

Having a Goal Mindset

Making your plans is an essential step in achieving success in both life & business. Through the Creative Careers Program, I'm here to help you with that!

To get your mindset in the right place, let's break the goals mindset down into a few simple steps:

1) Reflect on your vision

Reflecting on your vision just like we did in the Failure Resume gives you more clarity! Don't underestimate this powerful practice. Also, make sure you do a mindset check-in with yourself at least once a day.

Take some time to think about what you truly want to achieve in your life & business. Answer these few questions before you move on. It may seem repetitive & it is in many ways, but this will serve as the foundation for your goals. The more you can articulate, write about & acknowledge the Big Dream, the more your mind will believe it to be true.

What do you want to achieve in your Life?

What do you want to achieve in your Creative Career?

What is your ultimate vision?

What does success look like to you in the three main areas of accomplishment?

In terms of personal Freedom:

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In terms of your Wealth:

In terms of Lifestyle:

2) Setting those SMART goals in motion

The Smart Goals analogy stands for:

Specific
Measurable
Achievable
Relevant
Timeline

- This means when setting your goals, make sure they are clearly defined. The universe cannot align the things you desire to have with wishy-washy ideas.

I use the phrase write it to ignite it as a way to get myself to write out those goals. Much like you named that big dream in our first Creative Mastermind, in the same way writing it & putting it where you can read it to yourself makes it more real!

- Your Goals need to be quantifiable, measurable & tangible.

If you cannot measure the starting point, even if it means zero, you need to figure out where your starting point is. Know where that point is gives you something to measure. The daily small wins mean you reach a larger goal every day & until you reach that daily milestone of smaller goals, you'll feel a little lost. But all of it matters. Adding it all up at the end of the day, the end of the week or at the end of a month shows you how far you've come to reach the goals you set out to achieve.

I often find myself paging through the previous years' notes & seeing first-hand how much I've grown. It is a beautiful thing to see.

Remember that you are only going to grow at the measurable rate you can manage at every stage of your Creative Career & that will be the perfect measure as we are never in competition with others, only with what we can do today!

- Achievable realistic Goals fit into our lives with ease & those slightly bigger ones are achievable once we step out of comfort zones just a little bit to touch the boundaries of where we want to go next.

Achievement will mean something else for everyone. The key here is to know what your achievable path & journey is. Not following through on your own promises may become a source of worry in the long run. Best to start right now to reach little achievements.

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- Make it relevant. We won't need to go to business school or worry about what others are doing in the corporate industry & you certainly don't need a degree to build your Creative Career...

So instead of trying to align with things that were not meant for you, return your focus to the things that do matter. What matters is that you get to do the thing on the list that will have the most impact.

Once you have your main goals, break them down into smaller, actionable steps. This will make them more manageable and less overwhelming. Each step should be specific and have a clear purpose.

If that means learning how to write emails today instead of figuring out what babysitter to call because you feel overwhelmed, then taking baby for a stroll might be the better thing to do. But as soon as you have enough mental capacity to do that thing that needs to be done, you'll get right back to it & do it. Life happens & if today is a figuring-things-out day or a painting day or a self-care day, then that is how it was meant to be.

But don't forget to do the things that would lead to your personal growth. And remember that all those minutes between naps all add up to ticking something off the list.

After every break, make sure to get back to that aligned with your big dream & the vision you have for your future.

Alignment can be as simple as setting an intention for the day or closing the door behind you & finishing that one project you must get done! Whatever it is, make it count when you have the time by working in batches. This will help you stay focused on something specific while being in a motivated state to do so.

- Create a timeline by assigning reachable deadlines to each of your smaller steps. This will help you stay accountable, track your progress & most importantly, get tasks done.

Consider using a calendar or project management tool to keep yourself organized.

TIPS:

- Stay motivated By Keeping Your Goals Visible.
- Remind Yourself of WHY You Want Your Big Dream.
- Celebrate Your Wins Along the Way.
- Be On Your Own Side By Reducing Critical Self-Talk.
- Surround Yourself With Supportive People.
- ASK the Creative Mastermind Group For Accountability.

Goal setting is an ongoing process. Regularly review & adjust your goals as needed. Once you've noticed a goal is coming full circle, start setting the new goal. This ongoing motivator builds your Creative Career with all the things you'll be able to celebrate along the way!

If you need further guidance or support, feel free to ask any one of us.

You've got this!