



My life deserves the best version of me. Happy 2025

Do yourself a favour for 2025

Get organised, create focus and create a plan.

Knowing what it is that you want from life, is the very first step to live MORE life.

I'm going to break down setting goals for you into five steps:

1. The first step is to determine what it is that you actually want.
2. Choose the ones you really want to achieve
3. Create an affirmation for each goal. An affirmation is a positive statement that you believe about your goal and that will encourage you to achieve it.
4. Then determine what do you need to do to get what you want. This is called Milestones
5. The last step is determining what action needs to be taken

I have broken this down into five steps. The first step is to determine what it is that you want. The second is to put your hand on your heart and choose which one you would really like to achieve. Then create the affirmation for each. The fourth step is to create what we call milestones. Milestones are small measurable goals that break down what needs to happen in order for you to achieve the goal. The very last thing is the action. What action needs to happen in order for you to achieve your goal.

You might find yourself asking. What is the difference between a Milestone and an action? Good question and sometimes very confusing because a milestone can become an action. But a milestone has to happen where an action you have options as to how it happens. Let's have a look at the example again, (See below)

In order for you to live a healthier life you need to eat better but how or what you eat can be different. You can experience and try new things but in order for you to live a healthier life you need to focus on your food.

Here is an example and then I've got a questionnaire.

Goal: Live a healthier life.

Affirmation: I have done this before

Milestones:

- Eat better food
- Exercise
- Meditate

Action steps:

- Eat better food



- Find and download a food plan
- Diarise a time to create a weekly plan to prep food
- Plan a weekly shopping

Questions for you to answer.

1. List 10 things I need/want to achieve?

2. From the list above list choose the one you want to achieve the most. You don't have to stop at only one but start with the one you need the most. Remember to put your hand on your heart.

Example:

Goal: Live a healthier life.

My goal is?



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3. Create an affirmation that is positive and that you believe is true for each goal

Example:

Affirmations:

I got this, I have done this before, I have the support I need. You go girl

4. Then answer the question, what needs to happen in order for me to achieve the option I selected above?

Example:

Milestones:

- Eat better food
- Exercise
- Meditation

My milestones are

5. Ask yourself not what action can I take now to achieve one of the milestones

Example:

Action steps:

- Eat better food
 - o Find and download a food plan
 - o Diarise a time to create a weekly plan to prep food
 - o Plan a weekly shopping



My action steps are:

Goal: Live a healthier life

Affirmations:

I got this, I have done this before, I have the support I need. You go girl

Milestones:

- Eat better food 15/01/2025
- Exercise 15/01/2025
- Meditation 15/01/2025

Action steps:

- Eat better food
 - Find and download a food plan
 - Diarise a time to create a weekly plan to prep food
 - Plan a weekly shopping



In the space below rewrite what you have written above for every goal you would like to achieve.

Goal:

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Affirmation:

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Milestones and date:

Action step and date

Now, print or save the planner somewhere you can see it daily. Remember to use it jointly with your Calendar to be sure to get the job done.