

Jamie Milam



Our 6 step system to
successfully
hitting your goals!

DETERMINED *AF*

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1

The Power of Visualization: It's time to use your imagination. If you can't imagine and envision the goal, how will you ever actually plan for it or reach it? Vision boards, sticky notes, cut outs on a cork board, Pinterest... get VISUAL with the goals that you desire to achieve. Put your visuals where you can see them regularly.

2

Identify the Why Behind Your Goal: Now get clear on the deeper meaning behind those goals. Why are they important to you? What impact will the achievement have on your life and those you love? What will it do for you? How will you feel once you've reached your goal?

3

Mindset & Manifestation: Incorporate daily habits that support a mindset that keeps you focused on the target. Journaling, gratitude, positive affirmations as if they've already happened, and taking small steps with the goal in mind will all have a compound effect.

4

Get Clear on the Metrics: Determining what it will take to reach your goal may take a bit of research. How much money do you need to meet this goal? What's the timeline you'd like to achieve it in? What does that look like now on a monthly, weekly or daily basis? Set realistic and attainable expectations that offer enough challenge to them to stretch you.

5

Create the Roadmap: What are the deadlines that the tasks need to be performed by in order to stay on target with overall goal. Block time on the calendar to begin the task with plenty of time to meet the deadlines. What support would help you along the way with your strategies?

6

Track the Progress: Commit to reviewing the plan often. Track the activities and savings along the way so you'll know when you're ahead and when you're behind. Tweak when necessary and document changes.



The Power of Visualization

Although it can be tempting to put goal setting on the back burner, they don't just happen on their own. It's time to capture your hopes and dreams with a little innovation and creativity! A great way to bring clarity is to visualize your goals as if they are already happening by creating a vision board. These boards can take many forms; from sticky notes filled with ideas stuck on your bedroom wall, to dedicated cork boards placed on the desk in your workspace, or even Pinterest mood boards. No matter what method you choose, having these visuals that remind you of your goals placed prominently in your life will help keep them top of mind so when you're feeling lost or unmotivated it gives you something solid to turn back too. Give yourself permission and make the time for imagination and create the future YOU want!

Write 5 Goals Below For 2023



Identify the Why Behind Your Goal

Achieving your goals can be an incredibly powerful moment in life, and that power is rooted in the deeper meaning behind them. You must get clear on why they are important to you. Not only should they have personal significance, but the impact of their achievement should have far reaching reverberations throughout your life and to those you love. Once you reach your goals, an immense feeling of accomplishment and triumph will take over, rewarding all of your hard work – making it just a little easier for you to move onto setting the next one. Reflecting on the real purpose behind striving for success will help motivate and sustain you through any difficulty or hardship, so take some time now to get crystal clear on what exactly it is that drives you forward. Use the prompting questions on page one to help identify the why behind your goals you named.

Write Your 'Why' Below



Write Your 'Why' Below



Mindset & Manifestation

When it comes to creating the life of freedom and flexibility you desire, forming daily habits that support this purpose can make all the difference.

Regularly journaling your thoughts, practicing gratitude, speaking and believing positive affirmations as if they already exist, help cultivate a practice of knowing yourself at a deeper level and what drives you. Such small habits will compound over time and greatly empower you in achieving what you set out to do. Investing just 10-15 minutes each day in cultivating these habits is sufficient for building an intentional mindset geared toward success.

Write 5 Affirmations You Can Include in Your Journaling.



Get Clear on the Metrics

When it comes to staying focused on a target or goal, you've got to get specific. Take the time to portal deeper and investigate how much effort, money and time will be required. Writing down the metrics that would indicate you're reached your goal and breaking the goal down into attainable steps and milestones are all powerful practices that can help you stay on track. If steps will be performed by others, set clear expectations on their required metrics too. By doing this research up front, you can avoid wasting valuable resources and set yourself up for success in the future.

What are the metrics needed to achieve
your goal?



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your goal?



Create the Roadmap

Everyone has goals that they want to achieve, but it is not enough to just want something - you need an action plan to execute. Develop a timeline for when you need to reach your goal, then break down this timeline into bite-sized chunks so that you can track your progress. Set realistic expectations which push you out of your comfort zone without being too challenging; this way, you will be much more likely to stick with your plan and see it through until its completion. Be proactive and put reminders and deadlines on the calendar.

Write down a timeline for your goals



Write down a timeline for your goals



Track the Progress

Regularly committing to reviewing your plan is crucial for its long-term success. By tracking activities and savings every step of the way, you may be able to anticipate any setbacks before they arise. Track your progress with the use of a task management software like ClickUp or simple spreadsheets.

It's important to document changes along the way as well to ensure that you stay on track and are efficient over time. Documentation creates the opportunity to duplicate or adjust your plan for similar goals you set in the future.

Goal One -

Circle One Below

On Track

Needs Improvement

Delayed

Based On Progress Of Goal, My Focus Needs to Be...



Track the Progress

Regularly committing to reviewing your plan is crucial for its long-term success. By tracking activities and savings every step of the way you may be able to anticipate any setbacks before they arise. It's important to document changes along the way as well to ensure that you stay on track and are efficient over time.

Goal Two -

Circle One Below

On Track

Needs Improvement

Delayed

Based On Progress Of Goal, My Focus Needs to Be...



Track the Progress

Regularly committing to reviewing your plan is crucial for its long-term success. By tracking activities and savings every step of the way you may be able to anticipate any setbacks before they arise. It's important to document changes along the way as well to ensure that you stay on track and are efficient over time.

Goal Three -

Circle One Below

On Track

Needs Improvement

Delayed

Based On Progress Of Goal, My Focus Needs to Be...



Track the Progress

Regularly committing to reviewing your plan is crucial for its long-term success. By tracking activities and savings every step of the way you may be able to anticipate any setbacks before they arise. It's important to document changes along the way as well to ensure that you stay on track and are efficient over time.

Goal Four -

Circle One Below

On Track

Needs Improvement

Delayed

Based On Progress Of Goal, My Focus Needs to Be...



Track the Progress

Regularly committing to reviewing your plan is crucial for its long-term success. By tracking activities and savings every step of the way you may be able to anticipate any setbacks before they arise. It's important to document changes along the way as well to ensure that you stay on track and are efficient over time.

Goal Five -

Circle One Below

On Track

Needs Improvement

Delayed

Based On Progress Of Goal, My Focus Needs to Be...

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