

ALIGNED VISION & PLANNING WORKBOOK

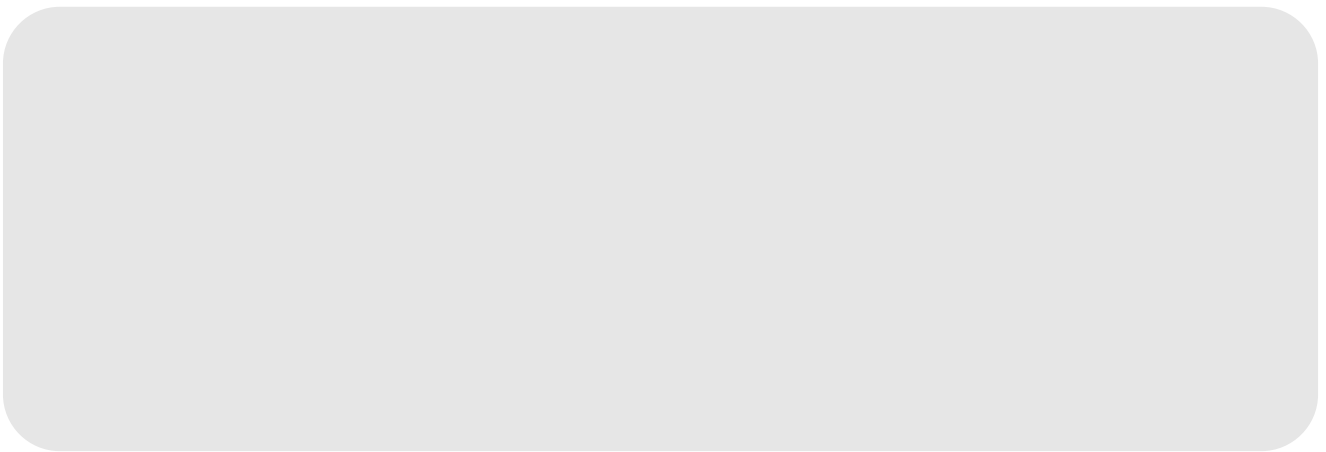


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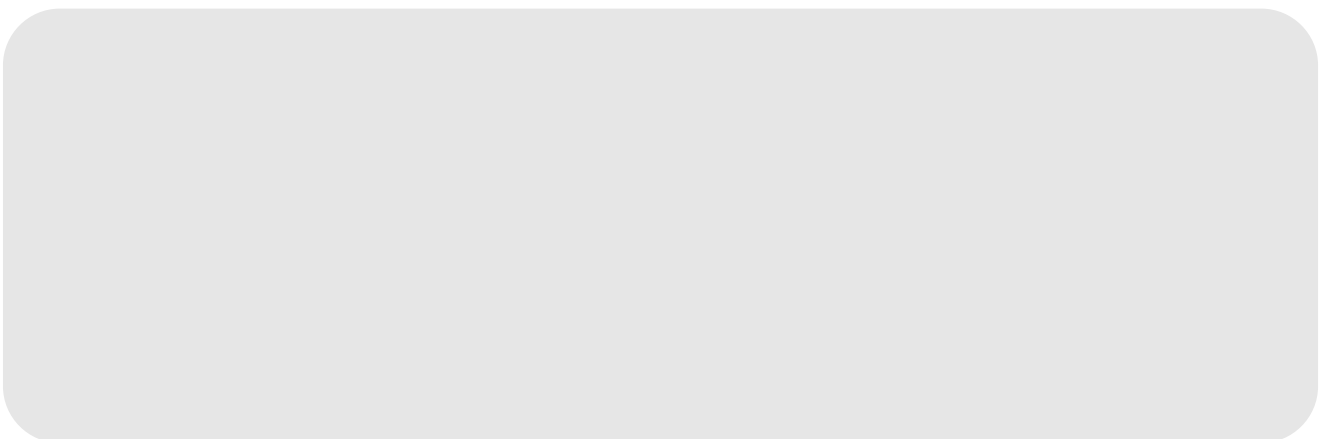
Connecting to Self

Everything we have and do in our lives is influenced by our self image, along with our beliefs and values. Identifying any of these areas that don't support your current vision is a first step forward.

My primary area of focus for this next quarter is:



Who would I be if I had already achieved my dream in this area?



Connecting to Self

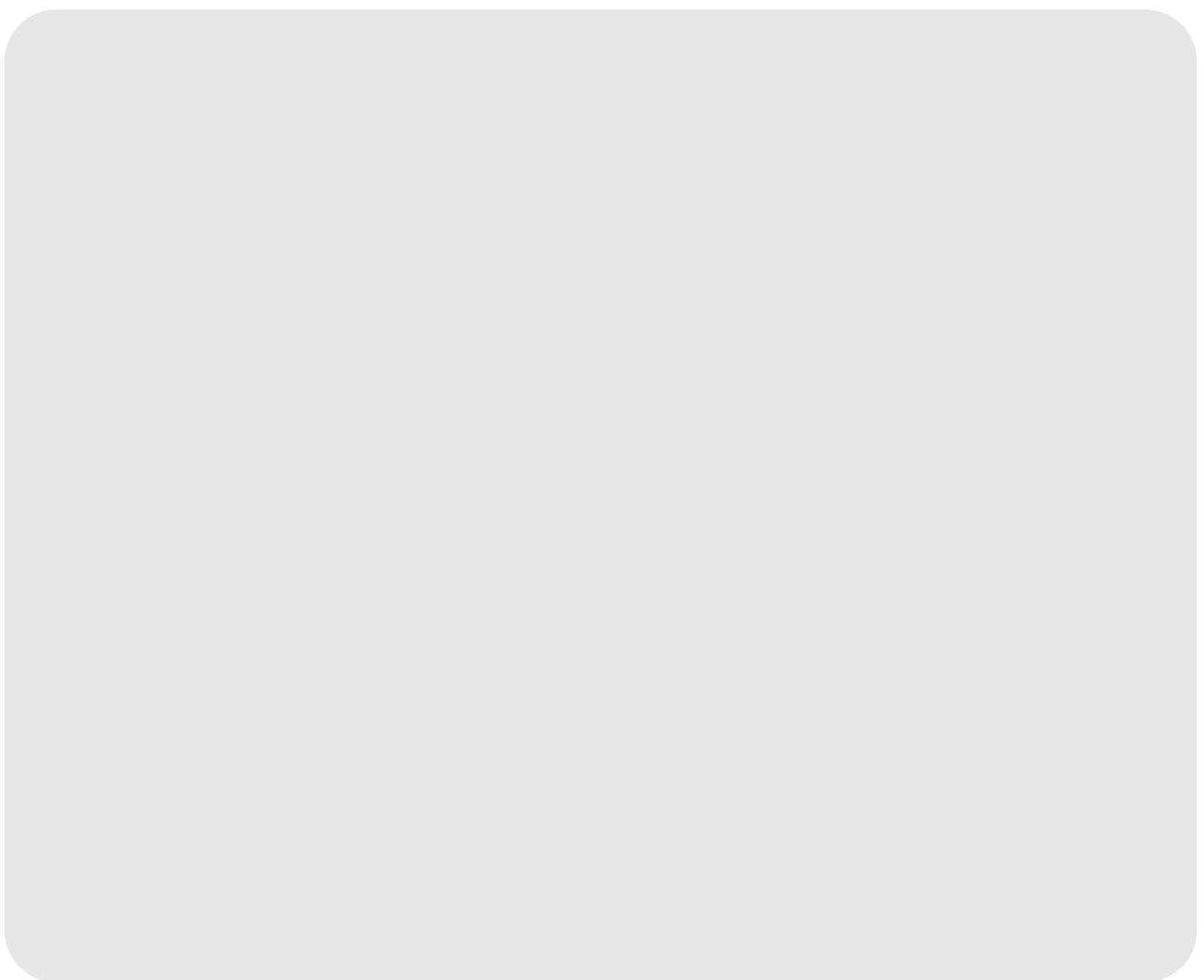
What are the traits, habits and characteristics of someone who has already accomplished this goal?

What are her beliefs around this area of life?

Connecting to Self

What is my current identity that is getting in the way of this goal?

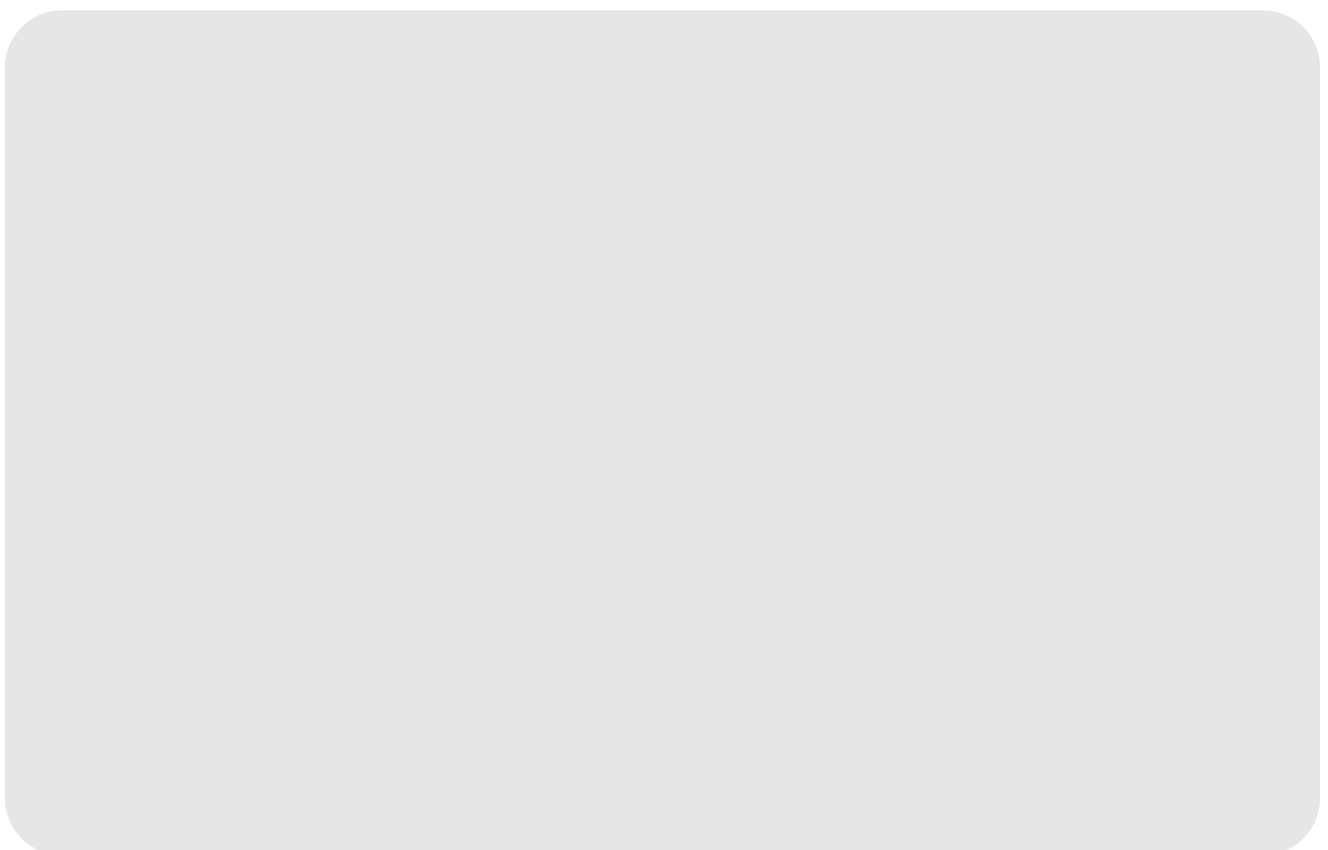
(Some examples of identity traits that could get in the way are: procrastination, time waster, resistant to change, lack will power, shy, fearful, lazy, struggle with money, not smart enough, too old, etc.)

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Connecting to Self

What current beliefs do I have that may not support my vision?

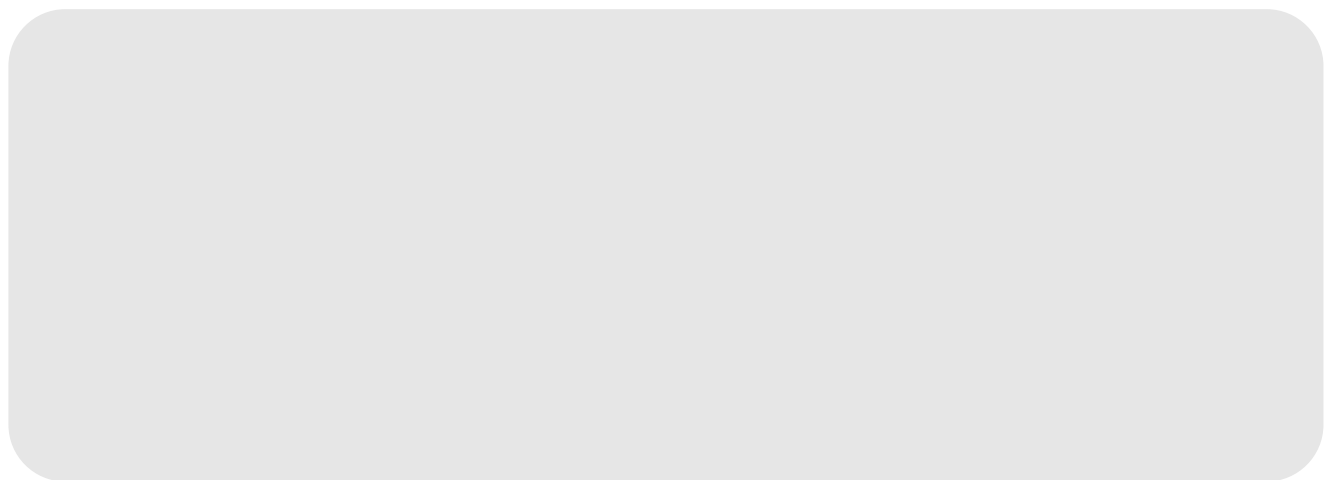
(Dig deep here. Possible examples of beliefs that get in the way: thin and fit women are self-absorbed, money is the root of all evil, rich people are selfish, you have to work hard for money, women shouldn't be the primary breadwinner in a family, women who aren't home 24/7 with their kids aren't good or caring mothers, I need to make everyone happy, I need to be perfect or I can't do it, I'm ungrateful if I want change, etc.)



Connecting to Self

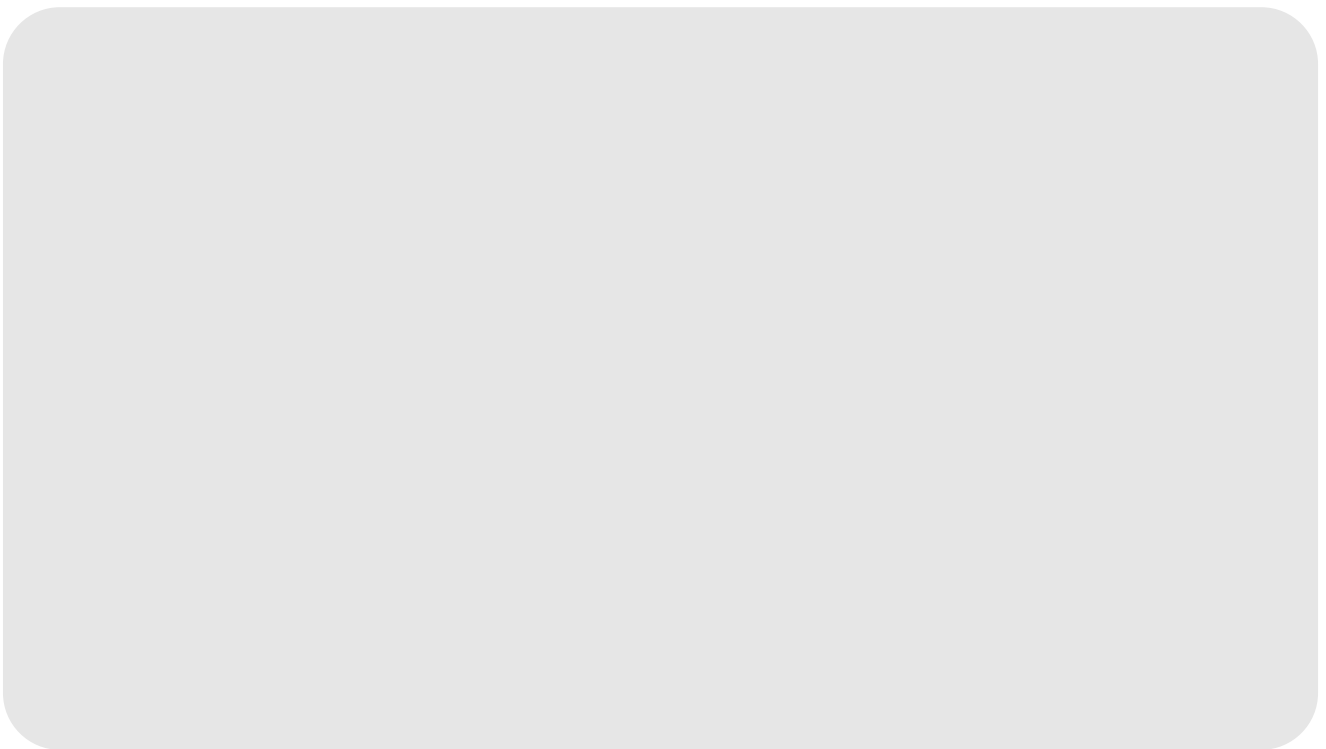
Now in the box below, identify your top five values. Don't overthink. Go with what comes to mind first and you can always change this later. These are some ideas to get you started but there are plenty of other values that may resonate with you more.

abundance, adventure, authority, balance, compassion, community, connection, contribution, creativity, faith, fame, fun, growth, health, honesty, influence, kindness, leadership, love, peace, security, service, spirituality, success, wealth



Connecting to Self

Do any of them conflict with each other or with your vision? What needs to happen for your vision and values to align?



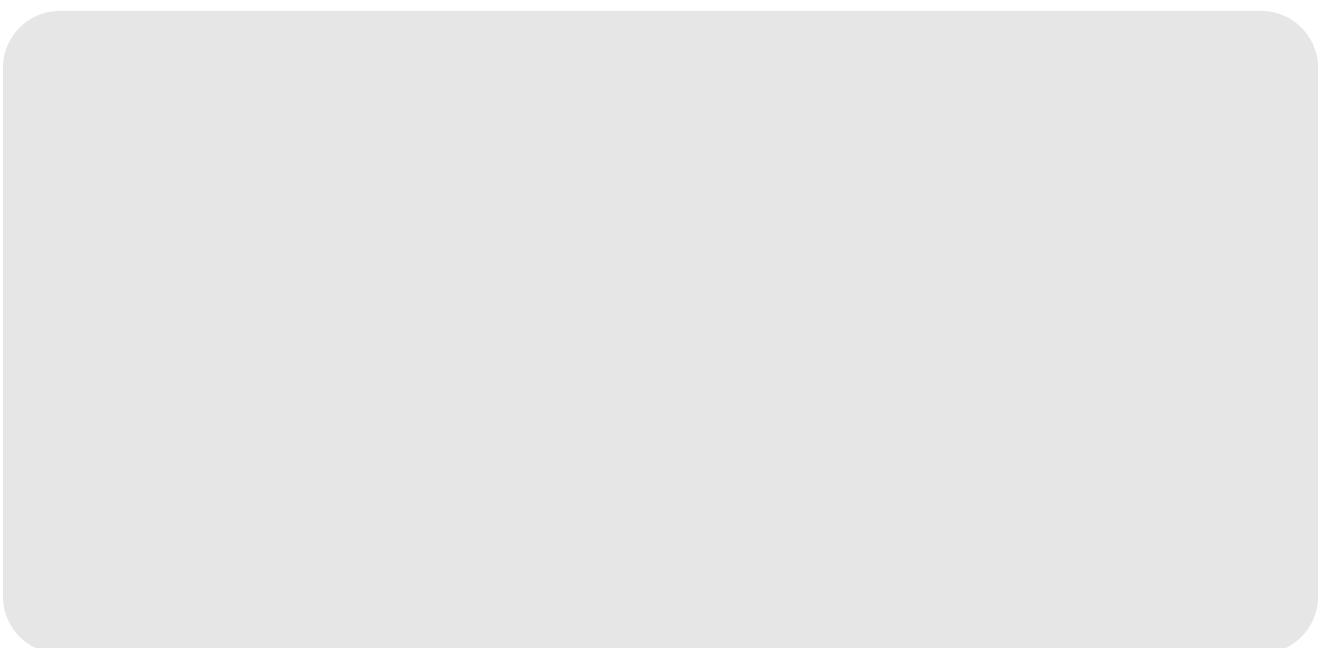
"You can't out perform your self-identity" — Jim Fortin

Goal Articulation

Think about your dream outcome in the area you identified as wanting to focus on, What can you accomplish toward that goal in the next 90 days? No longer! This can be a “step“ in your more long term plan if it’s not achievable in 90 days. Longer term goals are easier to ignore when we don’t focus on the more short term achievements that will move us toward the long term goal.

My long term objective is:

(Describe it in detail – Who will you be? What outcomes will you have accomplished? How will that make you feel?)



Goal Articulation

Chunking that down, my next 90 day goal is:

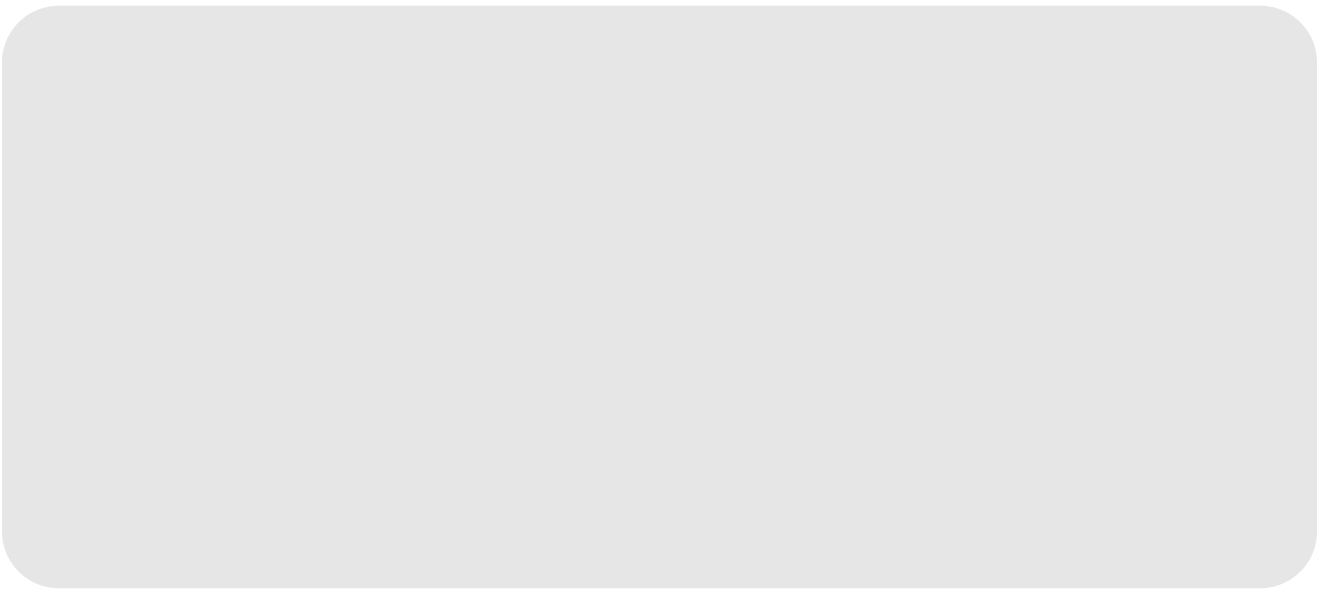
(Describe in detail, at the end of 90 days - What have you accomplished? How does that make you feel?)

Goal Articulation

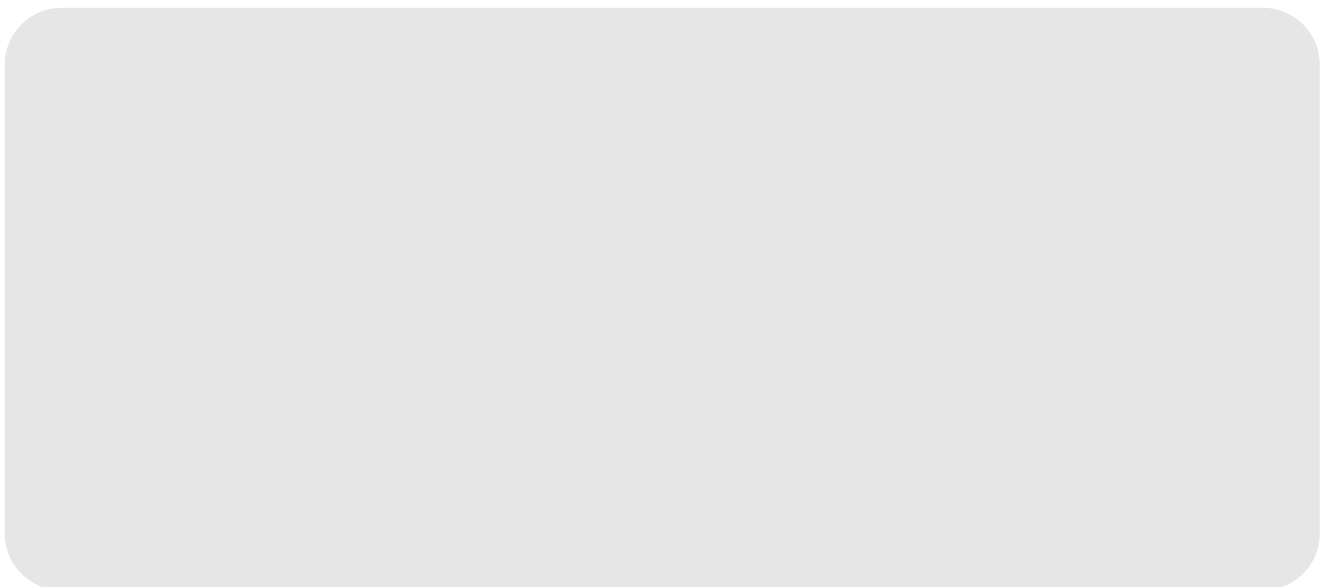
My goal is **SMARTER**.

Fill in the detail in these 7 areas pertaining to YOUR goal.

S (Specific)

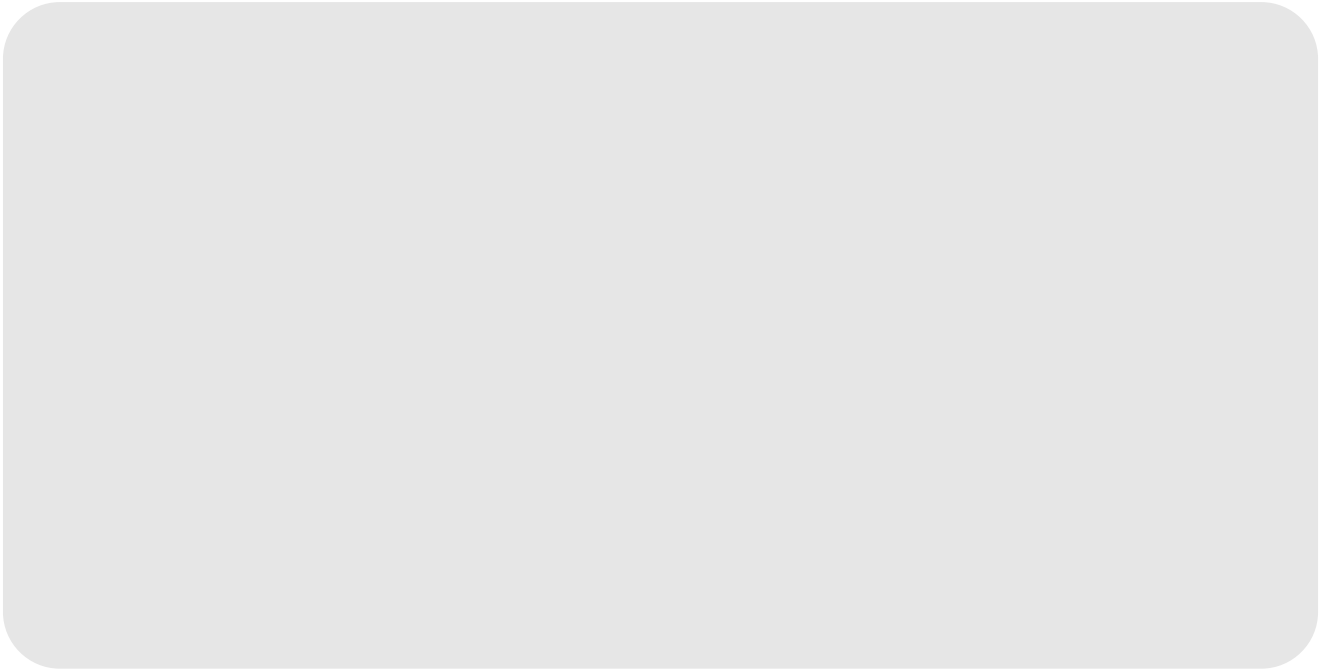


M (Measurable)

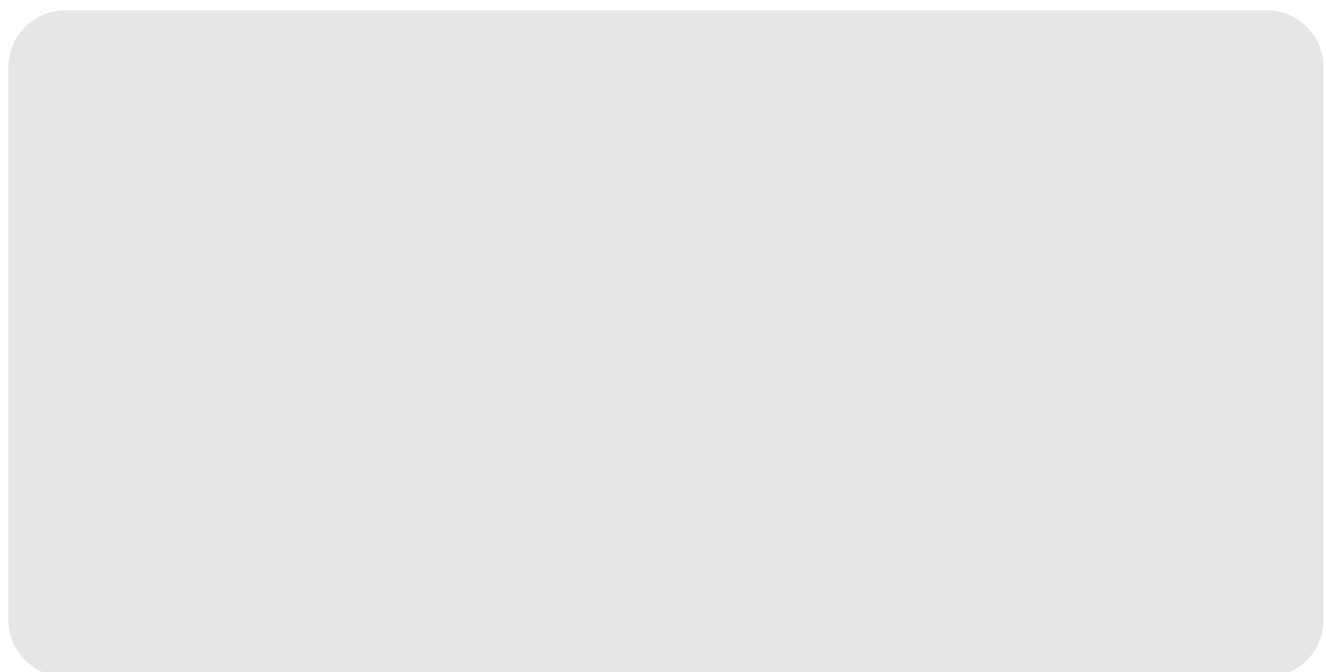


Goal Articulation

A (Action Oriented)

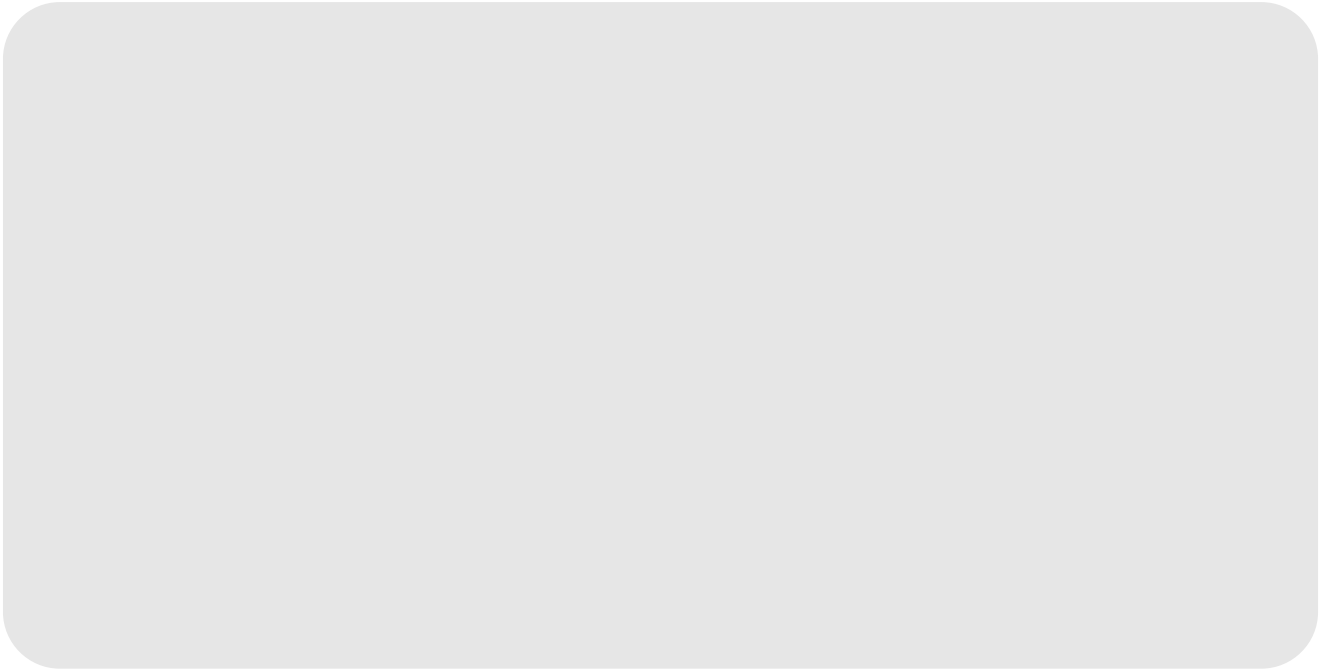


R (Realistic)

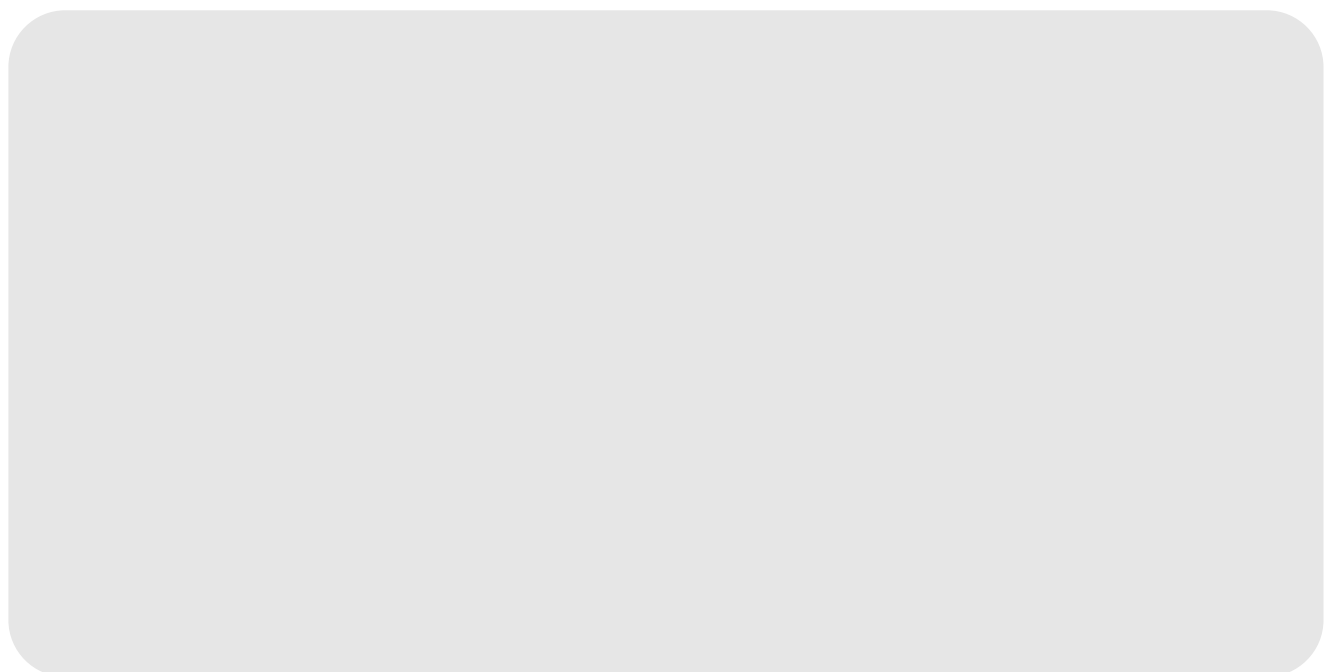


Goal Articulation

T (Time Specific) _____

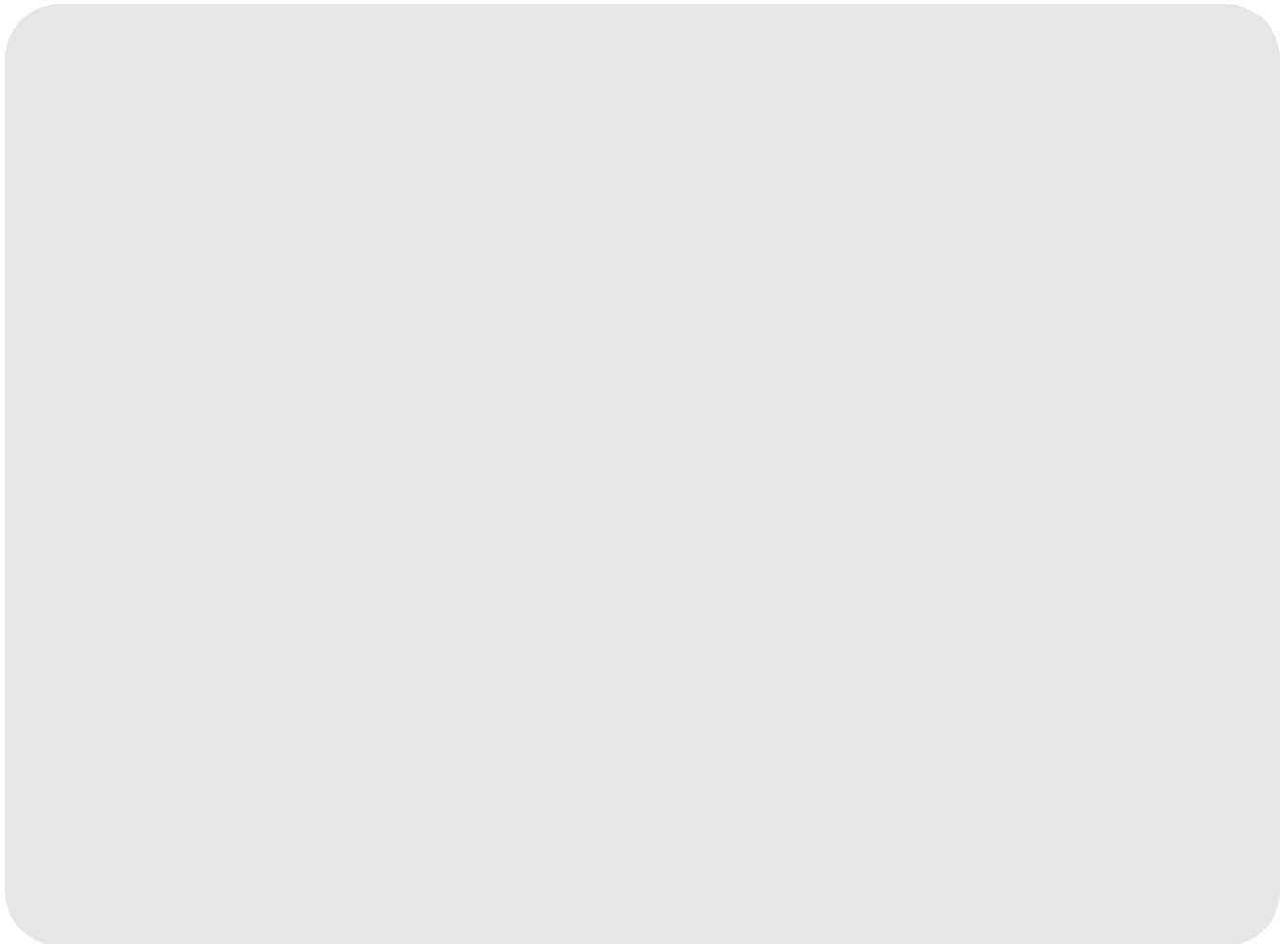


E (Ethical & Aligned) _____



Goal Articulation

R (Review regularly) _____



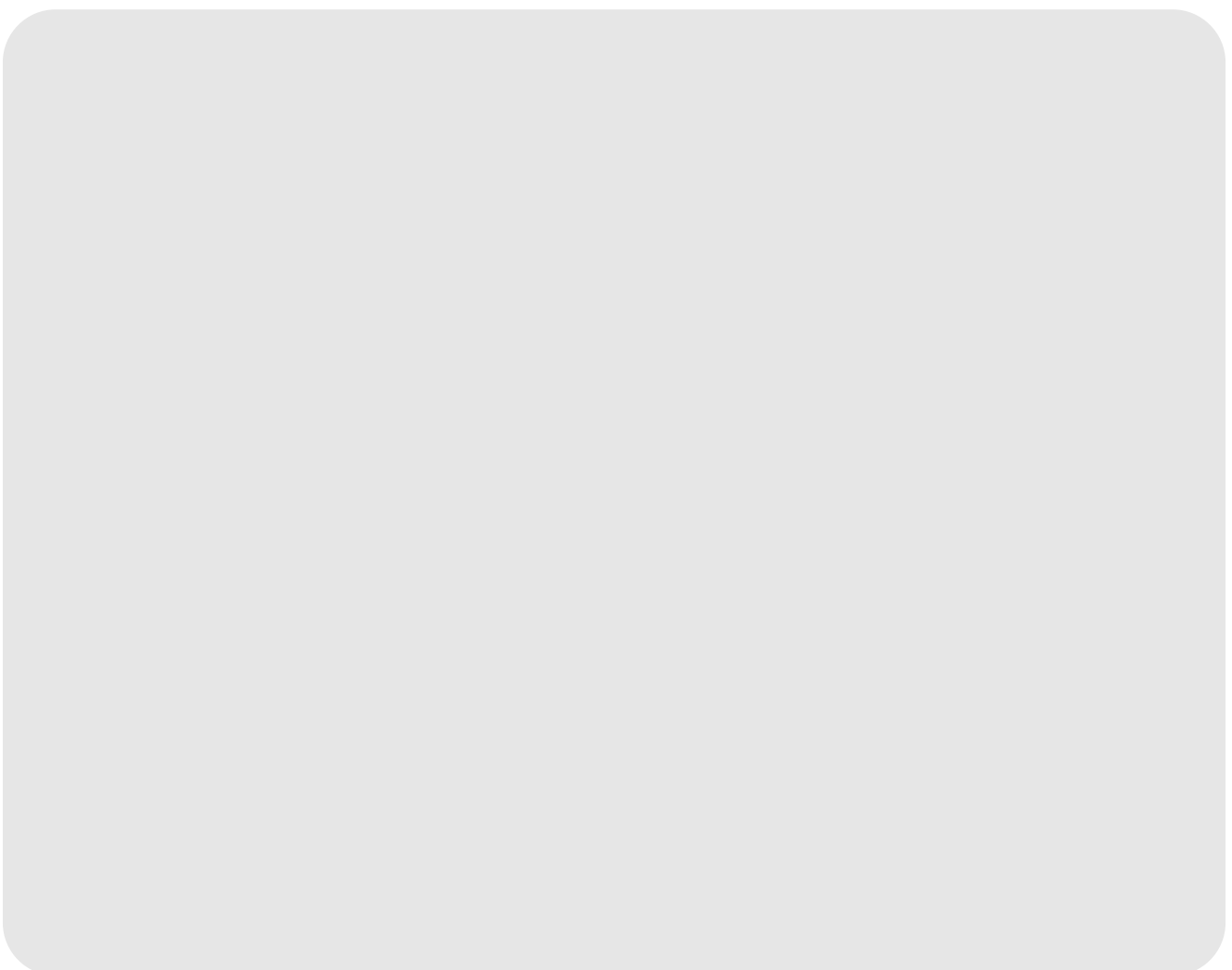
“Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.”

—Pablo Picasso

Systems That Support Goals

A system is a set of procedures according to which something is done; an organized framework or method.

Everyone can benefit from systems that support their goals. Think about what systems you could implement to move you toward your goal. There may be more than one. Identify all possible systems that would help you here:

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Systems That Support Goals

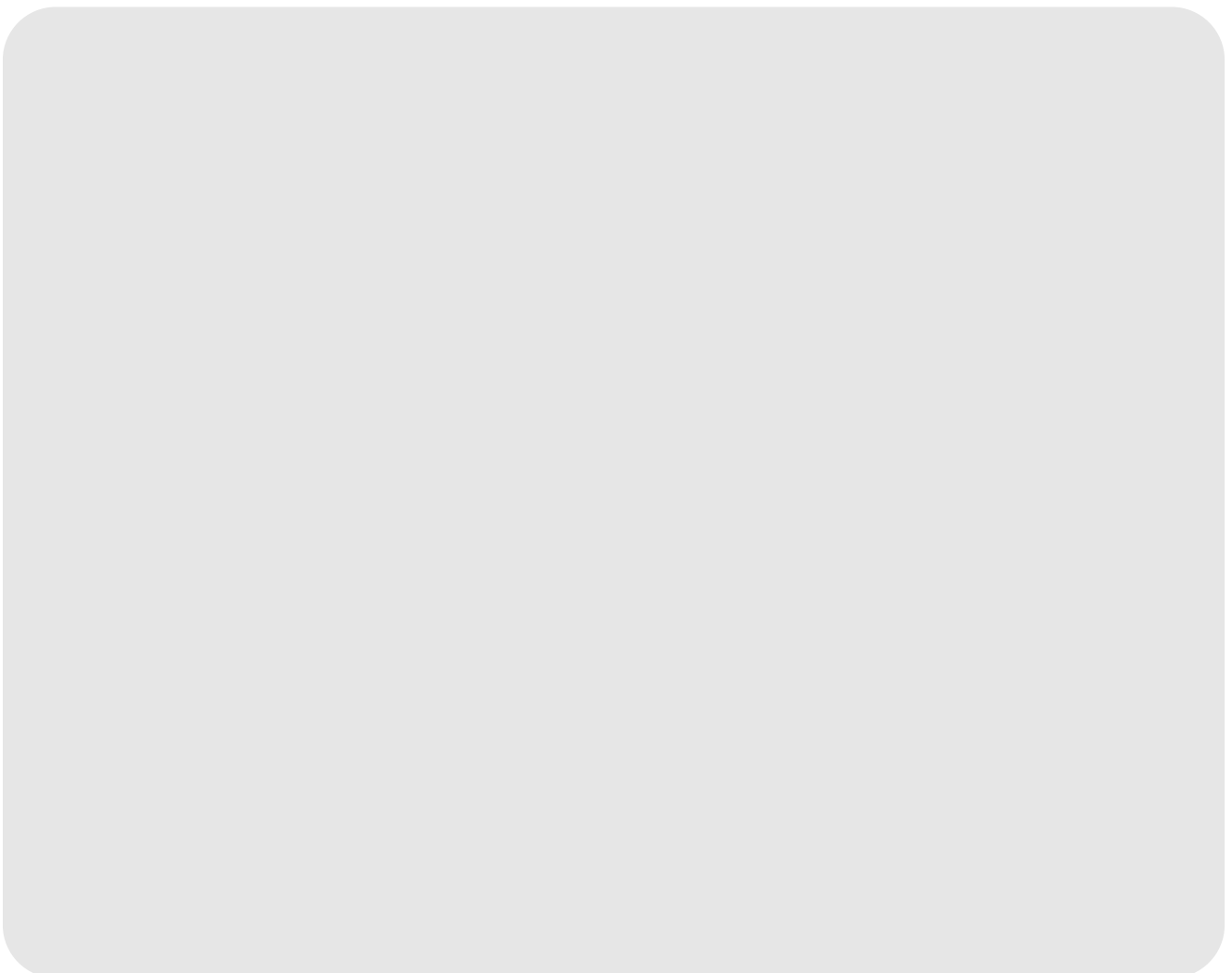
What will you start with and what does your new system look like? Pick just one new system to implement first, and you can layer in additional systems as you build your success muscle.



Programming Habits & Eliminating Obstacles

Studies indicate that between 50-95% of human behavior is habitual. It's easier for our brain to keep us doing what we're doing than to have to "change". This works in our favor as well, however. Once a new routine is created, it's easier to continue the desired behavior.

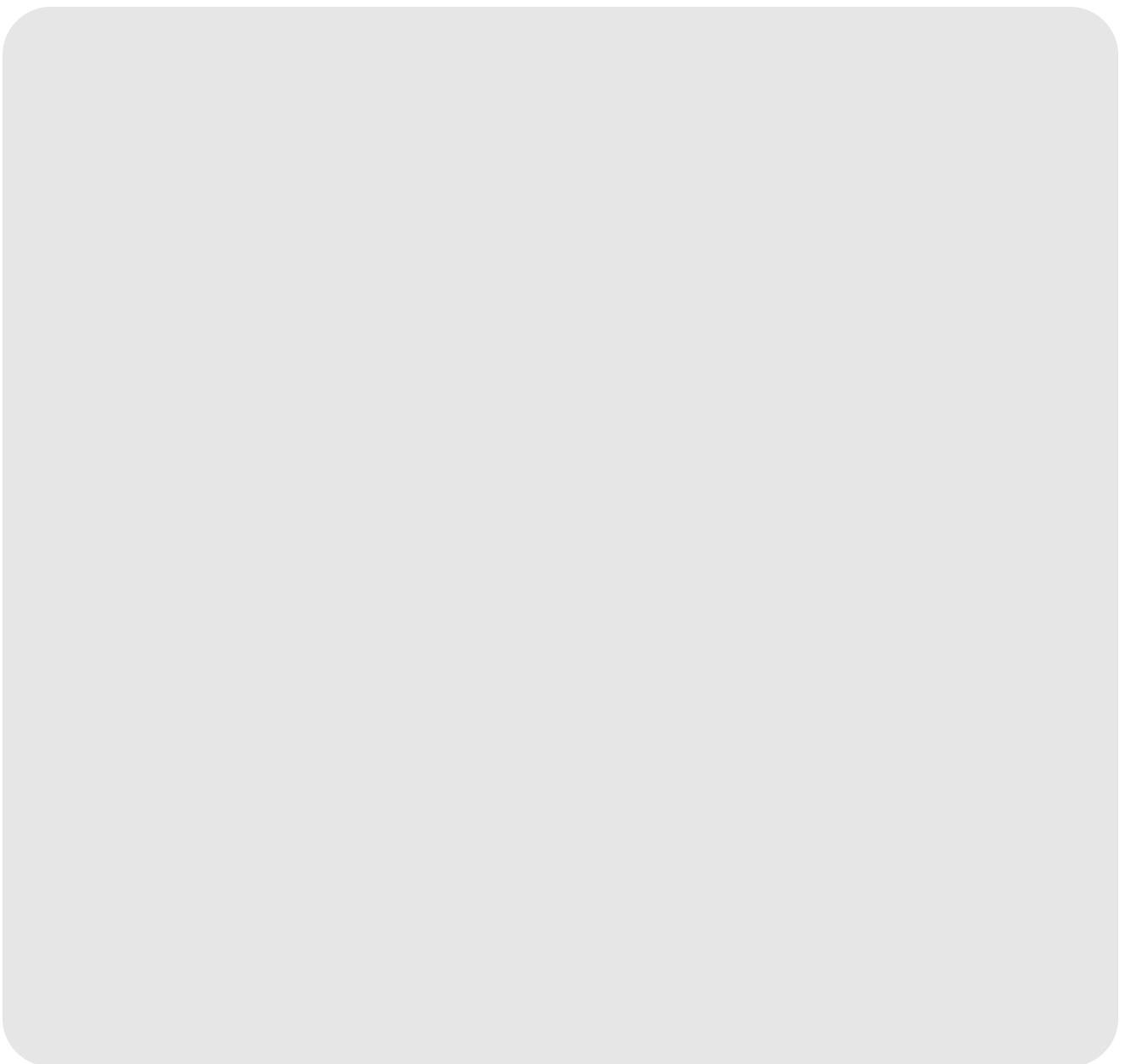
The new system that I am programming into a habit and the days/times that it will happen:

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Programming Habits & Eliminating Obstacles

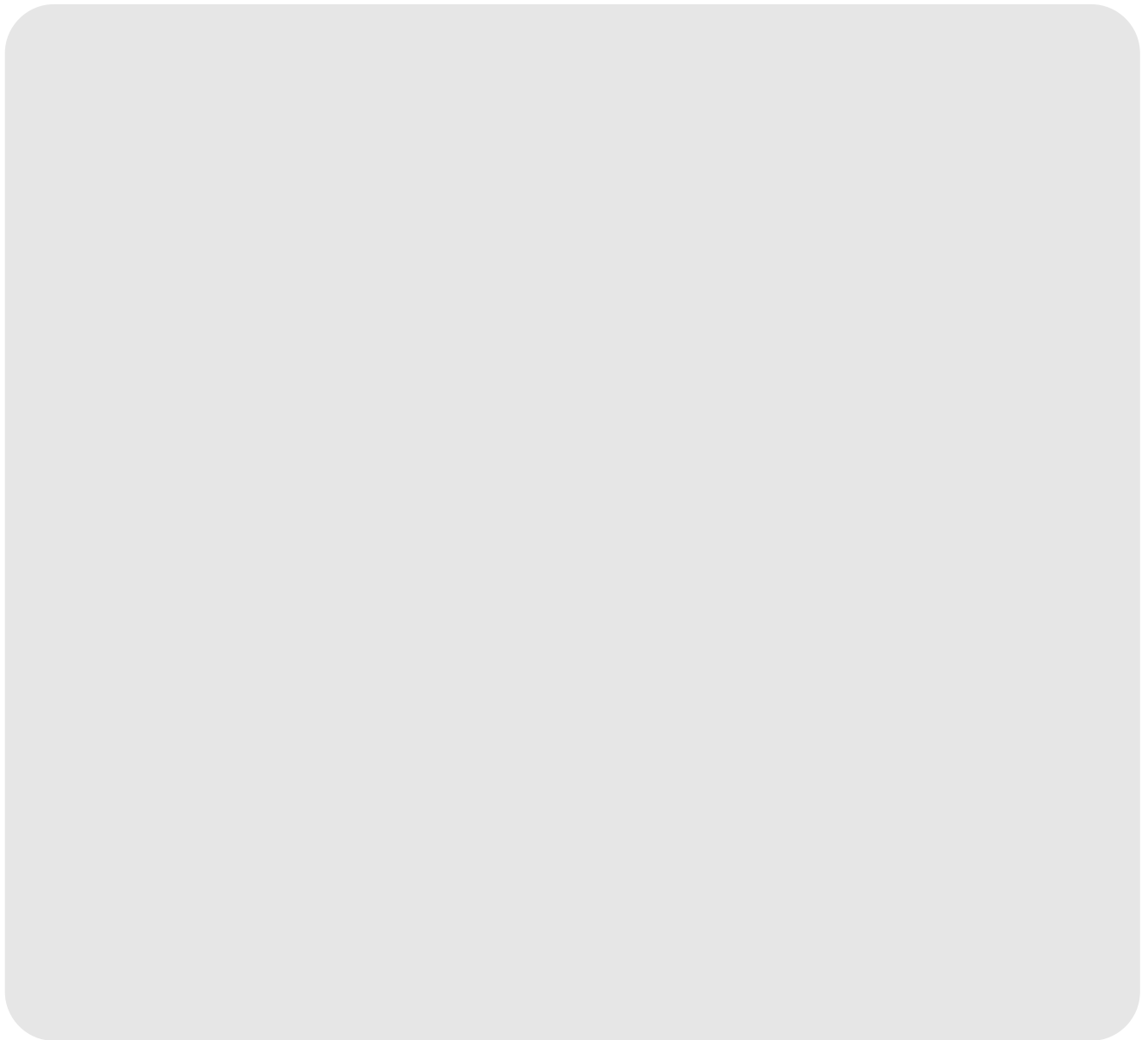
The way I will reward or reinforce my new habit is:

(Try to brainstorm a few ideas, and then pick one that seems simple or the most motivating to you.)



Obstacles

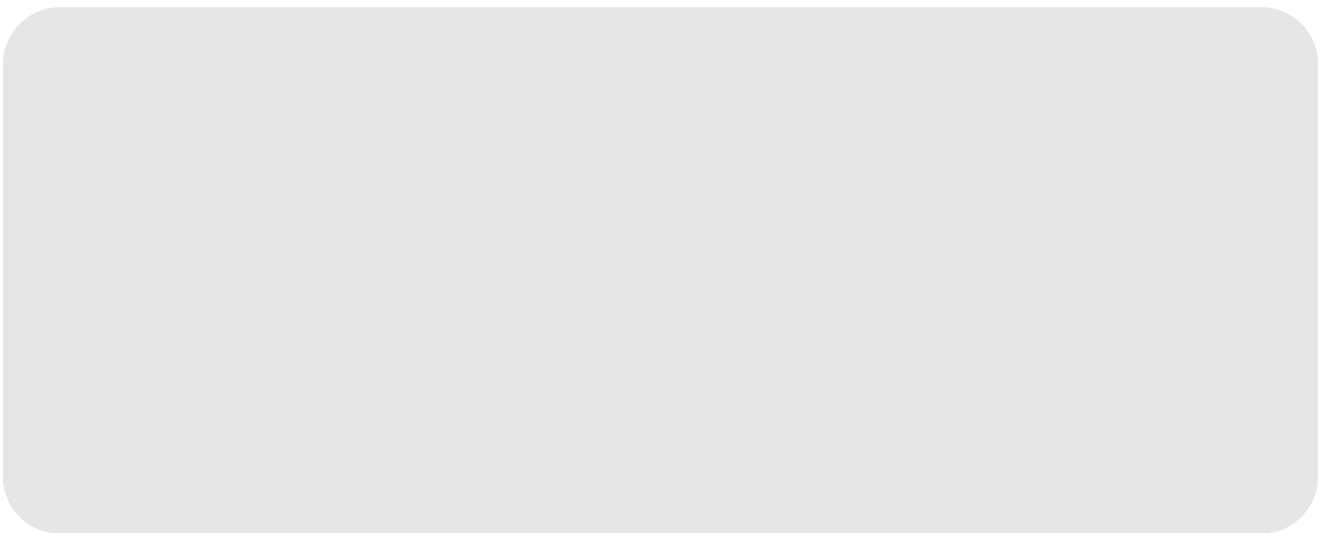
We know that things will come up to challenge our new routines. So now, take a few minutes to brainstorm what could get in your way and make it difficult to follow through with your new system. Include mental obstacles as well as circumstances or physical obstacles:



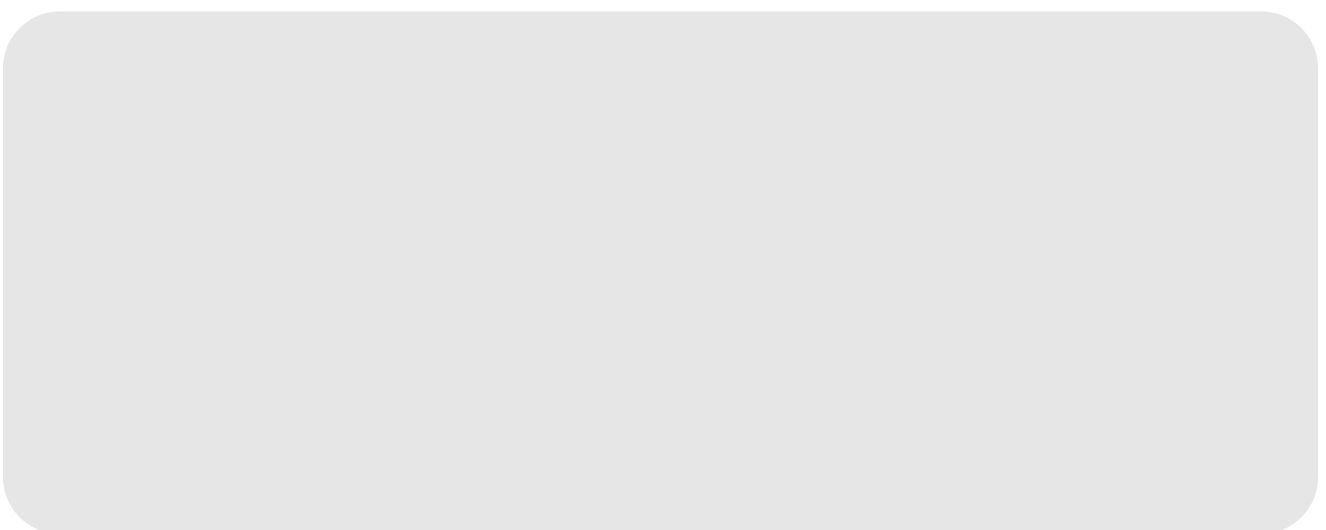
Obstacles

Now list each obstacle and brainstorm all possible work throughs and/or work arounds so that you don't have to lose momentum if one comes up:

Obstacle 1 and solutions:

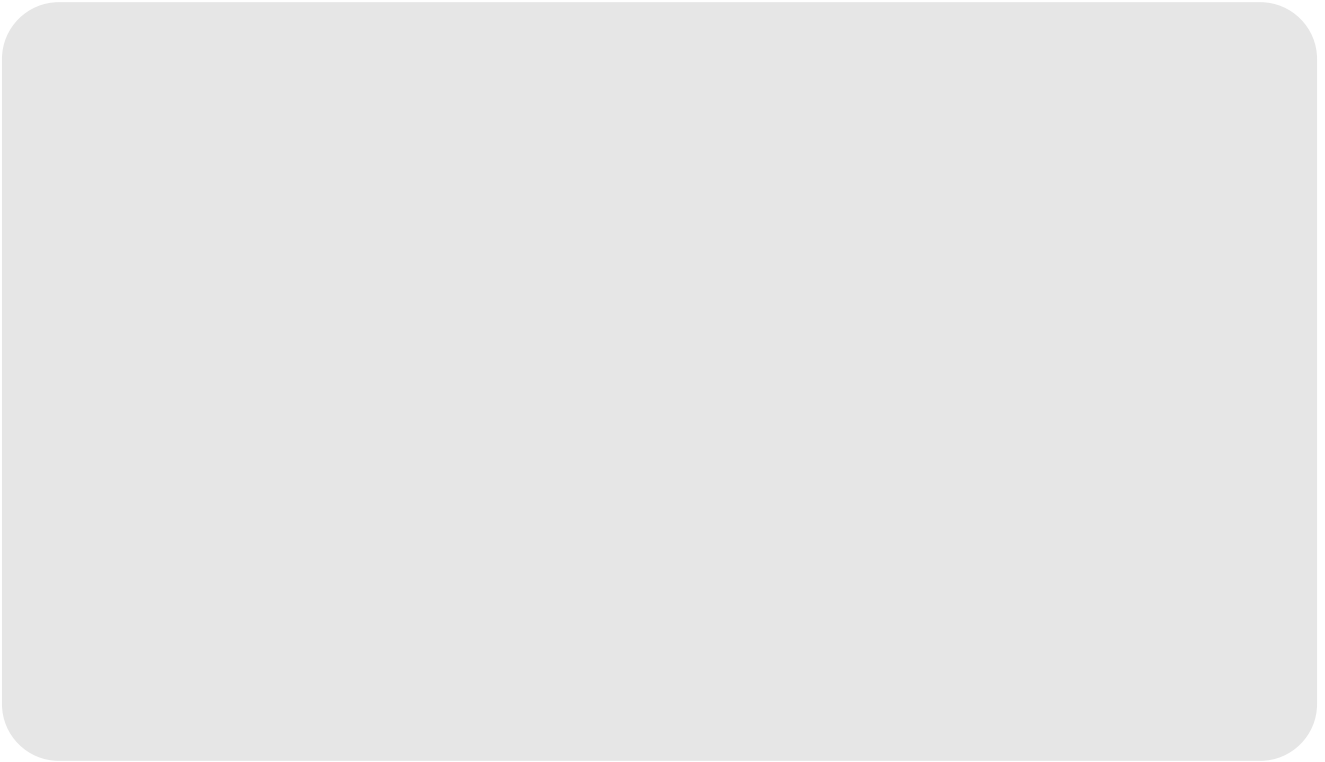


Obstacle 2 and solutions:



Obstacles

Obstacle 3 and solutions:



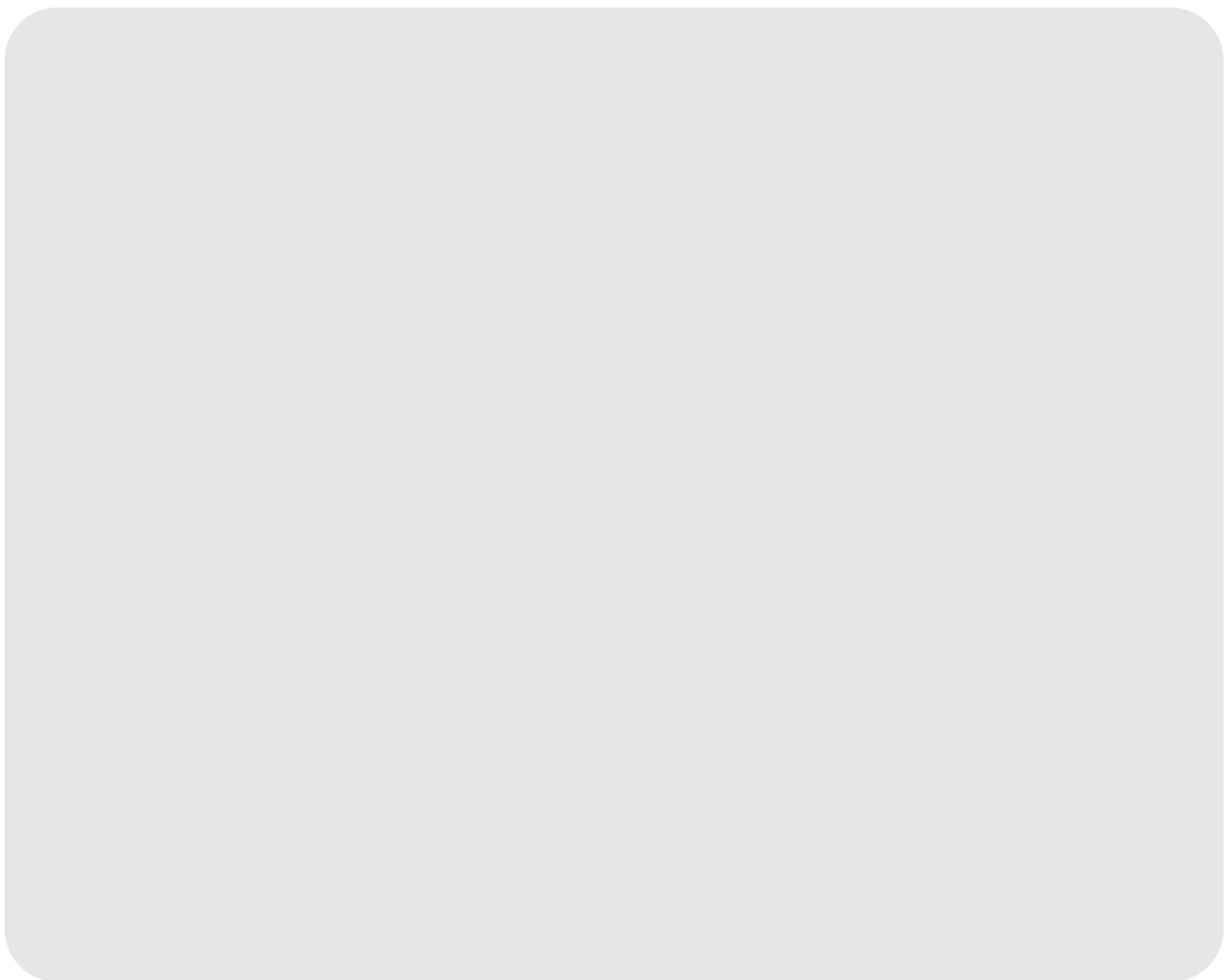
Now go back through your list of solutions and highlight your favorites. These will be your fallback “rescues” when the unexpected happens, so you can keep going and not lose momentum.

Review & Supportive Relationships

Regular review and adjustments or troubleshooting of your systems is critical to success, as is ongoing support and accountability.

List and then schedule on your calendar:

When, exactly, will you be reviewing your progress and making adjustments to your systems or seeking help?



Review & Supportive Relationships

List 3 places you will go or specific people you will connect with for accountability, brainstorming and encouragement when you lose motivation.

Review & Supportive Relationships

How often will you seek their support?



Tip: Those with regular meetings on their calendar are more likely to follow through on their accountability check-ins and maintain momentum.

Congratulations!

You are now ahead of the majority of the population because you took the time to actually create a vision for your future – and then a plan to move you in the direction of your dream!

Now, it's critical that you don't let your plan collect dust. You need to implement, review often and make adjustments when necessary.

You've probably realized that the right relationships and support are what many women are missing when they struggle and fail to accomplish their plans. If you're the kind of person who wants to feel supported and successful in your efforts, be sure to sign up for the WAVE Creator's Community now.

If you prefer one on one support or would like to do both, you may contact me to see if you are a good fit for one of our coaching packages.

I'm wishing you the best and brightest year ahead!

To your success,

CJ