intentional & intuitive

GOAL SETTING WORKBOOK

for artists & creatives

Emily Jeffords

HOW TO USE THIS WORKBOOK

In this workbook you will find 8 worksheets to help your dreams become your reality each focuses on a different area of life or of goal-setting.

Print out these sheets as many times as you need to and make a dreamy, large-hearted, mess of them.

1. CORE VALUES. You will not achieve your dreams unless you know yourself. This sheet offers clarity, light, personal intuition, and direction as you move forward. You core values are EVERYTHING.

2. DREAMERS GET ALL THE GOOD STUFF. On this sheet, write without filter a few dreams. These dreams might surprise you. They can and should direct your steps as you move towards the place you want to live in the future.

3. GET TO THE HEART OF IT. With your core values in mind, outline why you have these dreams and goals. What do you want to receive in exchange for the effort of chasing your dream? How do you want to feel? Making goals personal and positive helps to make the cost (time, energy, investment, emotion...) valuable instead of expensive.

4. CURRENT ASPIRATIONS. Pen 2-3 goals to set your feet on the correct direction. Keep this sheet within view each day. Memorize it. Feel it. Make these goals a part of who you are going forward.

5. CREATIVE VIBE: use this sheet the intentionally map and plan moments of inspiration. What activities or environments inspire you? I recommend this be as soul nourishing and OFF-LINE as possible.

6. BIG PICTURE CREATIVE GOALS: this structure allows you to work as your inspiration flows and still accomplish big, amazing dreams each quarter.

7. ACTION PLAN: GOAL SETTING WORKSHEET. take a single goal, map out all the steps, all way and in detail. Print this page as often as needed to work through individual goals.

8. ACCOUNTABILITY. find a trusted friend, partner, or peer, say you goals out loud and make amazing things happen!

and remember to celebrate!

do it for the process

If you have been around me for longer than 10 minutes you have probably heard me say this phrase:

DO IT FOR THE PROCESS

PURSUE EXCELLENCE
IN YOUR CREATIVE PRACTICE,
IN YOUR PERSONAL GROWTH,
IN YOUR RELATIONSHIPS,
AND IN YOUR BUSINESS JOURNEY

because the joy is in the journey

set goals that inspire you with their reward AND in the process of getting there.

#DOITFORTHEPROCESS

goal setting based on your values, intuition, and personal alignment so your creativity & inspiration can operate at their highest levels

the best goals are:

1. **SIGNIFICANT**
2. **SPECIFIC**
3. **MEASURABLE**
4. **ATTAINABLE**
5. **REWARDING**
6. **TRACKABLE**

always channel your goals towards a positive mindset

"I WANT TO GROW MY EMAIL LIST BECAUSE IT WILL IMPROVE..."
RATHER THAN "STOP IGNORING MY EMAIL LIST"

and only set goals when in a positive, empowered mindset

CORE VALUES

intuitively circle the words that speak to you & are most significant in your life

ACCEPTANCE
ACHIEVEMENT
ADVENTURE
AMBITION
AUTHENTICITY
AUTHORITY
AUTONOMY
BALANCE
BEAUTY
BOLDNESS
BRAVERY
BRILLIANCE
CALM
CHARITY
CLEANLINESS
CHALLENGE
CITIZENSHIP
COMMUNITY
COMPASSION
COMPETENCY
CONTRIBUTION
CREATIVITY
CURIOSITY
DETERMINATION
FAIRNESS
FAITH
FAME
FRIENDSHIPS
FUN
GROWTH
HAPPINESS
HONESTY
HUMILITY
HUMOR
IMAGINATION
IMPROVEMENT
INDEPENDENCE
INDIVIDUALITY
INFLUENCE
INNER HARMONY
INNOVATION
INTELLIGENCE
JOY
JUSTICE
KINDNESS
KNOWLEDGE
LEADERSHIP
LEARNING
LOVE
LOYALTY
MEANINGFUL WORK
OPENNESS
OPTIMISM
PASSION
PEACE
PLEASURE
POISE
POPULARITY
PROSPERITY
PURPOSE
QUALITY
RECOGNITION
RELIGION
REPUTATION
RESPECT
RESPONSIBILITY
SECURITY
SELF-RESPECT
SENSITIVITY
SERENITY
SERVICE
SPIRITUALITY
STABILITY
SUCCESS
STATUS
THOUGHTFUL
TIMELINESS
TOLERANCE
TRANSPARENCY
TRUSTWORTHINESS
WEALTH
WISDOM
WONDER
WORTH

list the 5 most-resonant values

1. _____

2. _____

3. _____

4. _____

5. _____

these five values should offer direction to all goal-setting.

DREAMERS GET *ALL* THE GOOD STUFF

DATE:

ENVISION YOUR LIFE AFTER ONE MONTH OF POSITIVE ACTION.
THEN SIX MONTHS. ONE YEAR. TWO YEARS. FIVE YEARS...

WHAT AMAZING THINGS HAS SHE ACCOMPLISHED?
WHAT IS SHE PROUD OF?
WHAT BRINGS HER TRUE JOY?
WHEN DOES SHE FEEL MOST CREATIVE AND ALIVE?
WHAT DOES A DAY IN HER LIFE LOOK AND FEEL LIKE?

With that image, optimism, & clarity in mind,

PEN A FEW BIG, ASPIRATIONAL DREAMS

PERSONAL DREAMS	BUSINESS DREAMS

HOW DO THESE DREAMS ALIGN WITH YOUR CORE VALUES?

GET TO THE HEART OF IT

tap into your intuition and outline the underlying reason you want to evolve as a whole person (big picture)

I WANT TO SEE _____ IN MY LIFE

SO THAT I:_____

I WANT TO FEEL: _____ EACH DAY

SO THAT I: _____

WHEN I REFLECT ON THE YEAR I HOPE TO SEE ACTIONS THAT ALIGN WITH MY CORE VALUES OF _____, _____, _____, _____, & _____, IN BOTH MY PERSONAL LIFE AND BUSINESS.

I WANT TO SEE _____IN MY BUSINESS

SO THAT IT: _____

I WANT TO FEEL _____WHEN I WORK

BECAUSE: _____

I WANT TO SEE MARKED IMPROVEMENT IN:

_____

_____

YES / NO I WILL INVEST ENERGY AND THOUGHT INTO IMPROVING THESE AREAS.

YES / NO I WILL ASK FOR HELP IN IMPROVING THESE AREAS

MY BUSINESS IS WORTH THE INVESTMENTS OF _____

CURRENT ASPIRATIONS

pen 2-3 goals that are achievable within the next 3, 6, or 12 months (circle one)

PERSONAL + LIFESTYLE	FINANCIAL

BUSINESS	HEALTH

CREATIVE EXPLORATION	PHILANTHROPY + GIVING BACK

INSPIRATION + CLARITY	GROWTH + LEARNING

FIND (MORE OF) YOUR CREATIVE VIBE

DATE:

inspiration is not magical. It is something you can train, nourish, grow, and nearly summon on command (when healthy and fulfilled in other areas of life). Set your creativity up for success by intentionally nourishing your creativity.

REVERSE ENGINEER INSPIRATION & PRIORITIZE ACTIVITIES THAT ENABLE YOUR GREATEST CREATIVE WORK. PUT IT ON THE CALENDAR!

I FEEL MOST CREATIVE WHEN: _____

_____

TALKING WITH: _____ **ALWAYS INSPIRES ME**

VISITING: _____ **ALWAYS INSPIRES ME**

ACTIVITIES THAT FEED MY CREATIVITY: _____

_____

_____

_____

_____

_____

NEW HABITS OR RITUALS I NEED TO FORM SO THAT I CAN CREATE BETTER WORK: _____

_____

YES / NO I WILL PRIORITIZE THESE HABITS, ACTIVITIES, AND RELATIONSHIPS FOR THE GOOD OF MY CREATIVITY

MAPPING BIG CREATIVE GOALS

DATE:

because most creative entrepreneurs cannot wait around for inspiration to strike, map out when and how you want to use your valuable creative energy when you feel it & are primed to create your best work.

I like to work on big creative projects (like collections, website updates, or releases) in larger windows of time, allowing me to flow through the many facets of these projects when inspired to do so.

Q1	Q2
GOAL 1: **DATE:** **GOAL 2:** **DATE:** **GOAL 3:** **DATE:**	**GOAL 1:** **DATE:** **GOAL 2:** **DATE:** **GOAL 3:** **DATE:**

Q3	Q4
GOAL 1: **DATE:** **GOAL 2:** **DATE:** **GOAL 3:** **DATE:**	**GOAL 1:** **DATE:** **GOAL 2:** **DATE:** **GOAL 3:** **DATE:**

ACTION PLAN: GOAL SETTING WORKSHEET

focus & energy; the first step in turning the invisible into the visible

GOAL (IN 1-5 WORDS)

STEPS YOU'LL TAKE TO REACH IT

1.

2.

3.

4.

MEASURE YOUR PROGRESS

current date:

aspirational data:

RESOURCES NEEDED:

Financial:

Energy:

Time:

Knowledge:

LIST A FEW OF THE BENEFITS TO REACHING YOUR GOAL

TRACK YOUR PROGRESS!

timeline:

first step(s):

mid-way progress mark:

additional milestones to aim for:

-

-

-

pop the champaign!

it's time to celebrate when:

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ACCOUNTABILITY = PROGRESS!

DATE:

dreams, big & small, are more likely to be met if you have the support of people close to you and honest data to rely on. Chose your accountability team wisely; people who know you, your business, and motivation.

SET 1 OR 2 GOALS AT A TIME.

GOAL: _____

BY (DATE): _____

MOTIVATION: _____

_____

CURRENT SITUATION: _____

STEPS TO BE TAKEN

1.

2.

3.

4.

YES / NO I WILL SHARE MY GOAL, MOTIVATION, PROGRESS (UPS AND DOWNS),

AND THE RESULTS WITH _____

I HOPE THIS WORKBOOK BRINGS YOU SO MUCH CLARITY, DIRECTION, PERSONAL AND PROFESSIONAL GROWTH AND SO MUCH CREATIVE FREEDOM.

Need a goal-setting partner in all of this? Hire a coach! I highly recommend Kristen Elrod - she 100% transformed the way I think about values + their effect on my goals.

Need more direction and mentorship in running a successful art business?

MAKING ART WORK IS COMING SPRING OF 2019!

MAKING ART WORK

from Emily Jeffords studio

A 12 WEEK MENTORSHIP + INTENSIVE ONLINE COURSE IN CREATING A SUCCESSFUL, FULFILLING FINE ART BUSINESS

coming late spring, 2019

WANT FIRST DIBS?

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I wish you well!

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