



**THRIVE-STREAM**

*w/ Shandra Redwine*

# **WORKBOOK**

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How to Reach Big Goals

# BUILDING BLOCKS



CORE VALUES



BREAKDOWN



FILTER



THE PLAN

# Identify Core Values 1/2

Take 5 minutes to think about the values that are most important in your life. Circle any that apply and add any others below. Here are some examples to help you get started...

## ETHICS

Honesty	Generosity	Optimism	Hope
Integrity	Gratitude	Spirituality	Harmony
Wisdom	Openness	Wealth	Balance
Autonomy	Freedom	Bravery	Joy/Fun
Loyalty	Compassion	Acceptance	Faith
Abundance	Success	Humor	Influence
Kindness	Self-love	Intuition	Humility
Charity	Spirituality	Prosperity	Fairness
Respect	Justice	Change	Sincerity
Courage	Forgiveness	Gracefulness	Accuracy

## RELATIONSHIPS

Affection	Partnership	Trust
Dedication	Appreciation	Affection
Reliability	Fidelity	Listening
Empathy	Communication	Intimacy
Stability	Playfulness	Thoughtfulness
Tolerance	Romance	Connections
Gentleness	Passion	Patience
Warmth	Patience	
Cooperation	Confidence	

## WORK

Enthusiasm	Entrepreneurship	
Achievement	Organization	Teamwork
Dependability	Prestige	Balance
Impact	Responsibility	Innovation
Resourcefulness	Credibility	Ingenuity
Coaching	Adaptability	Professionalism
Mentorship	Service	Fame
Growth	Profit	Power
Charisma	Management	Work Ethic
Learning	Consistency	Leadership

## PERSONAL LIFE

Imagination	Laughter	
Authenticity	Peace	Fun
Humor	Alone Time	Pride
Change the	Going with the	Intuition
World	Flow	Harmony
Inspire Others	Tolerance	Free Time
Personal	Patience	Leisure
Expression	Sustainability	Socializing
Nature	Tradition	Grit
Religion	Strength	



## Simplify 2/2

Re-write all of your top values from page 1 here and then begin to simplify. Put like items in groups and eliminate any that don't resonate. For example: fun, laughter and free-time may all fit inside "balance". Keep doing this until you're down to 5-10 words.

These are your CORE VALUES. They may shift a bit over time or even year to year, but often times they will remain relatively consistent.



# The Breakdown

## THE GOAL:

## THE WHY:

Why do you want to reach this goal? What do you believe/hope that it will bring you? How will you feel when you reach this goal? How will your life be different when you have reached this goal?

## THE OBSTACLES

What stands in the way of you reaching this goal? List everything you can think of – mental, emotional, physical, monetary...don't hold back.

## THE WHO

Write the names of people that you know support you and your goal:

## THE WHAT

Write down sources of inspiration and support for you reaching your goal, ex: media, physical items, places etc.:

# The Plan 1/2

## CORE VALUES:

Does your goal align with your core values? Go through each one. If it doesn't align, you need to shift your goal until it aligns with ALL of your core values. Write your values-aligned goal here:

## ACTION

Break down your goal into small manageable pieces until you are able to identify the first action item that you feel VERY CONFIDENT you can achieve in the first 30 days. It's important that the first step is challenging but manageable- don't make it overly complicated or too hard to reach. Write it here and be specific:

## ACCOUNTABILITY

Write the names of at least 1 person that will support your first goal. How would you like them to support you? Write it down here and then ask them to do it TODAY. If you cannot do it today, put into your calendar the date and time when you will.. literally RIGHT NOW.

## OBSTACLES:

Write down the obstacles that may get in the way of reaching your first goal and anything that you can do to eliminate them:

## REWARD

Write down how you will reward yourself when you reach your first goal. It can be anything.

# The Plan 2/2

START DATE:

END DATE:

## MAKE IT A BIG DEAL

- Buy a physical calendar just for your goal and hang it up somewhere you see it often
- Add all of the dates and events inside your goal
- Write down the name of your support person and dates that you will be checking in with them
- Write down your core values in bold letters
- Write down "how you want to feel" keywords on a notecard to tuck into your pocket
- Create a vision board
- Buy new workout clothes
- Set aside the cash for your reward
- Write down your affirmative statement and post it in places you see often

## BABY STEPS:

Break down your first goal into tiny actionable baby steps with as much detail as possible. Write them here and write them in your calendar, ex: add my gym sessions to the family calendar, plan easy family meals for those nights, lay out my gym clothes for the week on Sunday, download a workout plan, research nutrition basics, etc.

## JOURNAL

Keep a daily journal of your own (or use the one I made for you) to document your journey, track your goal, and reflect daily.