

## **7 Steps to Reaching Your Goals With Visual Goal Setting**

**Step 1: Your Name:** Draw your name at the top of the paper. Have fun with this, maybe try bubble letters, swirls, or whatever feels right at the moment.

**Step 2: Current State:** On the left side of your paper, draw your current state using words and images that come to mind. You may want to choose a single color or a darker color for this section. Don't worry if it's not perfect, just do your best. Reflect on what you see and how you feel.

**Step 3: Desired Reality:** Before you start on this section, take a break and allow yourself to change your focus. Go for a walk, play loud music, or drink a glass of water. Once you feel like your mind is clear, get your pens and pencils ready. On the right side of your paper, draw your desired future reality using words and images that express the feeling you'd like to achieve. Where do you want to see yourself in one year? If your inner critic shows up, banish it from the room. Allow yourself to dream. Reflect on what you see and how you feel.

**Step 4: Bold Steps:** Now, look at both sides of the paper, where you are now and where you want to be a year from now. On a separate piece of paper, brainstorm a list of steps you could take right now to achieve your goals. Get as many ideas as you can, and when you're finished, narrow the list down to your top three. Write down your three Bold Steps in the center of your document.

**Step 5: Action Steps:** Under each bold step, make a list of 8-10 smaller actions you can take to achieve each bold step. So for example, If one of your bold steps is to List Your Current House. Some smaller action steps include: Prepare the house for sale, Clean and declutter each room, Make any necessary repairs, and Paint the stairs. Do this for each of your 3 Bold Steps.

**Step 6: Success Measures:** Set success measures for each of your Bold Steps. When you complete the Bold Step, what will success look like to you? For my Bold Step of Listing Your Current House, your success measures include: Having your house ready to present to potential buyers, Completing all necessary repairs, and Having freshly painted stairs. Complete this for each of your 3 Bold Steps.

**Step 7: Revisit and Reinvigorate:** Staying motivated and inspired to achieve your goals is essential. By revisiting your map each week and feeling what success would feel like, you can maintain your enthusiasm. It's important to celebrate each success. When you accomplish a task, no matter how small, say, "I celebrate my continued success with \_\_\_\_\_."