

Creating aligned action

How to turn your goals into
complete no-brainer results



HEY, I'M ANDI

I help leaders lead more resiliently and create more ease in their lives by ending cycles of burnout and tuning into their innate wisdom. Find me on the web at www.andiwilliams.com or on Instagram at [@therealandiwilliams](https://www.instagram.com/therealandiwilliams)



**What can
you expect
from this
guide?**

Goalsetting

What are your goals?

- What are your goals?
 - Do they still align?
 - A better way to set goals so you can actually get them
-

Goalgetting

Now that you've set your goals...how do you actually get 'em?

- Create the action steps to achieve your goals from a place of embodiment not scarcity
- Daily practices to increase your habit formation/goal achievement

What are your goals?

Step 1 -

On the left side of the page, write your goals.

Leave some space between each one.

Step 2 -

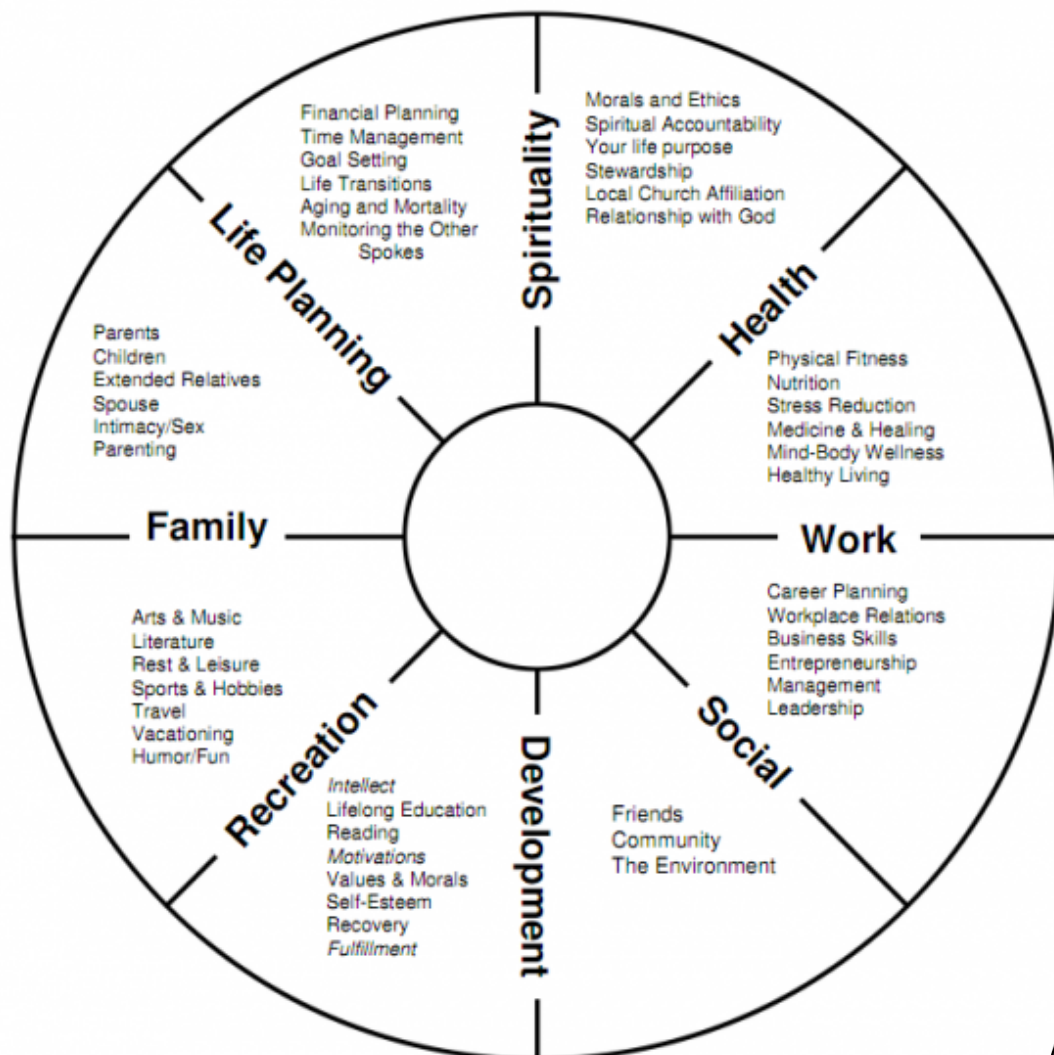
In the space between each goal - write down what, if any, progress you've made towards that goal.



TAKE A STEP BACK

In this exercise we will evaluate our lives in several key areas.

Rate your satisfaction in each area of your life on a scale from 1-10, with 1 being the least satisfied and 10 being the most satisfied you can imagine.

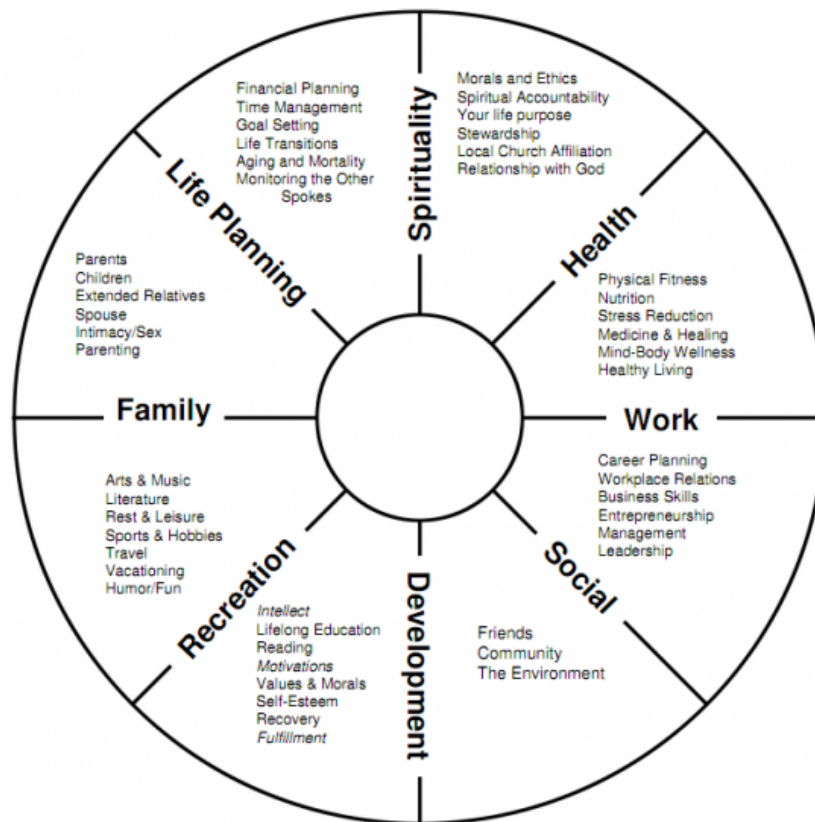


OK... NOW...

Map each goal to the corresponding area of your life.

Now draw a line from each goal to any additional areas of your life it may impact.

See how your goals aren't as cut and dried as you might have thought they are when you made them?





The real deal about our goals is...

Our goals reflect a manifestation of one of our core values...

A weight loss goal may be a manifestation of a core value of VITALITY

A business expansion goal may be a manifestation of a core value of FREEDOM

Our core values are as unique to us as our fingerprints and they reflect the work we're supposed to do here on Earth,.



So when our goals seem out of reach...

Or somehow hard to get motivated for...

The first place to check is whether they align with our core values.

But in order to know that we would need to know what our core values are...

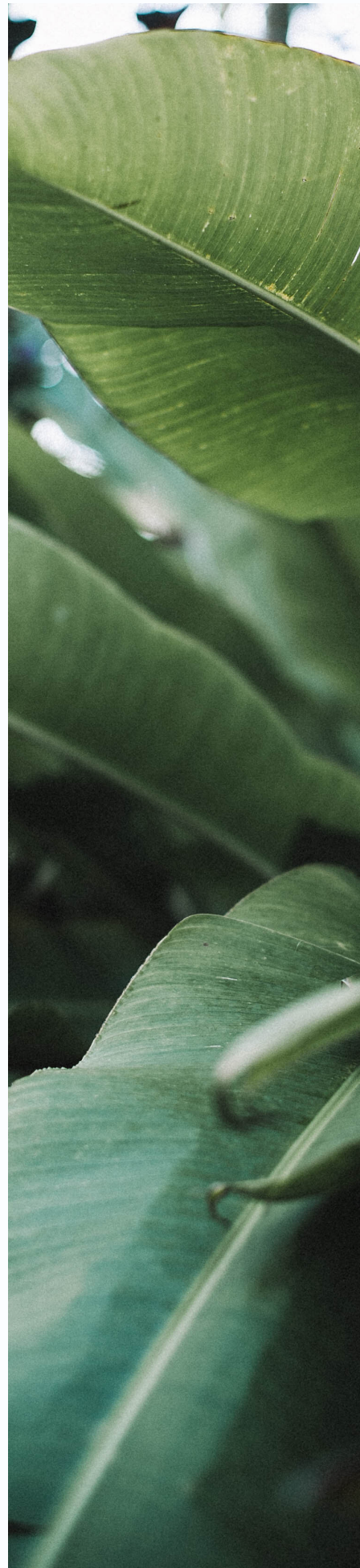
In this next exercise we're going to start figuring out what those are.



WHAT'S AT YOUR CORE?

List out the first 4 things that come up for each of these.

1. What do you spend most of your time and energy on? Esp. when no one is watching or when you don't have to fit into any boxes?
2. What do you spend most of your money on? Zero judgment
What are you budgeting for? When you think of having more money... what do you think of using it for?
3. What is most organized in your life?
4. Where are you most reliable in your life? To whom, what or where?
5. What do you spend most of your time thinking about? How about daydreaming?

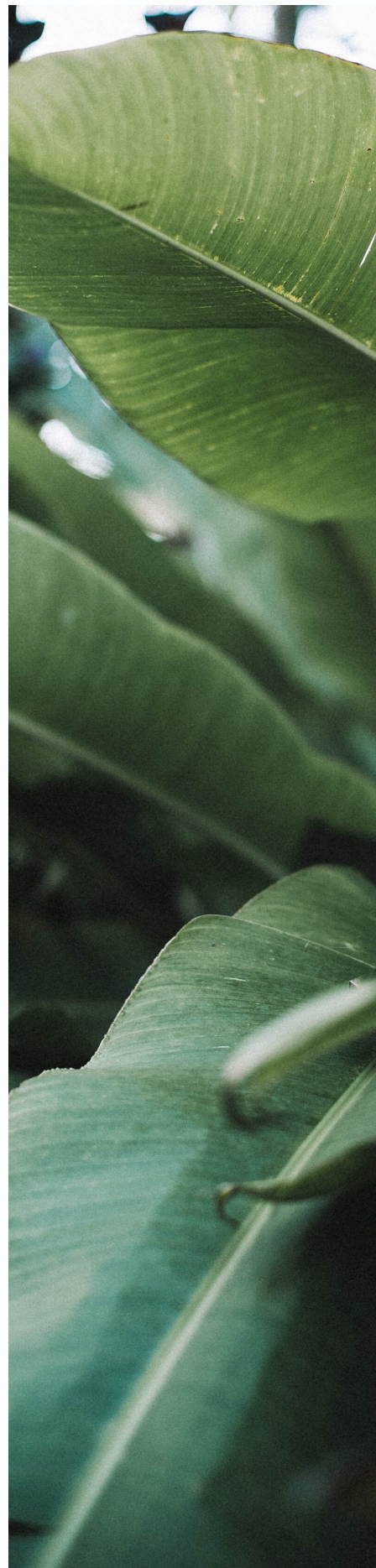


WHAT'S AT YOUR CORE?

What were the top words you listed out? Here are mine by way of example...

1. What do you spend most of your time and energy on?
 - a. Personal development
 - b. Farming
 - c. Creating beautiful spaces in my home
 - d. Making yummy nourishing meals
2. What do you spend most of your money on?
 - a. The farm
 - b. Decor and plants
 - c. Coaching/personal development
 - d.
3. What is most organized in your life?
 - a. My home
 - b. My barn
 - c. My finances
 - d. My wallet

Etc...





LET'S BRING IT BACK TO YOUR GOALS...

Are your goals aligned with your core values?
What needs to shift about your goals to align
them? How can they more closely align?



EXERCISE

Go through each of your goals - run it through the core values check. Is it aligned? How does it contribute to the harmony of your life in general? Where does it fit on the wheel.

Rewrite each goal to be aligned with your core values.

Post in the group - or email me - your goals - what they were, what you discovered as your core values and how you're shifting your goals to align with your values more.





NEXT STEPS

Having goals is great but how do you move the needle on them?

How do you create the consistency to help you move the needle on your goals every day?

For each goal you identified, map out three small steps you can take to make progress towards it every day.

What are the actions associated with each step?

What are the deadlines for each small step to create consistency?

Schedule each small step and deadline into your planner. Set reminders for yourself to take each small step on a daily basis.

Consistency is a habit.

Think you might need support in creating your consistency habit? [Set up a free connection and clarity call](#) and we can see if any of my programs are a good fit for you.

