to your ideas)

Aim for the stars

Dream

A goal is a dream with a deadline



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Confidence is _____

Discipline is _____

Let's start with your BIG BEAUTIFUL dreams. Remember, these are things that are so incredible that they make you want to cry. They send your blood rushing through your veins, they are expansive, they might be a little out there. You get the point.

Write down everything that you think of. Do not filter, do not over-think, just write. Even if it's super crazy, even if you think this will never happen. Write them down.

Close your eyes and get super sensory. Feel it, smell it, touch it, see it in colour in super tiny detail.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.

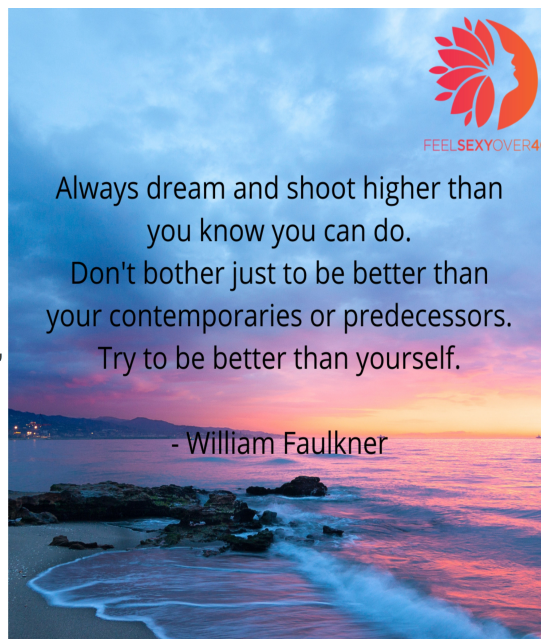
Lets start digging through your amazing dreams:

Look at each dream and identify which area of your life it will affect. Will it be lifestyle, financial, family, health, etc. As you go through your list, use a new sheet of paper for each category.

When we have our dreams sorted under each heading, we have to make sure we go over them and start evaluating them to find the most important ones.

Sometimes one dream/end goal can make the biggest difference. Achieving that one goal can make some of the other ones easier or unnecessary. See if you can pick out one. That will be your “North Star” goal. IE: If I prepare all the meals on Sunday for the coming week, it will allow me to go for a run every morning, it will allow me to spend time with the kids after school instead of rushing around, and I get to read for 30 minutes before bed.

It is inevitable that things will not always go perfectly smooth. At that point, when you are tired, when you don't feel like doing it, what will carry you through? To remind yourself why this is so very important to you, write down your reasons now. Keep asking “Why is that important to me?” When you come up with an answer, ask again, then ask again and again until you get to the deepest reason that hits you in the gut.



Aim for the stars

Goals

The question is NOT "Are you worthy enough to reach your goals". The question IS "Are your goals worthy enough of you?" - Bob Proctor



- 1) Some of your ideas might be far fetched, but examine what is behind them? What is driving them? See if you can find a common thread and explore that avenue. Where is it pointing?
- 2) Next, group your dreams based on areas of your life. (Finances, health, social, family, career, etc.) Assign a separate sheet for each category.
- 3) Under each category, see if you can identify a "North Star" goal.
- 4) Now start putting your goals in order of priority, based on urgency or fun factor. For example, a financial or career goal might be more important than working on a home improvement project, or creating a beautiful new patio for the summer might be more fun than refinishing a dresser.

Now that we have discovered our big dreams and picked out the most important ones, how do we create the road maps to achieve them?

Next step is to take our dreams and chunk them down to smaller bits or actionable steps.

Imagine a beautiful big Lego castle. How do we build it? By using a plan and the little Lego pieces to build the castle brick by brick.

One tool to create a plan is called a Mind-map.

Mind-map - Draw a circle in the middle of the page. Write the end goal in it. Then draw spokes coming out of the circle. Ask the question: "What do we need to achieve this?" Write those items down around the main goal, one on each spoke.

Then repeat this process for each of those, and then for each of those, until our paper looks like a brain cell and we reach the tiniest step that cannot be broken down any further.

We can also go through this process but make it look like a tree.

The trunk is the main goal, then the branches going up out of it are the sub-steps.

This will provide levels that can be easily colour coded for the artsy type, and crossed off as we knock them off.

The tiniest steps become the starting points. Look at them and figure out how long each will take, then allocate the time in our calendars.

1) It's now time to figure out the steps to get them done!! Time to translate those dreams into goals. Choose the mindmap or the planning tree to figure out all the steps you need to take to accomplish these goals. Questions you can ask to figure out the next level are: "What has to happen in order to get to the next step?" "What skill, supply, expert, experience, habit building do I need?" Example: "What has to happen to create a beautiful garden? I have to mark out the space. What do I use to mark out that space? I need string. Where do I get the string? I have to go to the store and buy it."

2) Once you got it down to the smallest possible step, put them into your calendar. Start with the lowest level / most outer circle and then move up level by level, each time putting them into your calendar. (See calendar pages)

3) When you achieve a milestone make a HUGE deal out of it!! CELEBRATE!!! Plan these celebrations in the calendar. Remember, done is better than perfect. Reward yourself even if it didn't turn out all that great.

Tips:

Find the easiest way to start. People make things harder than they have to be and get frustrated when they can't succeed. Just ask the question "What's the smallest step I can take today?".

If you are under 90, try things!

Your mood and well-being are heavily influence by movement, sleep and being in nature. Experiment to find the best balance for you. Self care is a proven mood booster!

Example of a mindmap

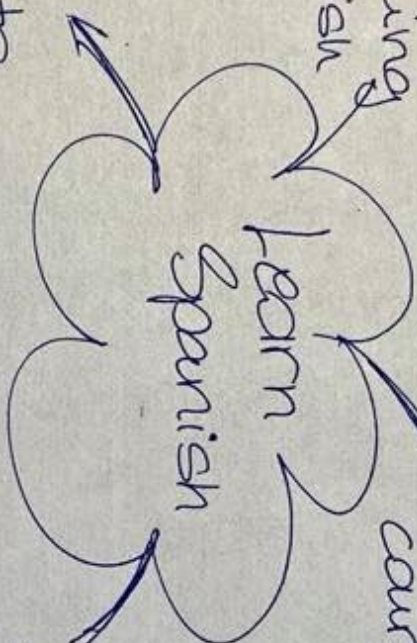
Ask for
recommendations

Find good
books on
learning
Spanish

Find an
online
course

Research
courses
based on
criteria

Make
List of
criteria



Find
people/
groups to
practice with

Research
groups

Sign up

Allocate time
to engage/practice — Mark in
Calendar

Allocate
study time

Identify
available
days & times

Mark in
calendar



FEEL SEXY OVER 40

month _____



monday

tuesday

wednesday

thursday

friday

saturday

sunday

We are wired to Dream Big, to evolve, to grow.

As humans, we are wired to set goals and to dream big. It is who we are, what we are made for.

Here is the science:

Have you heard of Maslow's Hierarchy (1943)?

He developed a pyramid that stacks our human needs in order of necessity and evolution.

Level One: (on the very bottom)

Physiological needs: food, water, rest

Level Two:

Safety needs: security, safety

Psychological needs

Level Three:

Belongingness and love: intimate relationship, friends

Level Four:

Esteem needs: prestige and feeling of accomplishment

Level Five: (on the very top)

Self actualization (Transcendence): achieving one's full potential, including creative activities.

No matter which level you are currently on, it is in our DNA to climb, to seek fulfillment, to become our best. Dreaming and Goal setting light the path to the top, to our full potential.

I would love to cheer for you on Social Media, so take a picture with the cover and tag me @BadassVibes

Please join our Facebook community for women over 40 – Badass Vibes – set free your inner badass. Go from dreaming to soaring.