

3 Things You Should Do BEFORE You Plan for 2017

Look back before you look ahead. Thanks to Marie Forleo for inspiring these questions.

1) What did you do, create or experience in 2016 that you are proud of?

Go through your calendar and compile a complete list. Bask in your accomplishments.

2) What mistakes did you make and what lessons did you learn that you can leverage?

Use your shortfalls as opportunities to learn and grow.

3) What are you willing to let go of?

Identify the things, projects, goals, commitments, relationships, and bogus internal “stories” that don’t serve you.

Coming December 26: *Activate Your Creativity in 2017!*

The Three Types of Goals You Should Set

With this session we're taking a look at your Big Picture Vision Goals for various areas of your life, with an emphasis on your creative goals, of course.

Pick a goal category:

1) Bare Minimum Goal

2) BHAG – Big Hairy Audacious Goal

3) Middle Ground Stretch Goal

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Avoid This Goal-Setting Mistake

Know the difference between goals (the specific, measureable end results you want) and the means to reach them (the tasks and action steps you choose to take).

Pick a goal category:

The Goal – a specific and measureable end result you want

Action Steps – the tasks you will engage in to move you toward the result

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The Path of Least Resistance



Describe your vision in detail:

Where are you now?

Describe the tension created by the gap:

How will you close the gap?

What actions are you willing to take and changes are you willing to make?

How can you make it fun and exciting?

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Get Support – Ask for Help!

What type of support do you need? Who could you ask for help?

How could you create a win-win relationship?

Person you will contact:

What do they need? How can you support them?

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