

Setting the focus for next year:

Goals: what would you like to see in 2023?

First, we envision... a little dreaming if you will.

If you got what you truly desired in 2023, what would that look like? What does your heart crave? Describe it or even create a vision board. What do your dreams look like?

Intentions: How do you want to feel or show up?

When you are dreaming that dream and you imagine you are already successful, how would that feel?

We crave what we crave because we think we'll feel a certain way when we get there. That's our true desire.

But we can have it now... if we make that our intention and bring it with us. If that's what we want, that's what we have to put in so we can be aligned with getting it. You aren't going to be happy when you get there if you aren't bringing happiness with you.

Action: What actions am I responsible for in the goal?

What are the action steps that will go in the direction of my goal while keeping my intentions in mind?

What are the things I control that will help me keep moving forward?

Blocks: What might get in my way?

If it was easy, we would have done it already. There are probably hard things or scary things in the way. Being aware of them now, can help us prepare ourselves that it's not going to be easy. We can do hard things -- and it's helpful to have them in our sight so we can cheer ourselves on, get support or come up with ways to move forward with intention.

Focus: What can I do to keep myself focused on my intentions, goals and action steps?

Look, if you are like me and a lot of my clients, you need some help staying focused on the prize. Here create how you are going to keep your focus on your intentions, goals and action items. Will you meditate, pray, manifest, or journal each day? Will you have reminders on your phone or on the bathroom mirror? Will you challenge yourself to track a habit or shift? Will you get an accountability partner or group? Think ahead about this and set yourself up to focus on what you truly want to see.

Invite the future

Goals: what would you like to see for yourself in 2023?

Intentions: How do you want to feel and show up?

Action: What actions am I responsible for in the goals?

Invite the future

Blocks: What will make these goals or intentions challenging?

Focus: What can I do to keep myself focused on my intentions, goals and action steps?