



# ELEVATE

Empower Your Life

## ELEVATE Group Coaching Program

1st Quarter Strategy Planning Session

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**1<sup>st</sup> Quarter Strategy Planning Session**

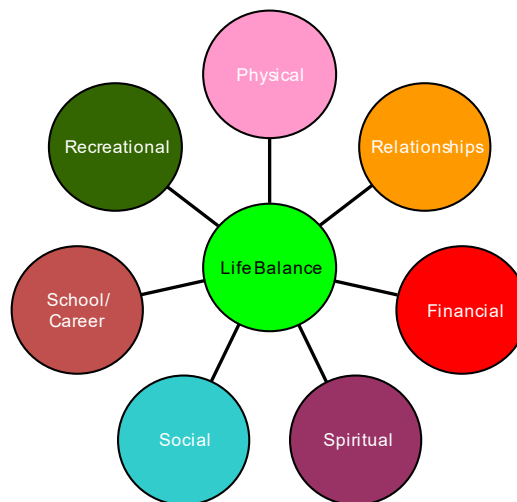
**Passion to Vision to *Your* Goals (and Dreams)**

**EXPANDING YOUR FOCUS TO GET CLEAR ON WHY YOU'RE HERE**

Complete the Understanding Your Why Worksheet by Selecting 3 goals from the 7 Areas of life below.

# What's Your Vision?

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What is your date and time to complete Goal #1? \_\_\_\_\_

What is your date and time to complete Goal #2? \_\_\_\_\_

What is your date and time to complete Goal #3? \_\_\_\_\_

## Taking Action to Increase Momentum

### Goal #1 My 1<sup>st</sup> Quarter Action Steps:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### Goal #2 My 1<sup>st</sup> Quarter Action Steps:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### Goal #3 My 1<sup>st</sup> Quarter Action Steps:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## CONFIDENCE

What is your level of confidence in reaching these goals on a scale of 1-10 (1=low, 10=high):

Goal #1? \_\_\_\_\_

Goal #2? \_\_\_\_\_

Goal #3? \_\_\_\_\_

Where is your confidence lacking? \_\_\_\_\_

\_\_\_\_\_

What do you need to learn to accomplish this goal? \_\_\_\_\_

Who can you ask for help? \_\_\_\_\_

Look at your big why for this goal, is your reason for doing this motivating enough to keep you focused on it and committed to it? If no, is this really a goal you want to set? \_\_\_\_\_

(This is why we review the reason behind wanting you goal. There is no point to set a goal you really aren't that excited about reaching—or a goal that you're setting that's really to please someone else. It'll never happen!)

**Creating Affirmations** (tuning your mindset)  
(the programming language of your subconscious mind)

*Samples:*

I am so happy and grateful for the time I spend enjoying and having fun with family and friends.

I am so happy and grateful that I now am enjoying the view from the deck of my new vacation condo and basking in the ocean breezes.

I am so happy and grateful that I'm now feeling fantastic in my clothes. It's easy to eat healthy and my weight is great.



**Goal #1 I am...**

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**Goal #2 I am...**

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**Goal #3 I am...**

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## Aligning Your (Morning) Mindset

Nutrition: Satisfaction on scale of 1-10?

Exercise: Satisfaction on scale of 1-10?

Sleep: Satisfaction on scale of 1-10?

Meditation/Quiet Time: Satisfaction on scale of 1-10?

Gratitude: Satisfaction on scale of 1-10?

Three Daily Habits I Commit to Improve:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## COURAGE

When is the last time you did something scary and it turned out great? \_\_\_\_\_

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When is the last time you did something that made you nervous and it turned out ok? (It didn't suck!) \_\_\_\_\_

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If you're scared, nervous and stuck in procrastination—you brain, specifically your memories are standing in your way of moving forward. FEAR is False Evidence Appearing REAL.

What you're imagining, seeing and thinking in your head is all a fantasy...because the **PAST** does not equal the **FUTURE**.

When your desire is strong enough you can and will find the confidence and courage to reach your goals.

Take 5-10 minutes a day to visualize having what you want, enjoying what you want. See it and feel it as already happened. Your subconscious does not know the difference between a real or an imagined event.

## COMMITMENT

This is really simple.

Are you *interested* in reaching this goal or are you **COMMITTED** to reaching it **NO MATTER WHAT?**

Write your commitment:

I Commit to: \_\_\_\_\_

By (Date) \_\_\_\_\_ At (Time) \_\_\_\_\_

I Commit to: \_\_\_\_\_

By (Date) \_\_\_\_\_ At (Time) \_\_\_\_\_

I Commit to: \_\_\_\_\_

By (Date) \_\_\_\_\_ At (Time) \_\_\_\_\_

**Announcements/Reminders**  
Feb 16<sup>th</sup> is Q&A/Debrief Session

What was your biggest take away today? Post in the chat!

**You Have NO Limits**





## Getting Clear on Your Goals the "Why"

Achieving your goals depends on whether or not you take action. What determines whether you take action in the first place? How motivated you are! **Pick your Top 3 goals**, then **answer the questions below**. Keep writing even if you repeat your answers. The information below will help you feel clear, focused and motivated to achieve your goals.

<b>Write Goal No. 1 Here:</b> _____	<b>Write Goal No. 2 Here:</b> _____	<b>Write Goal No. 3 Here:</b> _____
<b>Why do you want this Goal? What does it give you?</b> _____	<b>Why do you want this Goal? What does it give you?</b> _____	<b>Why do you want this Goal? What does it give you?</b> _____
<b>And why do you want that? What does that give you?</b> _____	<b>And why do you want that? What does that give you?</b> _____	<b>And why do you want that? What does that give you?</b> _____
<b>And why do you want that? What does that give you?</b> _____	<b>And why do you want that? What does that give you?</b> _____	<b>And why do you want that? What does that give you?</b> _____
<b>And why do you want that? What does that give you?</b> _____	<b>And why do you want that? What does that give you?</b> _____	<b>And why do you want that? What does that give you?</b> _____
<b>What will this goal help you feel?</b> _____	<b>What will this goal help you feel?</b> _____	<b>What will this goal help you feel?</b> _____

# BUSINESS TOLERATIONS

## *What are you putting up with?*

**INSTRUCTIONS:** You tend to get dragged down and overwhelmed by things that accumulate over time—thus cluttering your mind - and your business or work.

You may not want to do anything about them right now, but just writing them down here will raise your awareness and you'll naturally start handling, fixing and resolving them. Make a list of what you're putting up with at work or at home (if it's on your mind at work) and see what's cluttering your mind, slowing you and your business down!

**Examples:** Incomplete tasks, frustrations, poor processes and procedures, unresolved issues or problems, other people's or your own behaviour, clutter, shoulds, unmet needs, crossed boundaries, poor morale, overdue bills or invoices, outdated design, guilt, exercise/eating/sleep habits, office cleanliness/tidiness, undone filing, indecision, procrastination etc...

Write as many as you can, then over time as you think of more items, add them to your list:

- |          |          |
|----------|----------|
| 1. ....  | 2. ....  |
| 3. ....  | 4. ....  |
| 5. ....  | 6. ....  |
| 7. ....  | 8. ....  |
| 9. ....  | 10. .... |
| 11. .... | 12. .... |
| 13. .... | 14. .... |
| 15. .... | 16. .... |
| 17. .... | 18. .... |
| 19. .... | 20. .... |
| 21. .... | 22. .... |
| 23. .... | 24. .... |
| 25. .... | 26. .... |
| 27. .... | 28. .... |
| 29. .... | 30. .... |
| 31. .... | 32. .... |

Finally, pick ONE toleration and identify an action to take right away (or in the next day or two).

**Action** \_\_\_\_\_ **By When** \_\_\_\_\_

*Keep you chart somewhere you will see it so you can refer to it periodically.*