

GOAL GETTER'S GUIDE: ALIGN, ACHIEVE, CELEBRATE!

workbook



THE MINDSET SISTERS

GIRL! YOU DID IT.

Firstly, we want to say WELL FUCKING DONE!
You have taken the first step to up-levelling and
changing your life FOREVER, by downloading this
guide book!!

Amy & Katie have 10's of years combined knowledge
and in this guide book we spill our BEST KEPT secrets
for achieving our goals and manifesting our DREAM
lives.

We cannot wait to see the magic that is about to
unfold for you.

Remember, this is all you girl.

You've go this!

Love Always,

AMY & KATIE

AMY & KATIE

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STEP 1

LET'S FIND
YOUR
TRUE
NORTH

Let the fun begin...

Okay bestie, first things first.

I need you to define your values and **CORE DESIRES**.

I need you to be as specific as possible when going through this exercise. Delve deep into what truly matters to you and identify your authentic aspirations, we live in a world where we can get absorbed by the world around us and forget our own “**WHY**”.

Take some time to journal this out.

Next up, now we have uncovered what truly drives us, and what we desire from life. We must **BREAK FREE** from limiting beliefs. When tackling these I love to journal the negative thoughts or self-talk around the subjects and once complete, I will tear out the pages and cut them up and throw them out! **SEE YA!**

Lets get challenging these limiting beliefs, face them head on and **LEAVE THEM BEHIND**.

Missing puzzle piece, **VISION BOARD BABY!** Okay, here us out. you've just got **CLEAR** on your desires and what is really important to you.

I want you to be **OBSESSED** with these. So, how about a vision board? That can sit proud anywhere you like (digital, we use canva or printed).

As we know, vision boards are the most affective way to help us create our dream lives, as our brain carves new **NEURAL PATHWAYS** by seeing/ having repetition. If you are looking at your vision board everyday... That's repetition and that's building **NEW** neural pathways. Yeah, I know, pretty damn cool.



STEP 2

YOUR ROADMAP TO SUCCESS

GIRLS
POWER

GIRL GOT GOALS

Okay lovely, we are going a **layer deeper** here. Setting out clear goals. Below is set out in **5 different areas of your life** to add in those deepest desires we've just unlocked. Follow below or journal in own book!

PERSONAL GROWTH

Emotional well-being, developing a new skill, knowledge sharing.

CAREER + EDUCATION

Promotions, new job, further education, networking+ events, mentoring.

HEALTH + WELLNESS

Fitness goals, developing healthy habits, prioritising sleep and your needs.

RELATIONSHIPS

Strengthening existing relationships, finding new connections, expand your social network.

FINANCES

Creating budgets, saving trackers, increasing income, planning for the future.

Lets talk **STRENGTHS**

Ok, this might seem a bit weird. But trust me leveraging your natural talents is going to help catapult you into your new reality.

Lets talk **WEAKNESSES**

This is either going to be super hard or super easy. But before we start ramping up getting to work on our goals we need to address our areas of improvement.

The easiest way to look at both of these areas is self-reflection. Use these prompts and areas below to journal!

Track your thoughts and feelings: Pay attention to situations where you excel or struggle. What emotions do you associate with each? What thoughts come up?

Past situations: Think about times you have faced challenges or achieved successes. What skills or traits helped you in those situations? What areas did you find difficult?

What are your interests/ passions: What activities do you naturally gravitate towards? What brings you joy and fulfillment? These may give guidance to your natural talents!

Ready, steady, **ACTION PLAN**. Building a step-by-step roadmap to your **LITERAL** success. Setting a clear roadmap is going to help you achieve your goals with **FOCUS** and **CLARITY**.

The easiest way to do this is breaking down the big goals into small manageable steps!

What smaller milestones can you achieve along the way to hitting your big **GOAL**.

Prioritise your most important steps and those that need to be done first for you to move forward. This is going to set you up for **SUCCESS GIRL!**



STEP 4

OVERCOMING
CHALLENGES
AND STAYING
MOTIVATED

Developing our resilience is one of the most **POWERFUL** steps we will take in achieving our goals. Resilience is the ability to adapt and bounce back from challenges, setbacks, and adversity. It's like a rubber band; when stretched or pulled, it can return to its original shape without breaking!! I know, I know, easier said than done.

But to get to the next level, challenges **WILL COME**, we must look for the positive, problem solve through our challenges and find healthy ways to outlet stress and cope 📖

Accountability baby, it's all **YOU**.

In the best possible way, and with the least scare behind it, you lead the way for you. What keeps your on track right now? How can you eliminate distractions? Your higher self is **LITERALLY** calling, are you going to answer? Get clear with how you are going to keep yourself on track, and how to get **BACK ON TRACK**.

Failure to prepare is preparing to fail.

P.S Failure is ok too though! Keep reading!

We all want it, but not everyone has it. **GROWTH MINDSET** baby.

A growth mindset is a way of thinking that views your abilities and intelligence as forever moving and constantly evolving. It's the belief that effort and persistence can improve your skills and knowledge, allowing you to achieve your goals! How can we create a growth mindset you ask?

Well girls, a few key things we can start doing;

- Challenge negative self-talk: Notice and replace negative thoughts with more positive and empowering ones.
- Focus on effort and process: Celebrate hard work and dedication, not just outcomes.
- Embrace challenges: View them as opportunities to learn and grow.
- Learn from others' successes: Celebrate the achievements of others and see them as inspiration for your own journey.

STEP 4

LIVING IN
ALIGNMENT
AND
CELEBRATING

Aligning your daily habits with your **GOALS**. Now that we have gotten specific about our goals. We can start to identify support habits! And this is a big “OH YEAH” moment.. because of course you have to start to align your day to day for your big goals!

I want you to think about what actions could move you closer to your goals on a daily basis? Choose habits that have a super positive effect and help push you forward. Can be in all areas of your life, physical, mental, emotional and social!

Remember, keep it easy initially - add in 1 or 2 new habits to align and gradually add more. TIP: Link new habits to existing ones!

GRATITUDE, be thankful for every little thing. Ok, I may not have to tell you too much about the POWER of gratitude but I will go ahead anyway. Practicing and expressing gratitude daily can transform your world FOREVER. Boosting your happiness, resilience and overall well-being. By incorporating gratitude into your daily routine, you can tap into its power to change your life for the better. INSTANTLY.

Start small and simple:

Daily gratitude lists - in the morning or in the evening 3-5 things

Gratitude jar - write down things you are grateful for. You can read back on the tougher days to pick you back up!

Mindful moments - pause to appreciate simple and small things

Expressing gratitude you can now understand is so powerful, you can even write a thank you note to give gratitude to someone, verbalise gratitude and show random acts of kindness!

Let's create your **celebration strategy**. This is so important! It is a fantastic way to stay motivated and boost your sense of accomplishment.

- Break down bigger goals into smaller milestones and celebrate those
- Choose meaningful celebrations - what brings you joy?
- Plan your celebrations in advance, what the celebration for hitting THAT milestone?

Remember, consistency is key and have FUN!

Thank You!

The gratitude we have for being able to do what we LOVE and share it with you is something so special to us we can barely describe it. We hope you enjoyed this guidebook and remember, small steps lead to HUGE changes. You've got this and we are here every step!

Find us on socials:

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Growth is painful.
Change is painful.
But nothing is as
painful as staying
stuck somewhere
you don't belong.

Be around people that are
good for your soul.

