

ORGANIZE YOUR LIFE AROUND YOUR GOALS

Many times we see only the result of someone's work. What we don't see is the process of achieving a goal, which can give the impression that big achievements happen overnight. Which is simply untrue.

Success is never a coincidence but the result of hard work, enormous sacrifice, persistence, and unwavering self-belief in their goal. So, if you want to be successful you need to organize your goals. And what better way to do that than by creating a habits, and rituals?

Daily routine, rituals, and powerful habits will not only keep you on track but also will create momentum in your day. Not to mention an organized day will save you time, energy, stress, and in many ways, your sanity.

Routine creates consistency and consistency is the key to success. Without conscious and constant effort not even the most beautiful dream into reality. Every single day you should do something, small or big, that moves you one step closer to your goal, track your progress, and celebrate your wins.



- Habits (look at page 89)
- Rituals (look at page 93)
- Routines (look at page 91)

HOW TO SET THE RIGHT GOALS?

Once you have a clear mental picture of what do you want to be in the near future, it's time to set goals that will help you to turn your vision into reality.

But don't just focus on one area of your life like career or physical health. Think holistically. Figure out what do you want to achieve in each area of your life.

8 AREAS OF LIFE:

1. **Health** (healthy mindset, mental focus, nutrition, workout routine, quality rest)
2. **Contribution & Spirituality** (personal growth, self-improvement)
3. **Environment / Personal Space** (comfortable and safe home)
4. **Relationships** (deepen your relationships bond)



The process of setting clear goals will not only help you to refocus on what's truly important for you but will also help you to regain full control over your life. Not to mention it will help you to drastically increase your determination so you can inspire everyone who watches you in life.

So

Ask yourself what you want to achieve and set SMART (specific, measurable, achievable, realistic, time-bound) goals to turn these into reality.

Identify the milestones on your journey towards your goal and be accountable during the process. Morphing into the person you want to be yourself. (look at page 80)

OVERCOME SELF-DOUBT

It may not be a popular opinion but I think that it's quite normal (and healthy) to have a little bit of self-doubt going on when making big life changes. Because changing your life means exploring new concepts and experimenting with different routines, things for the first time. Or in other words –

your normal routine small or big requires you to stretch your boundaries to the point you feel uncomfortable we cannot feel 100% confident.

So don't beat yourself up for having self-doubt. It is part of personal growth. When we are in the middle of a growth process.

It will not keep us stagnate.

Overcome your self-doubt and boost your confidence at the end of the day. Action is the remedy for self-doubt. You can achieve your goals and the only way to do that is by taking action. Even a small step in the right direction has

WHAT IS HOLDING YOU BACK FROM SUCCESS?



5 QUICK QUESTIONS:

1. How many projects you could have already finished if you had started realizing them instead of analyzing everything in detail to the nth degree?
2. How many of your life goals you could have already achieved if you had taken action instead of obsessing over the worst-case scenario?
3. What opportunities do you wish you had taken in the past few years?
4. Are your self-limiting beliefs holding you back from succeeding?
5. Where would you be in your life right now if you had started working towards your goals before you were ready?

YOUR ANSWERS:

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



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THE WHEEL OF LIFE & THE SCALE OF FULFILLMENT

Use the wheel of life worksheet to determine the level of your satisfaction in each area of your life. Choose from 1 to 10 how fulfilled you feel in a particular area. (look at page 75)

- **Health** (healthy mindset, mental focus, nutrition, workout routine, quality rest)
- **Contribution & Spirituality** (personal growth, self-improvement)
- **Environment / Personal Space** (comfortable and safe home)
- **Relationships** (deepen your relationships bond)
- **Family & Friends** (quality time with your loved ones, creating memories)
- **Wealth & Finance** (budgeting, financial goals, saving money, planning for the future)
- **Career / Job** (Satisfaction With Work)
- **Fun & Adventure** (Quality "me time", Hobbies & Fun)



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