



# UNSTOPPABLE

GOAL SETTING

Workshop

BY JENNIFER DAWN



“Setting goals is the first  
step in turning the invisible  
into the visible.”

– TONY ROBBINS

**BEST**  
**PLANNER EVER**

• BY JENNIFER DAWN •

**What beats WILLPOWER?**

**Mind Hack #1**

**Mind Hack #2**

**Mind Hack #3**

## BIG PICTURE – THINK BIG!!

For each area of your life score it on a scale of 1-10 with 1 being it couldn't be worse and 10 being it couldn't be better.

Then, ask yourself "What would need to happen for this to be a 10?" Think BIG. The highest, biggest, best dream you can imagine for yourself. No limits.

	Current Score	To make it a 10
Money		
Health / Diet		
Physical Fitness / Energy		
Relationships		
Friends / Family		
Partner		
Pets		

	Current Score	To make it a 10
Environment		
Home		
Car		
Office		
Me Time / Self Care		
Personal Growth		
Travel / Trips / Vacations		
Community / Give Back		

	Current Score	To make it a 10
<b>Business</b>		
<b>Revenue / Profits</b>		
<b>Team</b>		
<b>Clients</b>		
<b>Systems &amp; Processes</b>		
<b>Other</b> (anything else that's important to you we didn't include)		



## MY 12 MONTH GOALS

Look at your perfect 10 answers, what can you accomplish in the next 12 months?

### Money Goal:

---

---

---

### Health/Diet Goal:

---

---

---

### Physical Fitness / Energy Goal:

---

---

---

### Relationships Goal:

---

---

---

### Environment Goal:

---

---

---

### Me Time / Self Care Goal:

---

---

---





## TAP YOUR INTUITION – YOU KNOW WHAT TO DO

Take each goal, imagine it was already accomplished. What did you do to make it happen?  
Write your answers here.

### Money Benchmarks:

---

---

---

### Health/Diet Benchmarks:

---

---

---

### Physical Fitness / Energy Benchmarks:

---

---

---

### Relationships Benchmarks:

---

---

---

### Environment Benchmarks:

---

---

---

### Me Time / Self Care Benchmarks:

---

---

---



## BREAK IT DOWN

Take each benchmark, break it down into the smallest action step possible.  
Make it so easy, you can't NOT do it.

### Money Actions:

---

---

---

---

### Health/Diet Actions:

---

---

---

---

### Physical Fitness / Energy Actions:

---

---

---

---

### Relationships Actions:

---

---

---

---

### Environment Benchmarks:

---

---

---

---

### Me Time / Self Care Actions:

---

---

---

---



## YOUR DAILY THRIVE PLAN

Every day complete one action to take you closer to your vision.  
Pick from the list of action steps you created to make it easy and fun.

### Health:

---

---

---

---

### Fitness:

---

---

---

---

### Personal Growth:

---

---

---

---

### A Task #1

---

---

---

---

### A Task #2

---

---

---

---

### A Task #3

---

---

---

---