



STRETCH YOURSELF RELATIONSHIP SERIES

STRETCH YOUR MINDSET
GOAL SETTING WORKBOOK



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ENTHEOS

C O N S U L T I N G

Making Your Dreams A Success

Entheos Consulting Group, LLC

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INTRODUCTION

Welcome to the STRETCH YOURSELF! I am very excited that you have chosen to Stretch Yourself and create the relationships you deserve in every aspect of your life.

Here are a few tips to make the most out of your investment and the appropriate sets you need to get started and for us to have effective mentoring/coaching sessions.



What's important is that you GET STARTED, be consistent and stay focused. Set a time this week on your calendar to begin! This program will be easy if you chose amounts of time that will work for your schedule. Even if you spend 10 – 15 minutes, you'll start making action plans and building momentum. I highly recommend that you make planning a habit by setting a time in your schedule each week usually on a Sunday evening to schedule your weekly to do list for taking the next step in your action plan. When you complete an action step, get out your

calendar and notes and set time up to complete the next action step. And if something gets in the way, don't worry, pick up where you left off and be sure to set another time for your next action step. I truly want you to develop a habit of consistency and focus.

FOR US TO HAVE EFFECTIVE COMMUNICATION

- Go to www.stretchyourself.org and sign up for the newsletter for monthly tips and strategies to keep you focused on your goals
- If you haven't already done so, schedule time to set up our mentoring sessions. Put them into your calendar.
- A dropbox folder will be assigned to you. You will receive an from me with details and an email from www.dropbox.com. Make sure you tag my email in your address book to prevent information from going into your spam folder.
- Here is my personal cell phone and email address: (770) 366-8599, ron@ronbroussard.com If you have any questions between sessions you have access to call or email me and I will respond within 24-48 hours.
- Any questions, place them in the dropbox and LET'S GET STARTED!

CREATE A VISION



Gather photo, quotes, and anything that will inspire you to take action and maintain your focus. Put them up everywhere you will look at them as reflect points. (Your mirror in the bathroom, around your computer,. Etc.) Both are effective ways of creating a vision and an action plan for Stretching your focus and maintain your mindset. (Our 2nd or 3rd session we will discuss making a vision board)

What's most important right now is that you **JUST GET STARTED, TAKE ONE STEP AT A TIME**, and **MAKE ACTION PLANNING A HABIT!**

You are also encouraged to talk with someone that will support you as you go through this process. Choose someone who will support you in having what is important for you in your life. Talk it up! When you talk about your goals with someone they will hold you accountable without knowing it as you go through the process.

SET A TIMEFRAME



Lastly, set a time frame for completing each step through your process. Make sure that it is realistic based on the time you need to complete each step. I hope you enjoy the journey and I look forward to hearing from you as you Stretch Yourself towards creating the relationships you deserve in your life!

ESTABLISH YOUR BASE POINT

We are at the beginning of your planning process. I don't know where you are with the goals you want to accomplish, but this is a good point in time to define where you are today, which we will refer to as your base point. A base point is an important part of stretching yourself in order to determine your current status from which you will be able to measure your progress.

Take a few moments now to answer the following questions as they relate to you and where you are today

BASE POINT FOR PLANNING

Today's Date: _____

Describe where I am today with the goals I want to achieve:

What are my biggest concerns or issues hindering me from accomplishing these goals so far?

What do I hope to achieve from completing this planning process?

Using a scale of 0 – 10 (10 being the most prepared), how prepared am I in planning to stretch myself to the next level? This is my base point number: _____

This base point number is where you currently are and doesn't determine where you are going.

Thank you for being totally honest with yourself. Being honest and courageous has an impact on not only you, but also the people around you – not only will you benefit from achieving your goals, but think about all the people in your life that will benefit as well.

Recognize that this is a process that you're starting now and throughout your life you will use this foundation to help you achieve other things in your life many years ahead of you. You will also expand on this; again this is a base point and it constantly evolves as you improve on your planning process. I am just giving you some tools to help you take the next steps so you can use this as your life evolves.

Right now we are going to be focusing on how to keep track during your journey: **How to stay focused, get moving, get unstuck, and stay unstuck! And take positive action!**

Here is some space to jot down any additional thoughts you might have about what stretching yourself might mean for you:

LET'S GET STARTED!

**IT'S YOUR
WORLD —
CHANGE IT!**

WHERE DO YOU WANT TO BE?



With a 1 – 10 score, list where you are currently in each area of your life.

Professional	Financially	Health/Wellness	Spiritual	Relationships

In each area, answer the following questions being very specific and detailed.

1. What goals would you like to achieve?
2. Explain what achieving these goals would mean to you?
 - a. Please be specific and detailed.
 - b. Close your eyes and imagine how you would see, feel, hear, what would it look like in each area.
3. What evidence will you have when you achieve this goal?
 - a. What will you see, hear and/or feel? [Again write very detailed notes.]
4. Where and with whom do you want to accomplish this goal?
5. What actions are you willing to take to achieve this goal?
6. When you achieve this goal what will be the impact on other aspects of your life?
7. Thinking back, what roadblocks got in the way of this goal?
8. You already have great skills, tools and resources. Which will help you achieve this goal?
9. What other resources do you need to accomplish this goal?
10. What action steps will you take to acquire these new resources?

NOTES