



GETTING ORGANIZED & SETTING GOALS

New year, new you! This workshop is designed to help you make meaningful progress towards your goals across all areas of life. We'll also demo & offer a free tool to help you break down your goals into actionable steps and find new ways to grow & improve. Our aim with this program + product combo is to help you **manage & master your life**.

WHAT'S YOUR WHY

We'll start by identifying what you're struggling with in terms of productivity and purposeful living. We'll take stock of where you are right now and what you're trying to achieve.

MAKING YOUR SPACE SPARK JOY

The easiest way to signal to your brain that you're ready for change is to redesign your environment for success. We'll cover changes you can make to your physical & digital space.

DEFINING YOUR DOMAINS OF LIFE

Here we'll help you identify what areas of life or values are most important to you. This sets the stage for you to start thinking about your life holistically and strike a good balance.

SETTING GOALS

We'll discuss a simple framework for thinking about goals as either milestones or lifestyle shifts. We'll review several examples across various areas of life to drive the point home.

BRAIN DUMP & DOCUMENT

This is arguably the most important part! We'll break goals down into actionable steps that you can implement right away. Achieving your goals means figuring out how to take action.

VISUALIZE SUCCESS

We'll wrap up by discussing techniques for visualization and offering some prompts to help you manifest your dream life. This is powerful. Believe you can and you're halfway there ✨