GOAL-GETTING SECRETS MASTERCLASS

Three Behind-the-Scenes Strategies to Take You From Dream to Done

WITH: NICOLE STEVENSON

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hello there!

I'm Nicole

I'm looking forward to sharing some of my goal-getting secrets with you in my Masterclass that I've learned in my two decades as a creative business CEO.

In the meantime, you can get a head start with some questions and activities in this workbook.

To get the most from this Masterclass, here are a few helpful tips.

☐ SHOW UP LIVE (and get access to a bonus!)

If you show up Live for the masterclass, you'll have an opportunity to enter to win your choice of three prizes (a FREE ticket to Camp Dear Handmade Life, a FREE booth at any of our Patchwork Show Makers festivals or a FREE ticket to Craftcation Conference 2022.) Plus, when you show up Live you can get all your questions answered in realtime during our Q & A session.
P.S. - Have some sticky notes or small scraps of paper and a pen handy during the Masterclass because we'll use them in an activity.

☐ PRINT THIS WORKBOOK

You can print this workbook and use it to take notes during the Masterclass to help you stay present and engaged as well as organize what you learn.
I also included a few questions and an activity if you want to get a head start.

☐ JOT DOWN YOUR QUESTIONS & NOTES AS WE GO

We'll have a Q & A session at the end of the Masterclass, so write down your questions before and during the class so you don't forget.

☐ INVITE A FRIEND

Have a friend who you think would enjoy this Masterclass? Maybe it's someone who you know has big dreams and could use some guidance or maybe it's a creative or business owner you know who could use some focus and community.

Invite them and you'll both have an opportunity to win our Besties Bundle Prize Package featuring goods from local makers including our own shop!

SEND THEM THIS: I'm taking a FREE Goal-Getting masterclass and I think you would love it! Click this link http://bit.ly/DHLgoalswebinar to join me and we could win a Bestie Bundle!

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GET A HEAD START...

Attention early birds:
Here's an activity and some questions for you if you want to get a head start.

Why did you sign up for this Masterclass?

ACTIVITY: THE STICKY NOTE BRAIN DUMP

SUPPLIES:

- Sticky notes
- Pen or pencil
- Timer
- Optional: turn on some music that makes you feel inspired but isn't distracting.

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WHAT TO DO:

1. Set a timer for ten minutes and write down every goal that pops into your head on its own sticky note.

Don't worry if your goal seems silly or impossible. Maybe you don't think you have the skills or resources to pull it off or maybe it seems totally absurd. Quiet that voice inside your mind that starts rattling off all the reasons why you can't.

"You can't become an artist! You've never painted before and you're 40 years old!"
"You can't start your own business! You didn't go to business school."
"You can't grow your business to a six-figure enterprise with employees and time off! You don't have the capital."

IGNORE ALL OF THOSE VOICES! This is not the time for the can't, this is the time for free-flowing ideas. Your only job is to write down every single thing that pops into your head on a post-it note and then place it in front of you and move on to the next note.

2. When the timer goes off, step back, take a deep breath and look at all your possibilities.

This is one of the first steps towards your magical transformation. Getting it out there, admitting it to yourself and the world or at least your wall! If you don't know what you want, it's impossible to get it.

Maybe it feels good to get those goals out of your head onto paper. Or maybe it doesn't feel good yet. Maybe it feels overwhelming? Or maybe you can't quiet your inner critic and their "you can't do _____ because of _____". If it doesn't feel good yet, don't worry, I'm going to share a few secrets in the Masterclass that will help eliminate the overwhelm and shut that damn inner critic up.

What are the top five things that you wrote down that excited you the most?

1. _____
2. _____
3. _____
4. _____
5. _____

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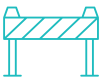
QUESTIONS & NOTES FOR THE MASTERCLASS

MASTERCLASS AGENDA



Bust through your goal-getting roadblocks

Live Q & A

I'll tell you how to work with me and get goal-getting support at Camp Dear Handmade Life

Define and assess your goals

Create a practical action plan

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Define and assess your goals

What are the two questions you should ask to assess your goals?

1. _____
2. _____

What outside factors that can influence your goals did you identify with?

_____

_____

_____

What does each letter stand for:

S _____

M _____

A _____

R _____

T _____

How did your goal measure up when you ran it through the S.M.A.R.T. Goals Machine?

_____

_____

_____

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Bust through your goal-getting roadblocks

What roadblocks have come between you and your goals in the past?

Which three symptoms did you relate to the most?

1.
2.
3.

When you said "I am enough exactly as I am right now in this moment", how did you feel? Did you believe it? Did any objections come up?

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Make a practical action plan

Have you created a practical action plan to go after your goals in the past? If so, was it beneficial?

How much does formulating an action plan and weekly accountability increase your chances of successfully achieving your goals?

- [ ] It's doesn't
- [ ] 25%
- [ ] 10%
- [ ] Your chances are double

Have you ever had an accountability partner or group to help you with goal-getting? If so, was it beneficial?

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