

— YOUR *signature* LIFE —

MODULE 5

LESSON 1

Welcome to our final module! This is where we really make it happen, where we work toward seeing results and bringing those priorities and inspired goals to life. Before we can reach our larger goals, many smaller steps and factors—let’s call them “micro goals”—must first occur. In this lesson we focus on the fundamentals to making it happen, from the big picture, through to these micro goals.

WHAT MUST BE TRUE?

Adapted from The Deliberate Effect

Pick one of the inspired goals you previously created—one that’s resonating extra powerfully with you right now. Repeat this exercise with all of the goals on your list in your notes section to begin creating a strategic plan.

Ask yourself the following questions and fill in your responses:

How does this inspired goal relate to my “why”?

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Remember: You can do anything if you have the will to do it, and your will is directly tied to your why, your “so what”, your reason to Give A Frig. Hold this tight and remember the possibilities that await you as you map out a strategic plan.

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In order for this goal to come to life, what are the micro goals that must happen before this ultimate goal can become my reality?

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Of the micro goals listed above, which do I have control over executing?

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Is there an order that these micro goals with naturally occur in? Organize them in chronological order to determine your starting point.

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How can my board of directors help me in executing these steps?

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What are some creative ways I can go about making these micro goals happen?

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When will I commit to beginning?

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RITUALIZATION

Creative ways that I can set myself up for success in achieving my micro goals include...

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