

Dream it
- See it
- Live it

THE MOVE RESOURCES 2020

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A MESSAGE FROM DR. ROBYN

Hello Girlfriend!

I'm so glad you chose to join us for THE MOVE! I'm believing 2020 will be a year of growth, BIG VISION, goals achieved, and lives changed!

Here's what I know about you:

- You are strong!
- You are capable!
- You are loved!
- God created you with Purpose!
- He wants your life to be filled with success, passion, and abundance!

My goal for this conference, and for all of 2020, is to help you DREAM big, SEE your vision clearly, and LIVE that vision with your whole heart.

I put together this packet of resources for adult WOMEN who want to MAKE A DIFFERENCE on the planet by taking care of THEMSELVES as they TAKE CARE OF OTHERS!

I know it will assist you as you set your vision and goals. Each document and worksheet was created with care to help you grow, craft, deepen your faith, and thrive like never before.

I'm praying for you, Girlfriend! I'm praying that 2020 will be YOUR year!

Dr. Robyn

INTRODUCTION

You are a busy, dedicated woman who wants more out of life. How do I know that? It's because you chose to come to this conference, and you chose to attend my session. I know you are ready to Dream It, See It, and Live It!

This resource packet is filled with tools to help you set your vision, create goals (immediate, 5 year, and 10 year) that will help you achieve that vision, and other tools and resources to help you grow and become the best version of yourself. The version you are dreaming about. These resources will help you live your dream!

THE PRACTICE OF SETTING YOUR VISION & GOALS

Setting a vision and the goals that support it allows you to create a clear picture of an ideal future and what it takes to get there. Jumping 5 and 10 years into the future inspires you to dream big because it removes the constraints of time, money and knowledge.

Creating goals from your vision allows you to make a plan for achieving your ideal life.

Get ready to step into the world of possibility and to create your future!

THESE WORKSHEETS WILL:

- Support you in getting clear on what you want in your life
- Assist you in determining how personal, health, career, and spiritual growth show up in your life
- Allow you create a picture of who you are and what you'll have achieved in the next 1, 5, and 10 years
- Invite you to write a draft of your vision – an exciting glimpse into your future
- Support you in writing goals that link up to your vision
- And more!

Now, let's Dream It – See It – Live It!

VISUALIZING YOUR WAY TO SUCCESS

Visions have POWER! When you Visualize your future, you are creating a destination in your brain. Goal setting creates the roads to that destination, and we will look at that process as well, but first we need to look at creating our vision!

If there's one thing that keeps people stuck, it's a lack of clarity.

You know you want to quit your soul sucking day job in favor of the freedom of self-employment, but you aren't clear on the steps to take. You want to take an exotic vacation, but you aren't sure where to go—or how to make it happen. You want to grow your business but aren't even sure what that means.

The truth is, with ambiguous “goals” such as these, in five or ten years, you'll still be stuck right where you're at today.

But with a little clarity, you can achieve any goal you can conceive—and even some you cannot yet dream of. And the first step is to simply visualize what you want.

HOW VISION BOARDS WORK

A vision board is a planning tool that allows you to unleash your creativity and daydream in a tangible format. By collecting images that represent your biggest goals and keeping them within sight, you'll be better able to focus on the next steps to take to reach them.

Not only that, but vision boards can serve to keep you inspired when boredom strikes (as it inevitably will) and remind you of why you're working so hard when all you want to do is take a nap.

HOW TO MAKE A VISION BOARD

Creating a vision board is easy—and fun! You can create yours with paper and other art materials, or digitally using one of many online apps, Pinterest, Canva or even Microsoft OneNote or Evernote. While digital boards are definitely more portable, physical boards are often more inspiring. There's just something about engaging all your senses that makes a tangible vision board more effective.

To create your board, start by collecting images that represent your biggest goals and dreams. Photos from a favorite family vacation, ads for an expensive dress you want to buy, a playbill for a Broadway show you want to see, or even a dollar figure representing your desired bank account balance are all good ways to visualize your goals. Add them to your new vision board.

Next, be sure to include phrases and quotes that inspire you and keep you going even when things get tough. Sometimes a few words of wisdom from someone you admire is all it takes to get you back on track after a rough spot.

Finally, remember this: Your vision board is a living document. Your dreams and goals will change. Some you will achieve and remove from your board to make room for bigger and better dreams. Some you will decide don't matter so much anymore, and you'll trade them for some others. It's your vision, and it's completely up to you what dreams you choose to follow—just be sure that you do follow them.

USING YOUR VISION BOARD

You can use your vision board as a tool for keeping your dreams and goals in mind. But did you know that you can also use a vision board in a variety of ways, depending on your needs? In fact, you might even want to have more than one vision board, to keep your dreams for the various areas of your life and business clear.

BUSINESS PLANNING

This vision board is where you'll keep track of why and how you do what you do. You started your business for a reason—your “why.” But somewhere along the way, many of us lose sight of this goal.

A business planning vision board can help keep us on track.

On it, you'll keep images that represent your ideal business, such as working from the beach, speaking in front of a large crowd, achieving bestseller status with your latest book, or even a big fancy office if that's your thing.

LIFE GOALS

Where do you want to be in five, ten, or twenty years? That's not just a question from a bad job interview, it's a critical consideration for anyone who wants to live a life of purpose and meaning, and a vision board is the perfect tool for staying on track.

This vision board—like all of them—is in a constant state of change. As your life goals change and grow, so will your vision board. Maybe you no longer want to live in Paris. That's ok. Replace the city of lights with a relaxing mountaintop retreat if that's your thing.

But do keep your life goals vision board updated and refer to it each time you have to make a major decision. It will help clarify the direction you need to take to achieve your life's dreams.

VACATION PLANNING

Heading off on an epic vacation with the family? Don't leave your journey to chance. Capture all your “must see” destinations on a vision board so you don't miss anything.

Even better, invite your kids and spouse to join you, and create a fun planning tool the entire family can use. The kids will be excited about your trip, and you'll be sure everyone gets to see and do everything they hoped for. By planning ahead, you'll ensure everyone has the epic vacation of their dreams.

HOME BUYING

Pinterest has built an entire business around what amounts to a digital vision board—much of it devoted to home décor. If you're in the market for a new home, or simply remodeling the one you have, then a vision board is a great way to organize your plans.

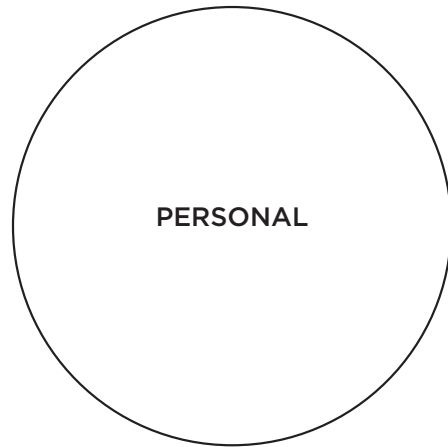
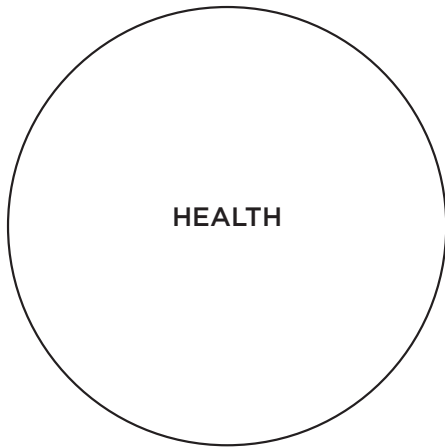
Snip photos of the style of home you love, color combos to try, landscaping ideas, and anything else that strikes your fancy. Keeping your home-buying vision board close at hand will save you time in your search by reminding you exactly what you're looking for.

MIND MAP

This is a simple, yet powerful exercise. In order to set goals in health, personal, spiritual, and career it's helpful to know what each of these domains of your life mean to you. This will support you in clarifying what will be important to include in your vision & goals.

Within or around each circle, answer the questions:

- What is ideal in my health/personal life/spiritual life/career?
- What does health/personal/spiritual/career mean to me?



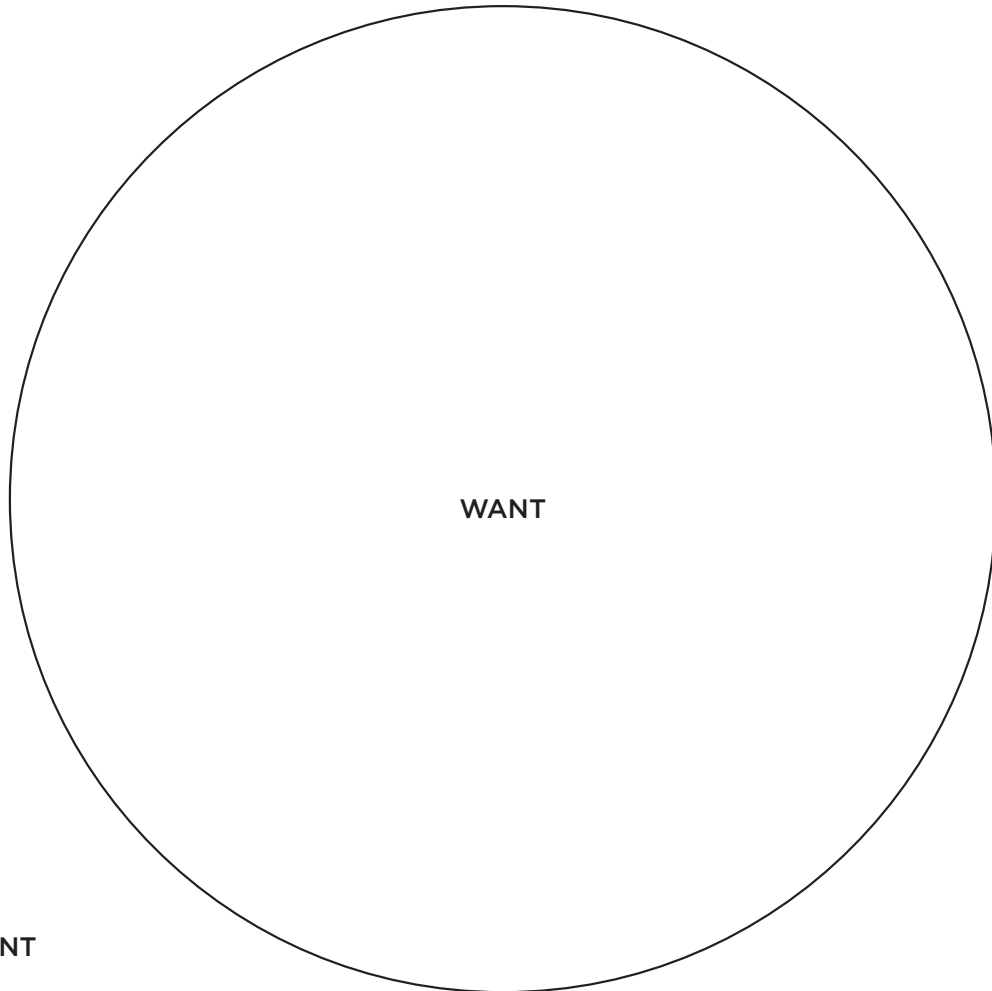
WHAT DO YOU WANT?

The law of attraction causes us to attract the things that we are thinking about into our lives, it is important to know what we want! Use this simple exercise to get clear.

Place what you do want in life inside the circle. Place what you don't want outside of the circle. This will help you focus on what is important for you to have in your vision & goals.

Consider what you want in: health, career, contribution, family, relationships, spiritual.

DON'T WANT



DON'T WANT

YOUR VISION

Writing a vision authentic to you takes time and practice, so be generous and let go of needing it to be perfect the first time. Try out different ways of writing your 10-year vision—just the facts, a story of your day 10 years in the future, a party where people are acknowledging you—there's no wrong way to write YOUR vision.

You'll know that you're heading in the right direction when you are excited and nervous reading it.

These exercises connect you to who you want to be and what's important for you now, 5 years from now, and 10 years in the future. Write your first draft of your visions in the spaces on this worksheet.

YOUR VISION:

- Is based on the idea that in five and ten years ANYTHING IS POSSIBLE
- Articulates your greatest ambition
- Supports you right now in making choices that lead you to your exciting future life
- Can be changed by you at any time, it's yours
- Is not what other people want for you. **It is WHAT YOU WANT for you!**

My 2020 Vision

My 2025 Vision

My 2030 Vision

CHOOSING YOUR MISSION STATEMENT

You are God's unique creation and He has a custom life plan just for you!

Your mission statement is your guide to fulfilling that plan. By doing the hard work to dig deep, you will actively engage concepts for your own growth!

Discovering your mission is priority as you prepare to develop your leadership and growth capacity. Remember what Philip Yancey wrote, "The giants of the faith all had one thing in common: neither victory nor success, but passion." Greatness in the kingdom of heaven isn't about doing more than someone else; it's about making the most of what you've been given.

Read the questions below to yourself, then write your answers as clearly as possible, conveying your best self. These are contemplative questions designed to stimulate your thinking. Your answers will give you the clarity you need to write your mission statement!

Your mission statement is a short, written document. To be really helpful to you it should be easy for you to quickly state in three to five sentences. Remember, you are writing this statement for your personal growth and to help you as you set your future goals. Let it flow from your heart!

The purpose of writing your mission statement is to understand that you can be intentional now of what you are creating and why you are doing it!

What is important? What/whom do you value?

Where do I want to go? You can answer this many different ways.

What does "the best" look like for me?

How do I want to act?

What does my relationship with God and my relationships with others look like?

What kind of legacy do I want to leave behind?

Now, look back at your answers to the questions above. Create a vision in your head of that woman. The woman you want to be, the life you want to live, the relationships you want to have, and the legacy you want to leave. Use that vision to create your personal mission statement.

MY MISSION STATEMENT:

5 YEAR PLAN

This 5 year plan will help you to make the kinds of decisions today that will get you to where you want to be later! Take a few moments to create a vision for where you want to be in 5 years using the questions below to guide you.

In 5 years I am _____ years old

In 5 years I feel _____

In 5 years I am _____

In 5 years I contribute by _____

In 5 years my achievements include _____

In 5 years I've experienced _____

In 5 years I love _____

In 5 years I'm surrounded by _____

In 5 years I'm a point of inspiration and influence for _____

In 5 years I'm helping to bring into the world _____

MY 5 YEAR VISION STATEMENT

Now, focusing on that vision, write your 5 year goals for each of the areas below.

Finances:

Health/Fitness:

Relationships/Family:

Giving:

Career:

Personal Growth/Education/Skills:

Spiritual Growth:

Write down the steps/actions you will need to take in each area to reach your 5 year goals.

Finances:

Health/Fitness:

Relationships/Family:

Giving:

Career:

Personal Growth/Education/Skills:

Spiritual Growth:

*Now, put your plan somewhere safe and make sure you review
it at least once every quarter to keep yourself on track.*

10 YEAR PLAN

This 10 year plan will help you to make the kinds of decisions today that will get you to where you want to be later! Take a few moments to create a vision for where you want to be in 10 years using the questions below.

In 10 years I am _____ years old

In 10 years I feel _____

In 10 years I am _____

In 10 years I contribute by _____

In 10 years my achievements include _____

In 10 years I've experienced _____

In 10 years I love _____

In 10 years I'm surrounded by _____

In 10 years I'm a point of inspiration and influence for _____

In 10 years I'm helping to bring into the world _____

MY 10 YEAR VISION STATEMENT

Now, focusing on that vision, write your 10 year goals for each of the areas below.

Finances:

Health/Fitness:

Relationships/Family:

Giving:

Career:

Personal Growth/Education/Skills:

Spiritual Growth:

Write down the steps/actions you will need to take in each area to reach your 10 year goals.

Finances:

Health/Fitness:

Relationships/Family:

Giving:

Career:

Personal Growth/Education/Skills:

Spiritual Growth:

Now, put your plan somewhere safe and make sure you review it every year at the beginning of the year to keep yourself on track. Every six months would be even better!

NOW WHAT?

The practice of setting your vision & goals is just that: a practice. You will find that your vision expands as you practice the art of removing perceived constraints (“I don’t have the money/time/knowledge”) and get more connected to what you truly want. Your goals will become more courageous and scary-exciting.

By simply focusing on what you want, and what God wants for you, you will be aware of opportunities around you that help you achieve your goals.

NEXT STEPS CHECKLIST:

- Print out the resource packet and do all the exercises again – see what remains the same and see what has changed. Ask “why?” Get curious.
- Print out your vision & goals and post them in a place you frequent daily so that you read them and increase your connection to them.
- Share your vision & goals with your friends and family – ask them to support you.
- When making a decision, ask yourself if your choice leads you closer to, or further away from your vision.
- Take a look at your 1-year goals. This is where ALL the action happens. What you could do this week to move closer to a goal? Schedule it in now.
- Stay present to enjoying the journey along the way.

ADDITIONAL RESOURCES

SCRIPTURE AFFIRMATIONS

Read the affirmation scriptures aloud, inserting your name in the blank. HEAR the message and HOLD it in your heart!

Christ gives me (_____) the strength to face anything. Philippians 4:13 CEV

Therefore(_____), my beloved brothers and sisters, be steadfast, immovable, always excelling in the work of the Lord [always doing your best and doing more than is needed], being continually aware that your labor [even to the point of exhaustion] in the Lord is not futile nor wasted [it is never without purpose].
1 Corinthians 15:58 AMP

Show yourself in all respects (_____) to be a model of good works, and in your teaching show integrity, dignity, and sound speech that cannot be condemned, so that an opponent may be put to shame, having nothing evil to say about us. Titus 2:7-8 ESV

In everything we (_____) have won more than a victory because of Christ who loves us.
Romans 8:37 CEV

I tell you the truth. The person who believes in me (_____) will do the big work that I do. And he will do even bigger work because I go to my Father. John 14:12 WE

(_____) Let the kindness of the Lord our God be with us. Make us successful in everything we do. Yes, make us successful in everything we do. Psalm 90:17 GW

Last of all I want to remind you (_____) that your strength must come from the Lord's mighty power within you. Ephesians 6:10 TLB

Commit your actions to the Lord (_____), and your plans will succeed. Proverbs 16:3 NLT

She is (I am) a strong person, and people respect her (me). She (I, _____) looks to the future with confidence. Proverbs 31:25

She (I, _____) oversees the care of her house. She is (I am) never lazy. Proverbs 31:27

Do your best to present yourself (_____) to God as a tried-and-true worker who isn't ashamed to teach the word of truth correctly. 2 Timothy 2:15 GW

I (_____) run toward the goal, so that I can win the prize of being called to heaven. This is the prize that God offers because of what Christ Jesus has done. Philippians 3:14 CEV

Ask (_____), and you will be given what you ask for. Seek, and you will find. Knock, and the door will be opened. For everyone who asks, receives. Anyone who seeks, finds. If only you (_____) will knock, the door will open. Matthew 7:7-8 TLB

(_____) Hard work is worthwhile, but empty talk will make you poor. Proverbs 14:23 CEV

I (_____) have brought you glory on earth by completing the work you gave me to do. John 17:4 NET

Work with enthusiasm (_____), as though you were working for the Lord rather than for people. Remember that the Lord will reward each one of us for the good we do, whether we are slaves or free. Ephesians 6:7-8 NLY

(_____) He who plants and he who waters are one [in importance and esteem, working toward the same purpose]; but each will receive his own reward according to his own labor. For we (_____) are God's fellow workers [His servants working together]; you are God's cultivated field [His garden, His vineyard], God's building. 1 Corinthians 3:8-9 AMP

I know what you (_____) have done—how hard you have worked and how you have endured. Revelation 2:2a GW

Work hard (_____) and become a leader; be lazy and never succeed. Proverbs 12:24 TLB

God in his kindness gave each of us different gifts. If your gift (_____) is speaking what God has revealed, make sure what you say agrees with the Christian faith. If your gift is serving, then devote yourself to serving. If it is teaching, devote yourself to teaching. If it is encouraging others, devote yourself to giving encouragement. If it is sharing, be generous. If it is leadership, lead enthusiastically. If it is helping people in need, help them cheerfully. Romans 12:6-8 GW

Whatever you do (_____), whether in speech or action, do it all in the name of the Lord Jesus and give thanks to God the Father through him. Colossians 3:17 CEB

In the same way, (_____) let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven. Matthew 5:16 ESV

Therefore, my dear brothers and sisters, stand firm. Let nothing move you (______). Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain. 1 Corinthians 15:58 NIV

A city without wise leaders (_____) will end up in ruin; a city with many wise leaders will be kept safe. Proverbs 11:14 CEV

But you shouldn't be so concerned about perishable things like food. No, spend your energy (_____) seeking the eternal life that I, the Messiah, can give you. For God the Father has sent me for this very purpose. John 6:27 TLB

And the same is true for you (______). Since you are so eager to have the special abilities the Spirit gives, seek those that will strengthen the whole church. 1 Corinthians 14:12 NLT

(_____) Never be lazy, but work hard and serve the Lord enthusiastically. Romans 12:11 TLB

That is why we labor and strive (_____), because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe. 1 Timothy 4:10 NIV

(_____) Be strong and courageous, and do the work. Do not be afraid or discouraged, for the LORD God, my God, is with you. He will not fail you (_____) or forsake you until all the work for the service of the temple of the LORD is finished. 1 Chronicles 28:20 NIV

Truly I tell you (_____), whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Matthew 18:18 NIV

But as for you (_____), be strong and do not give up, for your work will be rewarded. 2 Chron 15:7 NIV

So I have seen that nothing is better (_____) than that man should be happy in his work, for that is all he can do. Ecclesiastes 3:22a NLV

Not that we are competent in ourselves to claim anything for ourselves, but our competence (_____) comes from God. 2 Corinthians 3:5 NIV

For God is not unjust so as to forget your work (_____) and the love which you have shown for His name in ministering to [the needs of] the saints (God's people), as you do. Hebrews 6:10 AMP

But more than anything else (_____), put God's work first and do what he wants. Then the other things will be yours as well. Matthew 6:33 CEV

Therefore (_____), since we have this ministry, just as we received mercy [from God, granting us salvation, opportunities, and blessings], we do not get discouraged nor lose our motivation. 2 Corinthians 4:1 AMP

So (_____), dear brothers and sisters, work hard to prove that you really are among those God has called and chosen. Do these things, and you will never fall away. 2 Peter 1:10 NLT

For God has not given us (_____) a spirit of fear and timidity, but of power, love, and self-discipline. 2 Timothy 1:6-7 NLT

Take care how you live (______). Do not live like people who are not wise, but live like people who are wise. Make good use of time because people live in very wrong ways these days. So then, be wise and understand what the Lord wants. Ephesians 5:15-17 WE

(_____) Every Scripture passage is inspired by God. All of them are useful for teaching, pointing out errors, correcting people, and training them for a life that has God's approval. They equip God's servants so that they are completely prepared to do good things. 2 Timothy 3:16-17 GW

In every way I showed you (_____) that by working hard like this we can help those who are weak. We must remember what the Lord Jesus said, 'We are more happy when we give than when we receive.' Acts 20:35 NLV

I (_____) work hard and struggle for this goal with his energy, which works in me powerfully. Colossians 1:29 CEB

No matter how much you want, laziness won't help a bit, but hard work will reward you (_____) with more than enough. Proverbs 13:4 CEV

Whatever presents itself for you (_____) to do, do it with all your might. Ecclesiastes 9:10a GW

Get up (_____)! It's your duty to take action. We are with you, so be strong and take action. Ezra 10:4 GW

And let us not get tired of doing what is right, for after a while we (_____) will reap a harvest of blessing if we don't get discouraged and give up. Galatians 6:9 TLB

(_____) Keep your eyes on Jesus, our leader and instructor. Hebrews 12:2a TLB

May this God of peace prepare you (_____) to do every good thing he wants. May he work in us through Jesus Christ to do what is pleasing to him. Glory belongs to Jesus Christ forever. Amen. Hebrews 13:21 GW

() The person with understanding is always looking for wisdom, but the mind of a fool wanders everywhere. Proverbs 17:24 NCV

Humble yourselves () in the Lord's presence. Then he will give you a high position. James 4:10 GW

Remember that I have commanded you () to be determined and confident! Do not be afraid or discouraged, for I, the Lord your God, am with you wherever you go. Joshua 1:9 GNT

If God has been generous with you (), he will expect you to serve him well. But if he has been more than generous, he will expect you to serve him even better. Luke 12:48 CEV

() Your heart will be where your treasure is. Matthew 6:21 GW

Be glad you () can do the things you should be doing. Do all things without arguing and talking about how you wish you did not have to do them. Philippians 2:14 NLV

Do you not know that in a race all the runners run, but only one gets the prize? () Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I () do not run like someone running aimlessly; I do not fight like a boxer beating the air. 1 Corinthians 9:24-26 NIV

I () am happy to do your will, O my God." Your teachings are deep within me. Psalm 40:8 GW

In those days when you () pray, I will listen. You will find me when you seek me, if you look for me in earnest. Jeremiah 29:12-13 TLB

() Hard work means prosperity; only a fool idles away his time. Proverbs 12:11 TLB

Make a careful exploration of who you are () and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you () must take responsibility for doing the creative best you can with your own life. Galatians 6:5 MSG

() Being lazy is no different from being a troublemaker. Proverbs 18:9 CEV

"Make a joyful noise to the Lord (), all the earth! Serve the Lord with gladness! Come into his presence with singing! Know that the Lord, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations." Psalm 100:1-5 ESV

The one () who is victorious I will make a pillar in the temple of my God. Never again will they leave it. I will write on them the name of my God and the name of the city of my God, the new Jerusalem, which is coming down out of heaven from my God; and I will also write on them my new name. Revelation 3:12 NIV

() Our people must learn to work hard. They must work for what they need and be able to give to others who need help. Then their lives will not be wasted. Titus 3:14 NLV

JANUARY ANNUAL SELF ASSESSMENT WORKSHEET

Keep this sheet and do this exercise each January. Write your answers in your journal or on a separate sheet of paper. Keep your answers from each year and review them after you have completed the exercise to see how you've changed!

1. What was the single best thing that happened this past year?
2. What was the single most challenging thing that happened?
3. What was an unexpected joy this past year?
4. What was an unexpected obstacle?
5. Pick three words to describe the past year.
6. If you are married, pick three words your spouse would use to describe *your* past year (don't ask them; guess based on how you think your spouse sees you).
7. If you are married, pick three words your spouse would use to describe *their* past year (again, without asking).
8. What were the best books you read this past year?
9. With whom were your most valuable relationships?
10. What was your biggest personal change from January to December of this past year?
11. In what way(s) did you grow emotionally?
12. In what way(s) did you grow spiritually?
13. In what way(s) did you grow physically?
14. In what way(s) did you grow in your relationships with others?
15. What was the most enjoyable part of your work (both professionally and at home)?
16. What was the most challenging part of your work (both professionally and at home)?
17. What was your single biggest time waster in your life this past year?
18. What was the best way you used your time this past year?
19. What was biggest thing you learned this past year?
20. Create a phrase or statement that describes this past year for you.

7 LIFE AREAS TO SET GOALS

Goal setting is a key element in building and growing a successful business, but did you know that setting goals can help you in so many other aspects of your life?

Think of where you want to be in six months, a year, five years. What are your dreams? When you think about them, do you find yourself smiling and thinking ‘but I could never do that, never be that’?

But you can! If you want to live your dream life you need a plan, goals, and milestones to get you there. You can take control of your dreams and make them a reality, not just at work but in every area of your life.

CAREER AND BUSINESS

Everyone has a career or business goals probably connected with what you’re already doing. But think big! Do you want to be an entrepreneur? Do you want to be CEO? Would you like to take a sabbatical and make art for a year? Whatever you want to be or do, this year, next year, in ten years’ time, if you have a plan of action and milestones to reach it, you can get there.

FINANCES

Financial goals can support your career or business goals. Do you want to be able to afford that sabbatical or that gap year? Plan for it so you can afford it.

EDUCATION

Having educational goals can expand your future. Do you want to change careers? What do you need to learn to get there? What are your options: online study? Part-Time face-to-face classes? How will it work with your existing obligations at work and home? If it’s not a 180-degree change, perhaps your current organization would support you.

RELATIONSHIPS

Goal setting and planning can also help improve your relationships with family and friends. Whether it’s keeping in touch or prioritizing spending time with loved ones, you’ll see the benefits.

HEALTH AND FITNESS

Setting achievable and measurable goals are essential for losing weight or being marathon-ready. Goals also make exercise fun and keep you motivated.

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SPIRITUAL GROWTH

Spiritual growth might seem an odd area for goal setting but think of how you want to grow this part of your life. It could be as simple as keeping a gratitude journal, and committing to daily meditation and prayer.

It’s great, essential even, to have dreams. But know that you can make your dreams reality with some thinking, planning, and commitment. Take control and live your dreams.

STRATEGIC PLAN CHECKLIST

Having a strategic plan will help you reach your goals and achieve your vision. Follow this checklist and you will set a solid path to success!

STEP 1: VISION

Your vision shows you where you want to go. This is the cornerstone of any strategic planning activity. Without a vision there is nothing to build the strategy upon. It describes where you want to be in the future, and it sets the tone for all the work that follows!

STEP 2: ASSESSMENT

After you have your vision, NOT BEFORE, you need to stop and take an honest look at where you are in life. You can't set goals to move you forward without having a clear understanding of where you are starting. This can be a difficult process, but I know you can do it! Set aside some quiet time. Grab a notebook and the Bible. Read some Scripture to center yourself and spend some time in prayer. Then start listing where you are and what you need to change to reach your vision.

STEP 3: GOALS

Your Goals, more than any other components, are the backbone of your life-changing strategy. Your goals are the working interpretation of your vision. They should be balanced in number and complexity.

STEP 4: PROGRESS

This is where you work toward the desired outcome of each goal. Keep track of your progress! Celebrate your successes!

STEP 5: EVALUATION

One of the strategic planning activities that is often missed as part of the process is to evaluate the process and the results. Set aside time once or twice a year, or as each goal deadline approaches, and evaluate your progress, the steps you are taking, and modify your plan if you need to make changes!

GOAL SETTING

PART 1: UNDERSTANDING YOURSELF

Your expectations will impact your success when setting goals! The first step is making sure you fully understand why you are setting these goals.

Write a short statement explaining why you want to set goals.

SET EXCITING GOALS

A positive mindset is vital to succeeding and reaching your goals. In fact, you can train your brain for success (See “Brain Training for Success document!). Answer the following questions, but don’t worry about giving perfect answers. These questions are for you alone, to help you look at your potential goals realistically.

SET WORTHY GOALS

Rate yourself on a scale of 1 to 10 for the following items:

1. My current goals reflect my deeper values.

1 2 3 4 5 6 7 8 9 10

2. My current goals excite and energize me.

1 2 3 4 5 6 7 8 9 10

3. I enjoy the process of working on my goals.

1 2 3 4 5 6 7 8 9 10

4. My current goals allow me to give something to others (love, support, value, hope, etc.)

1 2 3 4 5 6 7 8 9 10

SET INSPIRING GOALS

Know What You Genuinely Want

Now it's time to set goals that excite you. Write down all the goals you want to achieve. It doesn't matter how "out there" they might sound. You don't need to share them with anybody. Make sure you cover all areas of your life (relationships, health, career, finances, etc.). Write down as many goals as you can.

Look at How You Will Get There

What would the best version of yourself do to achieve these goals?

Choose your most important goal and come up with as many ideas as possible to achieve it.

What's your first step?

What is one tiny step that, if taken today, would get me closer to my goal?

My first step:

ALIGN YOUR GOAL WITH YOUR VALUES

Achieving Your Goals!

Identify the values behind your goal. The more specific you get, the stronger your "why" will become. A strong "why" makes achieving your goal increasingly more realistic.

<p>Ex: What would money bring me?</p> <p>Freedom</p> <ul style="list-style-type: none"> > More time with my family > Happiness > Hobbies <p>Free time</p> <ul style="list-style-type: none"> > Relaxation > More time to workout <p>Experiences</p> <ul style="list-style-type: none"> > Travel opportunities > Excitement > Opportunities to meet new people <p>Material things</p> <ul style="list-style-type: none"> > House > Car <p>Savings</p> <ul style="list-style-type: none"> > Security > The ability to treat myself 	<p>What would your goal get you?</p>

ALIGN YOUR GOALS WITH YOUR LIFE PURPOSE

DISCOVERING YOUR LIFE PURPOSE

Completing some or all of the exercises below will give you a clearer idea of your life purpose:

Exercise 1: Find the values behind your goals

Take the most important goal that you identified during the goal setting exercise and look at the values behind it. Take some time to think about them and try to connect them with a possible life purpose.

What are some possible core values behind my goal?

Exercise 2: Ask insightful questions

Ask yourself the following questions:

1. What would I do if I had all the time and money in the world?

2. What do I love so much that I'd pay to do it?

3. How can I get paid to do what I love to do?

Exercise 3: Record your life purpose

Grab a pen and a piece of paper or use the blank space at the end of this worksheet to answer the following question: What is my life purpose? Don't overthink it; just write whatever comes to mind. Keep doing it until the sentence you write makes you so happy you could cry.

PART 2: SET SMARTEST GOALS

MAKE YOUR GOAL SPECIFIC (S)

CLARIFY YOUR GOAL

Clarity is power. Clarifying your goals will ensure you know exactly what you need to do to succeed.

How can you make your goal specific?

HAVE MEASURABLE GOALS (M)

MEASURE YOUR GOALS

How will you measure your goals on a regular basis? How will you know whether or not you've achieved them? Record your goal in a way that makes it easy to measure.

My goal:

SET GOALS THAT ARE ACHIEVABLE (A)

SET REALISTIC GOALS

Look at your current goal. On a scale of 1 to 10, how would you rate your ability to achieve it?

1 2 3 4 5 6 7 8 9 10

Ideally, you want your answer to be a 7 or an 8. Of course, this is purely subjective, but your belief in your goal will significantly impact your ability to achieve it. Positive Thinking!

CHUNK DOWN YOUR GOAL

How can you break your goal into smaller, more manageable tasks? Write down your monthly goals, i.e., what you want to accomplish in the next 30 days that will move you closer to your goal. Then, do the same for weekly and daily goals.

What I want to achieve this month:

What I want to accomplish this week:

What I want to accomplish tomorrow:

HAVE A CLEAR DEADLINE FOR YOUR GOAL (T)

Write the deadline for your goal below:

HAVE AN EMOTIONALLY SUSTAINABLE GOAL (E)

IDENTIFY THE OBSTACLES

What are the obstacles you're likely to encounter and how will you overcome those hurdles?

INOCULATE YOURSELF AGAINST FAILURE

Answer the following questions to help you persevere in the face of future setbacks:

How do I perceive failure?

What could I do to change that perception?

What am I willing to go through before giving up?

RECONNECT WITH YOUR "WHY"

Write down the "why" behind your goals. Why does your goal matter, and how will you remain motivated during tough times?

My "why":

DEAL WITH SELF-CRITICISM THE RIGHT WAY

What kind of self-talk will help you work towards your goals? Imagine, no BECOME your own coach, best friend, or biggest fan.

Me (coach):

Me (best friend):

Me (biggest fan):

STRATEGIZE YOUR GOAL (S)

UNDERSTAND THE RULES OF SUCCESS

Do I know everything I should about how to reach my goal?

Yes No

What steps am I going to take to get the information I need?

FILL THE GAP

What specific skill(s) do I need to develop to achieve my goal?

USE YOUR TIME WISELY

Answer the two questions below to ensure you're using your time wisely.

What are the main tasks that I should direct my efforts towards?

What tasks seem like work but are, in actuality, distractions?

What is the best way for me to master the skills needed to reach my goal?

LEVERAGE THE POWER OF DAILY HABITS

What are three steps I can take every day to get closer to my goal?

How can I turn my tasks into daily habits?

Every day I will:

TRANSFER YOUR GOAL TO THE SUBCONSCIOUS (T)

Four-step process to overcome limiting beliefs

STEP 1 - IDENTIFY LIMITING BELIEFS

For this exercise, identify a limiting belief in one area of your life. Ask yourself what's holding you back in that area?

Some areas to consider:

- Career
- Family
- Finances
- Health
- Personal growth
- Relationships
- Social life

My limiting belief:

STEP 2 - BEFRIEND YOUR SUBCONSCIOUS MIND

Identify the intention of that limiting belief. How is your mind trying to protect you? Write your answer below:

STEP 3 - ARGUE WITH YOUR SUBCONSCIOUS MIND

Argue with your mind, find evidence that your belief is not true. Use the blank space below to write down counter-examples from your past experiences, different areas of your life, or from other people. Feel free to use a journal instead.

Why my limiting belief is false:

STEP 4 - REPLACE YOUR LIMITING BELIEF WITH A NEW, EMPOWERING ONE

Create a new, empowering belief that you want to implement in your life (usually the opposite of your current one).

My new, empowering belief:

Turn your new, empowering belief into a compelling affirmation.

My positive affirmation:

**Make sure you spend some time reading your affirmation out loud or writing it down.
You should do this several times in the morning and/or in the evening.*

BONUS STEP: WRITE A LETTER TO YOUR SUBCONSCIOUS MIND.

Use the free space at the end of this worksheet or a separate sheet of paper to write a personal letter to your subconscious mind.

TWO POWERFUL QUESTIONS TO ASK YOURSELF EVERY DAY

1. If I could only accomplish one task today, what would it be? Which task would have the most impact? What about this week? This month?
2. If I keep doing what I've done today, am I going to achieve my goal? Be honest with yourself!

TWO POWERFUL QUESTIONS TO ASK YOURSELF ON A REGULAR BASIS

1. Assuming a yearly goal, how could I accomplish my goal in only six months? Three months? One month? What about one week? It's a great way to brainstorm and motivate yourself to take more action. If you're doing things that have little impact and procrastinate (be it consciously or subconsciously), this question will get you back on track. It's a good idea to ask it on a weekly basis, preferably when you plan your activities for the upcoming week.
2. If I failed to reach my goal, what would be the reason? What can I do to avoid it?

ONE YEAR GOALS

What are 3 to 5 SMARTEST goals you would like to achieve in the next year.

- 1.
- 2.
- 3.
- 4.
- 5.

FIVE YEAR GOALS

What are 3 to 5 SMARTEST goals you would like to achieve in the next five years (Dream BIG!).

- 1.
- 2.
- 3.
- 4.
- 5.

TEN YEAR GOALS

What are 3 to 5 SMARTEST goals you would like to achieve in the next ten years (Don't Limit Yourself!).

- 1.
- 2.
- 3.
- 4.
- 5.

LIFETIME GOALS

Now is when you pull out ALL of the stops. What are your LIFETIME goals?

BRAIN TRAINING FOR SUCCESS: YOUR STRONGEST GOAL-ACHIEVING TOOL

You've defined your vision. You know what you want to do and where you need to end up. Now you need to get there. The key?

GOALS.

So what do you need to set positive, achieving goals? Well, you already possess the most vital piece of the puzzle. Your brain!

Your thoughts are the biggest influencer on whether you're going to meet your goals or not. The good news is, you can control that influencer. How? By using scientists' understanding of how the brain works, and how it reacts to setting and achieving goals.

Neuroscience, a special field of science that studies the brain, tells us that serotonin and dopamine are powerful neurotransmitters produced by the brain in response to success. This means that by setting a goal and achieving it you are releasing powerful chemical in your brain that make you feel good!

Reward-setting behavior further increases the levels of these neurotransmitters in the brain. So, when you set a goal and achieve it, that feeling of pleasure and self-confidence you get is your brain releasing feel-good chemicals. The more you do it, the better you'll feel!

Here are five techniques you can use to program your brain for success. Used together, they create a positive feedback loop, allowing you to train your thoughts to visualize, seek, and achieve success!

BE POSITIVE!

Sounds simple doesn't it. But the power of positive thinking has been proven over and over again. You can actually rewire your brain when you consistently use positive thinking! What you need to do is load your brain with positive thoughts, words, and actions to keep it focused on achievement. Celebrate ALL of your accomplishments, no matter how small they may seem. When you stay positive, you will create a positive feedback loop that increases your self-confidence, boosts serotonin, and encourages you to even greater heights.

VISUALIZE ACCOMPLISHMENT

Visualization is the act of picturing your desired outcome. You visualize where you want to be when you build your vision board, and you can do the same thing when you are setting and working on your goals! Use your brain's innate capacity to create and visualize alternative scenarios. Imagine what it feels like to achieve your goals. See yourself winning, being congratulated, and feeling proud that you not only met your goal, you smashed through all of the barriers in your way and you won! Through visualization, you're giving your mind a blueprint of what you want.

SET SMALL STEP GOALS

Big goals are important. They move you toward your vision. But don't forget that you need smaller goals too. By including smaller, intermediate steps, you keep your brain encouraged and your focus high. (That keeps those feel-good chemicals activated and helps train your brain for success!) Break your big goals down as much as you need to so that your smaller goal feels manageable. If your brain can see a logic in what you're doing, it will give you the energy you need to get it done! Keep ticking off those tasks and achievements. Before you know it, you will be knocking out goals left and right!

UTILIZE YOUR BRAIN

Fire up those positive brain chemicals! Dopamine and serotonin are the brain's pleasure chemicals, and they get a massive kick from achievement. Whenever you set a goal and accomplish it, your brain gets flooded with feel-good chemicals and energy. This means constant progress, constant doing, no matter how small, will keep your brain moving on the path to success.

STAY ON MESSAGE

Stay positive. Kick those negative thoughts to the curb. If you listen to that negative inner critic telling you, "there's no way you can run that marathon, win that art competition, write that novel, or get that promotion," then it will be harder to succeed. You need to send a clear message to your subconscious about your goals. The way to do that is to stay on message. Conflicting messages will undermine your efforts, so keep the programming clear to keep your brain focused on achieving.

Your brain and your thoughts are incredibly powerful. Together, they form one of the most powerful tools you have in your toolbox. When you use positive thought patterns to train your brain, you create a powerful success engine that WANTS you to win!

SPIRITUAL FORMATION PLAN

Our journey as followers of God, our spiritual journey, starts the moment we accept Him into our lives. From that moment on, our purpose in life is to become more like Jesus.

In Mark 8:34, Jesus give instruction to those of us who want to follow Him: “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.” This is not an easy task! Not only do we have to leave our old lives behind, we have to GROW in our understanding of what it means to be a Christian.

I’m not talking just about a new believer classes at church. I’m talking about taking personal responsibility to learn biblical truth and apply it to your life EVERY day. Each of us are able to understand more now than we ever could before we accepted Jesus because we have the power and knowledge of the Holy Spirit abiding within us!

God EXPECTS us to grow spiritually:

- Now this is what the LORD Almighty says: “Give careful thought to your ways. Haggai 1:5
- Let us examine our ways and test them, and let us return to the Lord. Lamentations 3:40
- Be very careful, then, how you live—not as unwise but as wise. Ephesians 5:15
- Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else. Galatians 6:4
- Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23-24

The process of developing and following a Personal Spiritual Growth Plan will help you focus on growth in specific areas of your life. I’ve included “Areas of Focus for Spiritual Growth,” which contains possible areas of focus. This is not a comprehensive list, and you are by no means limited to what is on the list. I’ve also included a sheet for you to create your own PERSONAL Growth Plan!

I look forward to hearing testimonies and stories about how your journey is going! I’ll be praying for you!

Love you,

Pastor Robyn

AREAS OF FOCUS FOR SPIRITUAL GROWTH PLAN

Sitting down to make a personal Spiritual Growth plan can be overwhelming. The best practice is to honestly and humbly approach God, asking Him to show you the areas where you need to grow. For your Plan, you will choose 4 specific Areas of Focus (Abide, Live in the Word, Pray in Faith, etc.) and then establish one specific goal for that area.

This page is a list of suggestions to get you started, NOT a complete list of what you should focus on. Don't be afraid to think outside of the box! Only God knows His plans for you! Trust God, Girlfriend. He knows what you need at this season in your life, and He will guide your growth to enable your work in His kingdom!

DISCIPLINES OF THE HOLY SPIRIT

- Attend church weekly.
- Set aside space and time for a regular "quiet time" with God.
- Create a routine to prepare yourself for worship each week. This could include prayer and confession, music, Bible reading, or even drawing and/or dancing for the Lord! Memorize one scripture verse each week.
- Memorize passages of Scripture.
- Participate in the prayer ministry at the church.
- Enlist and meet regularly with a prayer partner for prayer.

DISCIPLINES OF SURRENDER

- Set aside a time for fasting according to the prompting of God.
- Set aside a regular time to learn about your identity in Christ.
- Regularly thank God and give Him Praise in ALL situations.
- Create a list of what is hindering your spiritual growth and seek God's will and help to get rid of the difficulties!
- Lead a small group Bible Study related to living in God's Word.

DISCIPLINES OF SOLITUDE

- Take notes during the weekly sermons and other Bible studies, then spend quiet time studying those passages mentioned in the sermon.
- Create a regular Bible study time each day. Take notes as you study and look at how the scriptures apply to your life. Spend time listening for God's answers on how to apply the scriptures to your life.
- Meditate on the character of God as it is described in Scripture.
- Journal your prayers and record the answers you receive from God!
- Set aside a regular prayer time. Make sure you put yourself in a quiet environment where you can truly listen for God's voice.

DISCIPLINES OF SERVICE

- Ask family members how you can improve your relationship with them.
- Do a personal study on building godly relationships in marriage, parenting, and friendships and share that information with others by leading a small group on building godly relationships. Write your testimony and practice sharing it!
- Complete a spiritual gifts inventory then volunteer for a ministry or servant leadership position in the church.
- Send encouraging notes to the staff and leadership of the church.
- Ask a member of the church staff to help you find ways to minister to people around you.
- Lead a small group related to ministering to others.

MY SPIRITUAL GROWTH PLAN

I started my Spiritual Growth plan on _____, 2020

Step 1: Create my Spiritual Growth Plan

1. For the next three months I will:

- a. Improve my understanding of God's will for the following area of focus through individual or group study.

- b. My goal is _____

2. For the next three months I will:

- a. Improve my understanding of God's will for the following area of focus through individual or group study.

- b. My goal is _____

3. For the next three months I will:

- a. Improve my understanding of God's will for the following area of focus through individual or group study.

- b. My goal is _____

4. For the next three months I will:

- a. Improve my understanding of God's will for the following area of focus through individual or group study.

- b. My goal is _____

Step 2: Enlist an accountability partner who will agree to:

- Meet with me to look at my plan and pray with me about sticking with it.
- Meet with me at least once a month to discuss my progress.
- Celebrate my successes with me and challenge me to stay focused on my plan.
- Pray for me.

I choose _____ as my accountability partner.

SUGGESTED RESOURCES

VISION AND GOAL SETTING

Books

9 Things Successful People Do Differently - Heidi Grant Halvorson

Awaken the Giant Within: How to Take Control of Your Mental, Emotional, Physical and Financial Destiny - Tony Robbins

Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change - Shawn Achor

Big Potential - Shawn Achor

Creating Your Best Life - Caroline Miller, MAPP

Hard Goals: The Secret to Getting From Where You Are To Where You Want To Be - Mark Murphy

How To Win Friends And Influence People - Dale Carnegie

The Art of Setting Smart Goals: Set winning goals and live a life of abundance, success, and achievement - Anisa Marku

The Book of Mistakes - Skip Prichard

The Desire Map - Danielle LaPorte

The Power of Positive Thinking - Norman Vincent Peale

The Slight Edge: Turning Simple Disciplines into Massive Success & Happiness - Jeff Olson

Your Best Year Ever - Michael Hyatt

Websites

Eccountability [https://www.eccountability.io/vision-and-goal-setting/#iLightbox\[gallery664\]/0](https://www.eccountability.io/vision-and-goal-setting/#iLightbox[gallery664]/0)

Michael Hyatt <https://michaelhyatt.com>

Mind Tools - Goal Setting https://www.mindtools.com/pages/main/newMN_HTE.htm#Goal%20Setting

Psychology Today <https://www.psychologytoday.com/us/blog/the-power-prime/201007/business-vision-goal-setting>

Podcasts

Achieving Your Goals with Hal Elrod

Goal Digger

School of Greatness

TED Radio Hour

The Brendon Show

The Mastery Sessions

The One You Feed

The Tim Ferriss Show

Articles

“Clarity of Vision: The First Step in Goal Setting” <https://www.coachingpositiveperformance.com/clarity-of-vision-the-first-step-in-goal-setting/>

“Goal-Setting: Developing a Vision & Goals for Your Career Plan” <https://hr.berkeley.edu/development/career-development/goal-setting/career-plan-vision>

“How Can I Create A Compelling Future?” <https://www.tonyrobbins.com/ask-tony/can-create-compelling-future/>

“Powerful Goal-Setting Tips for Creating Your Extraordinary Life” <https://www.jackcanfield.com/blog/powerful-goal-setting-tips/>

“Use This Six-Step Process To Achieve Any Goal” <https://www.forbes.com/sites/forbescommunicationscouncil/2017/09/07/use-this-six-step-process-to-achieve-any-goal/>

FINANCES

Books

All the Money in the World - Laura Vanderkam

Money A to Z - Scott Alan Turner

Rich Dad Poor Dad: What the Rich Teach Their Kids About Money That the Poor and Middle Class Do Not! - Robert Kiyosaki

The Automatic Millionaire: A Powerful One-Step Plan to Live and Finish Rich- David Bach

The Total Money Makeover - Dave Ramsey

Why Didn't They Teach Me This in School: 99 Personal Money Management Principles to Live By - Cary Siegel

Your Money or Your Life: 9 Steps to Transforming Your Relationship with Money and Achieving Financial Independence - Vicki Robin

Websites

Banking Sense <http://www.bankingsense.com/>

Cash Money Life <http://www.bankingsense.com/>

Kiplinger <http://www.kiplinger.com/>

LearnVest <https://www.learnvest.com/knowledge-center/>

The Military Wallet <http://www.kiplinger.com/>

Wise Bread <http://wisebread.com>

Podcasts

Beyond Finances

Couple Money

Financial Freedom

Planet Money

Popcorn Finance

Redefining Wealth

So Money

The BiggerPockets Money Podcast

The Dave Ramsey Show

The Money Nerds with Whitney Hansen

Articles

"10 Books That Will Help You Solve Your Financial Problems" <https://time.com/5562219/personal-finance-books/>

"7 Steps to Manage Your Money" <https://money.usnews.com/money/personal-finance/articles/steps-to-manage-your-money>

"How to Determine Budget Percentages to Meet Your Money Goals" <https://money.usnews.com/money/personal-finance/saving-and-budgeting/articles/how-to-determine-budget-percentages-to-meet-your-money-goals>

"How to Do a Frugal February Challenge" <https://money.usnews.com/money/personal-finance/saving-and-budgeting/articles/how-to-do-a-frugal-february-challenge>

"One Financial New Year's Resolution Is All You Need" <https://www.forbes.com/sites/rcarson/2020/01/15/one-financial-new-years-resolution-is-all-you-need/#17e5c44cf41a>

"Struggling to Repay Your Debt? The Snowball Method Could Help" <https://time.com/5667730/debt-snowball-method/>

"What Parents Should Know About Kids and Taxes" <https://money.usnews.com/money/personal-finance/taxes/articles/what-parents-should-know-about-kids-and-taxes>

HEALTH AND WELLNESS

Books

Boundless: Upgrade Your Brain, Optimize Your Body, and Defy Aging - Ben Greenfield
Deep Nutrition - Cate Shanahan, M.D
Own It - Sallie Krawcheck
Quiet: The Power of Introverts - Susan Cain
The Life Changing Magic of Tidying Up - Marie Kondo
The Telomere Effect - Dr. Elizabeth Blackburn and Dr. Elissa Epel

Websites

Alive <http://www.alive.com/category/health/>
Clean Eating Magazine <https://www.cleaneatingmag.com/clean-diet>
Health <https://www.health.com>
Just Bobbi <https://www.justbobbi.com/>
Mindbodygreen <https://www.mindbodygreen.com/health>
SheKnows <http://www.sheknows.com/health-and-wellness>
The Chalkboard Magazine <http://thechalkboardmag.com/category/yoga-inspiration-fitness-tips-yogis>
The Fine Line Mag <https://thefinelinemag.com/>
Well+Good <https://www.wellandgood.com/>
Where Women Create <https://www.wherewomencreate.com/>
Yoga Journal <https://www.yogajournal.com/lifestyle>

Podcasts

10% Happier
Cleaning Up the Mental Mess
Feel Better, Live More
Going for Goal
Happier
Happy Place
How To Fail with Elizabeth Day
Hurry Slowly
Open Mind
Well Now
You Can by Emily Skye

Articles

“8 Ways to Get More Movement into Your Day” <https://www.scientificamerican.com/article/8-ways-to-get-more-movement-into-your-day/>
“Getting More Sleep Can Reduce Food Cravings” <https://www.scientificamerican.com/article/getting-more-sleep-can-reduce-food-cravings/>
“Health Guides: Health is a State of Mind and Body” <https://familydoctor.org/health-guides-health-state-mind-body/>
“How Parents Can Address the Spike in Tween Depression” <https://health.usnews.com/wellness/for-parents/articles/depression-in-tweens-is-on-the-rise-what-parents-can-do>
“How to Improve Your Focus and Athletic Performance” <https://health.usnews.com/health-news/blogs/eat-run/articles/how-to-improve-your-focus-and-athletic-performance>
“The Science of Losing Battles” <https://www.scientificamerican.com/article/the-science-of-losing-battles/>

LEADERSHIP AND CAREER

Books

David & Goliath: Underdogs, Misfits, and the Art of Battling Giants - Malcolm Gladwell
Drive: The Surprising Truth About What Motivates Us - Daniel Pink
Emotional Intelligence: Why it Can Matter More Than IQ - Daniel Goleman
Leaders Eat Last - Simon Senek
Lean In: Women, Work, and the Will to Lead - Sheryl Sandberg
Presence: Bringing Your Boldest Self to Your Biggest Challenges - Amy Cuddy
Refuse to Choose!: Use All of Your Interests, Passions, and Hobbies to Create the Life and Career of Your Dreams - Barbara Sher
The Confidence Code: The Science and Art of Self-Assurance—What Women Should Know - Katty Kay and Claire Shipman
The Five Dysfunctions of a Team - Patrick Lencioni

Websites

Career Attraction <http://www.careerattraction.com/>
Career Girl Network <http://careergirlnetwork.com/>
CareerBliss <http://www.careerbliss.com/>
Classy Career Girl <http://www.classycareergirl.com/>
Harvard Business Review <https://hbr.org>
Lindsey Pollak <http://www.lindseypollak.com/>
Pivot Planet <https://www.pivotplanet.com/>
She Negotiates <http://shenegotiates.com/>

Podcasts

HBR IdeaCast
How to be awesome at your job
Leaders in the Trenches with Gene Hammett
Recode Decode by Kara Swisher
The Andy Stanley Leadership Podcast
The Broad Experience
The DesignBetter Podcast
The Global Leadership Summit Podcast
The Leadx Leadership Show with Kevin Kruse

Articles

“Educating The Next Generation Of Leader”: <https://hbr.org/2019/03/educating-the-next-generation-of-leaders>
“How One Person Can Change the Conscience of an Organization” <https://hbr.org/2019/12/how-one-person-can-change-the-conscience-of-an-organization>
“How to Take the First Step Up to the Executive Level” <https://www.ivyexec.com/career-advice/2020/how-to-take-your-first-step-up-to-the-executive-level/>
“Key Findings on Gender Equality in the 2019 Workforce” <https://www.ivyexec.com/career-advice/2019/key-findings-on-gender-equality-in-the-2019-workforce/>
“The Core Leadership Skills You Need in Every Role” <https://www.ccl.org/articles/leading-effectively-articles/fundamental-4-core-leadership-skills-for-every-career-stage/>
“The Elements of Good Judgment” <https://hbr.org/2020/01/the-elements-of-good-judgment>
“What Great Leaders Do” <https://garfinkleexecutivecoaching.com/articles/what-great-leaders-do>
“Why Aren’t Your Attempts at Finding Work-Life Balance Successful?” <https://www.ivyexec.com/career-advice/2020/why-arent-your-attempts-at-finding-work-life-balance-successful/>
“Women in Leadership – Using Coaching to Take Charge of Growth” <https://garfinkleexecutivecoaching.com/articles/utilize-executive-coaching-for-career-success/women-leadership>

PERSONAL GROWTH

Books

Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being - Linda Graham
Getting Things Done: The Art of Stress Free Productivity - David Allen
Grit: The Power of Passion and Perseverance - Angela Duckworth
How to Win Friends & Influence People - Dale Carnegie
Now, Discover Your Strengths - Marcus Buckingham and Donald Clifton
Outliers: The Story of Success - Malcolm Gladwell
Positivity: Top-Notch Research Reveals the Upward Spiral That Will Change Your Life - Barbara Fredrickson
Quiet: The Power of Introverts in a World That Can't Stop Talking - Susan Cain
The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun - Gretchen Rubin
The How of Happiness: A New Approach to Getting the Life You Want - Sonja Lyubomirsky
The Power of Full Engagement - Jim Leohr and Tony Schwartz
The Power of Positive Thinking - Dr. Norman Vincent Peale
The Success Principles - Jack Canfield
Think and Grow Rich - Napoleon Hill

Websites

Change Your Thoughts Change Your Life <https://www.stevenaitchison.co.uk/>
Greatist <https://greatist.com/>
Inspired Personal Development <http://www.inspired-personal-development.com/personal-growth-tools.html>
Life Learning Today <http://lifelearningtoday.com/>
Marie Forleo <https://www.marieforleo.com/>
Raising Women <http://raising-women.com/blog/>
Skills You Need <https://www.skillsyouneed.com/>
TED <https://www.ted.com/>
The Creative Mind <http://www.thecreativemind.net/>
The Creativity Post <http://www.creativitypost.com/>
The Habit Factor <http://www.thehabitfactor.com/>
Thought Catalog <https://thoughtcatalog.com/>

Podcasts

Beyond The To-Do List
Happier
Inspire Nation
Pursuit With Purpose
The Brendon Show
The Happy Hour
The Lavendaire Lifestyle
The Lively Show
The Marie Forleo Podcast
The Minimalists Podcast
The School Of Greatness
Therapy for Black Girls
Your Move

Articles

"3 Things Successful People Do on the Daily" <http://www.success.com/blog/3-things-successful-people-do-on-the-daily>
"4 Ways to Actively Reprogram Your Thoughts" <http://www.success.com/blog/4-ways-to-actively-reprogram-your-thoughts>
"Dare to Be An Original: <https://www.essentiallifeskills.net/be-an-original.html>
"Everything You Need to Know to Improve Your Life" <https://www.success.com/the-ultimate-guide-to-personal-development/>
"How to Overcome Your Fears and Realize Your Potential" <https://www.successconsciousness.com/blog/category/personal-development/>
"Motivation, Self Improvement and Reaching Goals Leads to Success in Life" <http://personalgrowthinformation.com/motivation-self-improvement-and-reaching-goals-leads-to-success-in-life/>
"Need to Make A Change? Do It Immediately!" <https://www.entrepreneur.com/article/337544>

SPIRITUAL GROWTH

Books

Crazy Love: Overwhelmed by a Relentless God - Francis Chan
Disciplines of a Godly Woman - Barbara Hughes
Life of the Beloved: Spiritual Living in a Secular World - Henri J.M. Nouwen
Life Together: The Classic Exploration of Christian Community - Dietrich Bonhoeffer
Renovation of the Heart: Putting on the Character of Christ - Dallas Willard
Sacred Rhythms: Arranging Our Lives for Spiritual Transformation - Ruth Haley Barton
Simplify Your Spiritual Life: Spiritual Disciplines for the Overwhelmed - Earl Crepps
Soul Keeping - John Ortberg
Spiritual Disciplines for the Christian Life - Donald Whitney
The Life You've Always Wanted: Spiritual Disciplines for Ordinary People - John Ortberg

Websites

Graham Cooke - <https://www.brillianttv.com>
Beth Moore - <https://www.lproof.org>
Spiritual Formation Reading Room <https://www.tyndale.ca/seminary/mtsm modular/reading-rooms/formation>
BibleGateway.com
Ravi Zacharias International Ministries <http://www.rzim.org/>

Podcasts

Brilliant Perspectives
Truth's Table
5 Minutes in Church History
Lead Stories Podcast
Shalom Sistas (Shalom in the City)
Help Me Teach the Bible
Knowing Faith

Articles

"5 Facets in Spiritual Formation" <https://www.christianitytoday.com/biblestudies/articles/spiritualformation/beingformed.html>
"Can You Resolve to Fear Less this Year?" <https://www.crosswalk.com/special-coverage/happy-new-year/can-you-resolve-to-fear-less-this-year.html>
"Having Hope Like a Child" <https://www.lifeway.com/en/articles/having-hope-like-a-child>
"Spiritual Formation: What it is, and How it is Done" <http://www.dwillard.org/articles/individual/spiritual-formation-what-it-is-and-how-it-is-done>
"The Women Who Saved a Generation of God's People" <https://www.lifeway.com/en/articles/the-women-who-saved-a-generation-of-gods-people>
"Trusting God to Be In Control" <https://www.lifeway.com/en/articles/trusting-god-to-be-in-control>
"What Courageous Kindness Looks Like" <https://www.lifeway.com/en/articles/what-courageous-kindness-looks-like>
"What Does Spiritual Growth Actually Look Like?" <https://relevantmagazine.com/god/what-does-spiritual-growth-actually-look/>