

00:00:00 Okay, here's my promise. D'oh! By the end of this episode, he'll be excited to set a goal because you're gonna see how having the right goal makes your life easier. Having them right go helps you make better decisions. Prioritize better so that you can live a happier and less stress life where you're just being your best self. Today I'm sharing why you need a goal and how goals help you. How goes hobby to grow, to learn to achieve incredible things and most of all, enjoy your life in the long term and each and every single day.

00:00:33 So listen up. If the last couple goals you sat and maybe didn't achieve left you feeling disappointed or exhausted and made you swear off goals forever, this is for you. Or if you're the kind of woman who has never cycles or it's been, you know, since high school cap class. That's all right. Listen up. I got you covered here too. Not only are you gonna be pumped to set a goal, but you'll get the first step to take even if you're burnt out or you have no idea where to start.

00:01:01 So consider yourself warned Goalden Girl. By the end of this episode, you'll be a goal ever to welcome to the Goalden Girls podcast where we believe you can have it all. I'm your host, Lisa Me show, and I'm spilling tangible tips, gold getting strategies and real life stories to inspire you to tackle your biggest dreams. You're a woman who knows you're made for more. Get ready to leave the excuses and self doubt behind by being vulnerable, sharing your truth and having honest conversations so you can succeed on your terms.

00:01:36 Together we'll set goals you'll actually achieve by staying motivated, having fun and building a community of women empowering women. It's time to tap into your best cell, get confident and truly have it all. Goalden girl. Let's dive in. Well, Hello, Goalden Girl. Thank you so much for joining us for this episode of the Goalden Girls podcast. All about why you need a goal. I'm gonna go out on a limb here and say something that not everyone will agree with. But it's my truth.

00:02:06 And it's the truth that I know you need to hear. Everybody needs a goal. Always. So if you've said goals in the past, and he didn't achieve them and got frustrated and discouraged. And maybe you think that you're just not a goals person or there's something wrong with you. Keep listening. I promise you goals can still help you. And through this podcast, I'm gonna help you set the right goals and help you actually see them. But it starts with you, and it starts with having a goal.

00:02:33 If you're someone who hasn't set them in years, you've never sat one. I've got you covered too. If you started telling yourself, you know I'm not a goals person or goals don't work for me. I promise you, you can be a goals person too. Now, maybe you're that person who has too many goals. And you're thinking, Hey, Lisa already have a bunch of goals and they're not working for me. And maybe you're considering quitting or giving up right now. Keep listening. Okay?

00:02:57 Because today I'm sharing what you need to hear today. I'm sharing the top five reasons why everyone needs a goal. I'm sharing. Why even you need a goal even if your life is pretty great right now. Okay, Even if you've already achieved everything you wanted to in your life. This is so for you. And for those of you that have no anywhere to start, trust me. I got you covered. I'm gonna be sharing the first step to create angle, especially if all you've ever done before is quote smart goals.

00:03:25 Okay, so today we're talking about how goals impact everything in your life because spoiler alert, it is not just about the achievement. It's not just about the goal. You get to the end. It's about how goals impact and change who you are and in turn, change and impact everyone around you. You're gonna see how having clear goals is gonna help you every single day. It's gonna help you. Prioritize is gonna help you make great decisions and really live every day, a little less stressed. And instead, you'll feel more purposeful, more fulfilled and happier.

00:03:55 Yeah, I know you want that too. Now the full disclosure if you have everything you want in your life, like there's not one thing that you would change or want or want more of or less of. Then maybe this episode is not for you. If you're not interested in learning or growing or changing or seeing what's possible in your life or becoming the best version of you. This episode is definitely not for you. And in fact, if you don't want to learn to grow or develop yourself, well, then this whole podcast probably just isn't for you.

00:04:23 But if you are the person who enjoys learning, challenging yourself, growing, becoming a better version of you, you're in the right place, I believe. And what I've seen you in my experience coaching women and achieving my uncles goal setting is critical to your satisfaction in life on pretty much every measure on health and wealth, joy, love, fulfillment, all of the things and so much more. So let's talk here of the five reasons why everyone needs a goal. Yeah, let's start with the 1st 1 Goals are just intention and intention allows us to live without regrets.

00:05:00 I know that for some of you listening, you might hate the word goal or he might be triggered by that, And they'll be an episode for you one day in the future, I promise. But for now, I want you to just shift your mindset from the word goal to intention. without having intention without coming to your day or two, you're weak or chairman through here alive with intention. You live it onto felt okay, You end up relying on old habits or old mind sets, old patterns, and you end up just getting more of what you already have.

00:05:32 Look like I said, if you're the kind of person who already has everything in your life like there's nothing you want, different all, maybe this isn't for you. But if there's something that you would want more of, you know, maybe more energy, maybe more laughter, maybe more time to spend with family or friends. Then intention is just you saying, Hey, that would be really great. I'm gonna find a way to make that happen. And that's all that a goal is. Same thing with less.

00:05:59        Maybe you want to have less judgment of other people in yourself. You feel like you judge others. You judge yourself too much and you just want a little less of that or you wanna work less or you want to feel less stressed or you wanna be, you know, less. Tighten your hips like I feel right now in my life. from sitting so much like all of these things are just intention, and those are just goals now. Some of those are kind of light, and some of those are a little heavier.

00:06:24        And I wanna go deep here for a minute because I think it's important that we don't just brush over this like ghouls are some Twinkie easy peasy, lightweight thing that we can take or leave Ronnie, where was a pallet of characters and wrote a book called The Fire Regrets of the Dying and as you can probably guess from the title. What she did is she paid attention to the regrets. She kept hearing over and over and over again from people on their deathbed. And what she kept hearing was five regrets that I must share them with you right now.

00:06:55        She kept people hearing. People say, I wish I'd had the courage to live true to myself, not what others expected of me. I wish I hadn't worked so hard. I wish I'd stayed in touch with friends. I wish I had the courage to express my feelings, and I wish I let myself be happier. I don't know about you, but just listening, please, And hearing these it brings tears to my eyes because I believe that each and every one of those regrets are just people living without intention, people living without goals.

00:07:27        I believe that if at some point in these people's lives, in your life and in my life, if we just take a moment and pause and look at our lives and say what I want more of, we probably would have been able to come up with exactly these things we'd be able to right now. Look, we all have the chance right here, right now today to look at our lives and say, What do I want and make a change to make a better tomorrow? The things that we identify today as what we want to change are the things that we will not regret on your deathbed.

00:07:58        I'm gonna say that again. If things we say today, the things we said intentions we set today are their regrets that we won't have on her deathbed.

00:08:07        So we are in control in her book, you know, she talks about how she people wish they'd known that happiness was a choice.

00:08:15        She said that so many people didn't realize. I never thought about it. They just kind of live life and their defaults and never never realized they were actually controlling that.

00:08:23        They could create change for themselves so that that, to me, just makes me see it makes me so passionate about goals because part of goals absolutely is setting intention.

00:08:36 And that's what gold is ours. This intention So you can send an intention to live life sure to you or to have the courage to express your feelings or hang out with friends more, work less or be happier.

00:08:45 You can set those intentions. But the other cool thing is that a boat goals were always reflecting and checking in.

00:08:51 And so if life isn't going exactly the way you wanted to, if you think that there might be something in your heart that you know, you were right when you were on your deathbed, then you just set as a goal and you said it as an intention.

00:09:00 Today, the idea of laying on my death bed with regrets honestly scares the crap out of me, and I hope that it scares the crap out of you, too.

00:09:12 You don't want to get the final moments of your life and wish any of these things. You do not wanna have these regrets.

00:09:19 I got to say this. I I talk a lot about big goals and big dreams because that's what I have.

00:09:25 But really, it's not about having big or small dreams or big or small goals. It is about any size, and it's just about being true to you.

00:09:32 When you read the brownie, Brownie wears regrets. The one that she hears, people say, like they're not, you know, become a billionaire.

00:09:39 They're not live on a yacht. They're not, um, make six figures and passive income, or have us fancy job title there things that each and every single day each one of us could live.

00:09:51 That means that each one of these regrets is in your hands and in your life and in your control.

00:09:57 Today, your goal can simply be to be present every single day. Your goal can be to get in touch with one friend.

00:10:07 Today, your goal can be Thio. Express yourself every day to be courageous, to dance or to laugh.

00:10:13 It doesn't have to be some big, overwhelming thing, so you're gonna hear me talk about big goals a lot in this podcast and Biggles just mean big, whatever that means to you.

00:10:24 And I want you to know that big or small, your dreams matter, your goals matter. It's all about living with intention.

00:10:31 When you live with intention today, you die without regrets. All right, I know. That's I know that's heavy.

00:10:39 I know that Steve stuff, but I told you here, I'm not here just for a highlight reel.

00:10:43 I'm not here to have another fluffy conversational goals. I'm gonna talk about the real heart to heart stuff that matters in our lives, in my life and in your life.

00:10:52 So if you're still here with me, let's go. Because this is what I'm all about. This is what I love talking about jamming on.

00:10:58 So thank you. Thank you for being here. All right. Here's the second reason why I think everyone needs a goal.

00:11:05 If you don't know where you're going, it doesn't matter what path you take Now. George Harrison's things about this he says, If you don't know where you're going, any road will take you there.

00:11:14 And a classic Alice in Wonderland interactions When it comes to my mind, too. Is that Alice? When she meets the Cheshire Cat?

00:11:20 She says, Which way should I go? And he says, Well, where where do you want to go?

00:11:24 And she's like, Oh, it doesn't really matter And he says, Well, then doesn't matter what path you take, and that's really the truth.

00:11:29 You know, goals allow us. They allow you and me to create a life that we design. They allow us to choose what we want in this in this life without direction, the path doesn't matter without goals.

00:11:41 It is super easy to aimlessly drift through days and weeks, years and even decades of your life. There's this unknown quote.

00:11:50 Online art are she's the author is unknown and the quote is known. In the absence of clearly defined goals, we become strangely loyal to performing daily acts.

00:11:58 A trivia Isn't that the truth like how many times have you look back and realize? Wow, what the heck was I doing on my phone for the last hour?

00:12:08      Have you ever looked back and thought, Oh my gosh, I just had this whole conversation with this person and I don't remember the last thing.

00:12:13      They said so often when we're not living with intention when we're not showing out. But we don't know where we're going, what we're trying to get out of an experience or being present to it.

00:12:23      Time just passes by and those things happened in moments on our phone or sometimes in meetings. And then they just keep droning on and on and on.

00:12:31      But that's so easy to have happen with the rest of your life. This is also a super important point that I want you to hear when you don't have a goal.

00:12:38      When you don't have an intention, it gets really easy. And it actually probably even becomes a habit to just say yes to everyone else's agenda is and everyone else's priorities then winds up happening is end up doing all these things for other people, and you're not feeling unfulfilled and exhausted and unhappy and lost and then he really confused and not really sure why you feel that way or how to fix it.

00:13:01      I'm gonna give you some examples here that I that I come across a lot in the work that I do with my clients with my students when you don't know where you're going and when you don't have intentions.

00:13:10      This is when I see women or men to going to school and getting a degree that then doesn't excite them.

00:13:19      This maybe this is you. Maybe you're staying in a job right now that you don't like. That sucks the life out of your soul every day because you don't know what you would enjoy.

00:13:27      More or worse, you don't think it's possible for you to enjoy a job. Another big mistake that I see if you don't know where you're going, don't know what you're creating and you're not intentional about it.

00:13:40      You don't have goals. You can have all the success in the world. Let me even say this.

00:13:46      If you do have goals and they're not the right goals, you can have all of this success in all the titles and the money and all these things even hack even the family, whatever that is.

00:13:56      But you won't feel fulfilled because chances are it wasn't the stuff that truly makes you feel life and is meaningful.

00:14:02 When you don't have goals that are meaningful to you. You tend to rely on the goals of everyone around you which may or may not be aligned with what you really want.

00:14:11 And I have a good friend, Alison. You know, um, I'm gonna share her story an upcoming podcast here, but she shares her story of when she had a really great job and she had a great money and she was still miserable because she just done these things that she thought were the right things to do, You know, being a good girl, being a nice girl, doing the right thing, growing up ticking boxes just like I had.

00:14:31 Except she ends up really miserable. And the truth is that when you don't have goals, when you don't have clarity about where you're going, even if you do have success, you're going to be unhappy you're gonna feel.

00:14:43 And maybe some of you do feel this way. You feel like you probably should be grateful for what you have, and and maybe you, even you probably even our But something just doesn't feel right in your heart.

00:14:51 You feel frustrated or restless, and you just you can't quite figure out what's going on. If this is you, it's because you don't have clarity.

00:14:59 You don't have a direction. You don't have a goal or intention for your life. That's meaningful enough to you.

00:15:05 You don't have something that's pulling you along and giving your purpose and giving you energy and giving you that flow that you need and putting you in control of the purpose and direction you have for your life.

00:15:17 When you have a goal, you get to choose. I truly believe that your life is meant to be amazing, but you have to choose that you have to go for it.

00:15:26 Goals are would allow you to live a life of design and a life of your design, not a life of default.

00:15:33 All right, so let's talk about the number three reason why I think everyone needs a goal. It's because goals help you every single day.

00:15:41 Okay, is not just these big picture things. I know we're talking about life and death, bed and regrets and purpose, and these are really freaking important things talk about.

00:15:49 So I obviously didn't just came over them. But let's talk about how gold's help you every single day, pretty much on a daily basis.

00:15:58 I get messages from my clients, my students from women around the world asking me, How do I focus?

00:16:05 I have all these things I wanted to and I don't know where to start or they're saying I don't have enough time.

00:16:10 How'd I make time to exercise or to go see my friends or to start the side business that I want to D'oh.

00:16:16 How do I prioritize? And my to do list just keeps getting longer. If you can relate to any one of these things, know that you are not alone.

00:16:24 If you do not have a clear goal and I'm a big fan by the way of having won gold, focus on at a time and I will talk about this probably every episode at least.

00:16:33 Um, one goal. Having a goal, though, helps you prioritize. Okay, It helps you with exactly these challenges.

00:16:40 As you're saying, I feel like I don't have enough time. I don't know how to prioritize. I can't make decisions.

00:16:44 Baba goals will help you. Because when you have one goal, you can look at what the things are that are gonna help you meet that goal and pretty much say no to everything else and it gives you you know the excuse.

00:16:56 Sometimes I think we feel like we need excuses in ourselves. It helps you decide what's important, I believe.

00:17:02 And it's right in the inter on this podcast for a reason. You can have everything. You can have it all.

00:17:08 You cannot do everything. Can't say that twice For the people in the back. You you can't do everything you can have everything, can't do everything.

00:17:19 You can have it all. You can't do it all. So having goals How did you say no?

00:17:24 So you can stay focused on what's really important. He knew when you fall in love with something and you want to tell everybody you know and scream from the rooftops, well, that's how I feel sometimes about things that I fell in love with.

00:17:38 And I want to share them with you too. From time to time I'm gonna share products and service is that I absolutely adore.



00:17:46 Thank you so much for considering using one of the links that I share. I create this podcast completely free to share with you.

00:17:53 And I really want to keep the integrity and only share what I believe in both the content that I create and the products and services I might share affiliate lengths.

00:18:03 And here's what I want you to know when you use the link. It doesn't cost you a thing, and it helps me to be able to give you more great and free content like this.

00:18:12 So thank you so much for supporting me. Thank you for supporting my business, my family and my team.

00:18:18 I truly look forward to sharing on Lee the best of life and business so that you can also create the life in business that you love.

00:18:26 Thio. Now here, Let's get going here. Number four. Why you need a goal. Goals are how you become the best version of you.

00:18:35 Goals are not actually about what you achieve. Their not about a certain milestone or a medal or a trophy or an award, although that's off does feel great, too.

00:18:45 Goals are about who you become in the process. Goals fundamentally transform who you are. Goals become your habits.

00:18:53 They become the way that you behave every day. And the right goal isn't just about an outcome or a marker of success.

00:19:00 It truly fundamentally changes who you are Now. I have to share some examples from my life. You know, I remember a couple years ago graduating from university.

00:19:10 That's a lie. Now that I'm saying that a lot of money, that was more than a couple years ago, but without dating myself, we'll pretend it was just a few years ago coming out of university, Man.

00:19:18 I was so sick of reading all the textbooks, I should say, not reading all the tax books, but knowing I should.

00:19:25 And it was a couple years in my career where I realized, you know, I probably would love to start reading again and I'm gonna do it.

00:19:31 So the first year I said I was gonna read five books. That was my goal for the year to read my books and I crushed it.

00:19:38 I read, like, 10 or 12. And the funny thing is, is that every year since then I have never had to set that goal again.

00:19:45 I just read. It's who I became. I became someone who looked at the bestseller lists. I became someone who talked to people about what they were reading and got ideas.

00:19:55 I have a good reads account and keep that pretty up to date. So goals. That's an example.

00:20:00 My goal of reading a couple books a year became just who I am because no longer goal it. I say this and I must say this a couple times, probably over the time of this podcast, But first it's a goal.

00:20:12 Then it becomes a habit, and then it's just you, you know, the same thing happened with me becoming a runner.

00:20:19 I was not a runner in elementary school. Any of my high school P e teachers will tell will be probably floor to find out that I've run 7/2 marathons and consider myself a runner.

00:20:29 And the beginning I didn't know what I was doing, and when we'd travel, I would follow completely off the travel and running bandwagon.

00:20:36 I would lose all of the momentum and strength that I gained, and then slowly, my goal to run 1/2 marathon started changing me and started changing my habits.

00:20:47 I would come home from work and instead of first thing I did to sitting on the couch is I would get up and put my running shoes on and go for a run.

00:20:53 In the mornings, I would go for a run when I was on occasion out, but my runners and go run in a new city and find cool running trails.

00:20:59 It literally became who I waas and then now it's just me, you know. I look at runners and I get so excited for them and I cheer runners on and I were running shoes and I normally go for runs.

00:21:11 Right now. I'm healing from an an injury, but it literally has transformed me because first it became a goal to run 1/2 marathon.

00:21:19 And then it became my habit to go for runs and research half marathons and be a part of running groups.

00:21:24 And then now it's just me. Now that's just a part of who I am. I'm a runner and I love the community, and I love what it does for me, Emma and my whole body and mind.

00:21:33 This is the cool thing about goals is that goals are how you become the best version of you. They fundamentally transform who you are, and that changes your whole mind set and your life.

00:21:43 Henry David Thoreau has a quote, which I absolutely love, and he says, what you get by achieving your goals is not as important as what you become by achieving your goals.

00:21:52 And that is so true. It's not about the 7/2 marathons on Iran and the race medals. When I have or the personal bastard any of that stuff.

00:22:02 It's about me and how I had to fundamentally change. I had to become disciplined. I had to become dedicated.

00:22:10 I had to get consistent. I had to become confident enough and brave enough. And I had to get up early sometimes and push myself to do things when I didn't really feel like it in the service of a bigger vision for my life.

00:22:23 And those are the things that you know, at the end of a race. The medal is there and that's done.

00:22:29 But me becoming stronger, me becoming more consistently becoming braver, me becoming the kind of person who does hard things and can do hard things that can challenge yourself.

00:22:38 Man, that is something that has changed me, and that shows up in every part of my life.

00:22:43 I am a better mom because of that. I am a better entrepreneur. Because of that, I can coach people better from that place I learn quicker I and we're dedicated.

00:22:54 This is a big deal in case you can't tell by the way, from the passion of my voice and, like arms are flailing all over the place.

00:22:59 Some of you guys might be watching this on video and get to see this. This is a big deal, and that's why we're here to do it!

00:23:05 It is a big work. Goals are not for the faint of heart, but once you get moving, you will be amazed at how fast you'll see progress and real change.

00:23:15 Now, I kind of touched on this, but I want to go a little deeper. This is the fifth reason why I think goals are for everybody.

00:23:24 It is because goals are about so much more than you. I know as a woman and as often as moms.

00:23:33 If your mom too, we often put everyone else first. We make sure that our kids air fad that they've got imply cuter clothes and us.

00:23:43 We make sure our partners are taking care of our team at work is taking care of, and our friends are happy in our family.

00:23:49 Everybody comes first and here's the thing. Goals are about more than you when you make time for your goals and let me say this, you've got to make time for goals.

00:24:01 You gotta make time, create time, not just find it. You'll never find it. But when you do that, you will, in the process, positively impact everyone else around you when you become healthier.

00:24:14 So to those around you, when you come to make a healthier dinner for your family, they're all how healthy or two when you make a healthier dinner option.

00:24:24 When you go for it with the girls for a drink, you probably encouraging them to be healthy, too.

00:24:29 When you start reading, you inspire others to do the same. Like all of these things, if you've ever heard that quote, you're the average of the five people who spend the most time with.

00:24:37 No, you are bringing up the average of your friends group. You are bringing up the average of your family, and that's a pretty pretty big deal.

00:24:45 It's pretty cool. Um, I think that that is such a good reminder to be conscious of who you're letting into your life.

00:24:51 You know, make sure that you are wanting to be the average of five people you're spending the most time with that you've got good people in your life.

00:24:57 But it's also challenged for you in a question for you to want to be your best self. Because if you are some people's average, you being a better version of you.

00:25:08 You having great goals. You creating an amazing life actually makes their lives better, too. You know, when you start thinking about saving money or you make a goal to create more incoming generate wealth in your life, you can create change in your whole friends group.

00:25:26 So I just want to bring this out there for you to hear me loud and clear that doing these amazing things in her life is not selfish.

00:25:35 You having goals and doing things for you. By doing that, you're actually doing everyone around you a favor too.

00:25:43 Now, to be clear, you are allowed to want and do things just for you, too. Isn't it amazing?

00:25:49 Isn't it great to know that when you inspire others and when you're going for your dreams, that is gonna help those around you too?

00:25:55 I feel like it just really brings home, especially for the part of me that is a bit of a people pleaser and working on getting over that like it is just great to hear and know that me doing the things that are important to me are gonna be better for everyone else around me, too.

00:26:11 All right, I want to show this last quote here for you guys because I think it just say it says it so well.

00:26:18 It's a John F. Kennedy quote, and he says the rising tide lifts all the boats. When you pick a goal, when you work on a goal, every other part of your life improves every other part of other people's lives around.

00:26:31 You also improves. It's a rising tide. Okay, you setting a goal and you becoming a better version of you.

00:26:37 You living with intention lifts all the boats both in your life in his life and the lives around you.

00:26:42 When you are healthier, you start showing up differently in your parenting, in your team meetings in your relationship with your money, with your food like and everything impacts in the other.

00:26:53 And so your goals, it one goal even can be the rising tide that lifts all the boats in your life and improve so many different aspects.

00:27:03 Okay, so maybe you still have a few thoughts. They're, you know, does everyone need a goal?

00:27:07 Do I always need a goal? Here's what I'll say. Is there something you want more of in your life or less of?

00:27:14 Do you want to have more work, life balance, have more fun, have more self control or more energy?

00:27:20 Or do you just want to quote have it all together, whatever the heck that means Now I talk about girls a lot at events and conferences and workshops online and offline, and I get a lot of the same questions.

00:27:31 So let me bring up two of the most common things I hear and help you out with them. One of the most common things I hear from women that are already successful in already high achievers is this.

00:27:42 And I even had it like paying kinds in my goal setting programs Say this to me. Yeah, but Lisa, I already have a lot.

00:27:49 Shouldn't I just be grateful with what I have like, Do I really need a goal? I already have so much Here's what I get to say to you, my friend.

00:27:57 No matter how good your life already is, it is okay to want more or to want something different.

00:28:03 This to me is a limiting belief here. And I'll talk about this more in a future episode. This you're not the only one, by the way, if you're hurting me and thinking, Yeah, but Lisa, come on.

00:28:14 I've worked with a lot of women who feel like they should just be happy with what they have or they tell themselves like I'm luckier than most people in the world.

00:28:21 So I should just be happy with with that and just be grateful and just put my head down and appreciate that what I want to say to you is as best as you can to just let that belief go and and say this.

00:28:33 Let me say this. You can do both. You can absolutely be grateful, and you really like, should be.

00:28:39 Why not? You know, you can be happy with what you have. You can truly understand and appreciate that you are already luckier for what you have in the world and luckier than a lot of other people.

00:28:50 I mean, even the fact if you're listening to this today, if you've got a phone like you are in the top, most like you people in the world if you got clean air and clean water, not everybody has that.

00:28:59 So unless you take a moment and really appreciate that and live that and be grateful for that, whatever that level of happiness and success is for you.

00:29:09 And we've got to say this girl, you can still want more. You can still have goals. You can still have a goal and achieve something else.

00:29:18 And it doesn't mean that you're ungrateful or doesn't mean that you're not worthy of it. Doesn't mean that you don't think that you're already luckier.

00:29:23 Appreciate what you have. It just means that there's more out there for you and remember you sacrificing on your dreams and you living a less than life isn't actually serving anybody so playful out If you want more.

00:29:37 Yes. Be grateful for what you have. Yes, be appreciative and go for what you want. Okay, so the other question I get and maybe you're here with me.

00:29:46 I help you here with me at this point and you're like, Okay, Lisa, I hear you.

00:29:50 I feel you. I'm convinced I'm in. Where do I start? Well, here's the restart. This is your first step.

00:29:57 I want you to start by running at writing out 100 dreams that you have for your life. 100 things you would wanna see or experience or feel 100 things you want for your life.

00:30:11 That's it. It's It's pretty simple, I know. But the truth is that most of us have never really given ourselves permission to dream like all the dreams.

00:30:19 So this is where you start now. I've created awesome guide for you and a plea she that you can download for free at least to me.

00:30:26 Show dot com forward slash 100 dreams. If you go there, it will guide you through this exercise.

00:30:32 Okay, So if you want it, go to my website and grab that or click on the show notes below and you have a link there.

00:30:39 Now, if you're somewhere and you can download it right now, that's okay. You can still get started today.

00:30:45 Open up a note on your phone or on your computer or open open email or an old fashioned notebook.

00:30:50 Remember? A pen? A paper like that. You can totally do that, too. Start writing, like make a list of all of your dreams.

00:30:57 All the things big or small. Maybe you want to have a plant that you actually keep alive for several years.

00:31:04 Maybe you won't dream of sleeping in. Maybe you wanna watch a sex in the city marathon or live in New York City?

00:31:10 Maybe you want to go skydiving or take a cocktail making class or start a nonprofit or sing in a choir?

00:31:17 No. Dream nothing. You've got no experience that you want is too big or too small as you go through this.

00:31:24 First of all, it's actually pretty fun. A lot of my students and clients always come back to me.

00:31:29 They're like that. I'm having the best time doing this, so make it fun. Make it yours.

00:31:33 Have a good time with this. What you may find what some people do find is that the first few are easy and then it gets harder.

00:31:41 So I want you to keep going. Okay? As you're doing this, notice any limiting beliefs that come up notice any time you go to write something down and you almost don't because you're afraid you may not be able to do it.

00:31:54 Or what would people think? Or that's too expensive over any of those limiting beliefs. First of all, take note of what that limiting belief is because, no doubt that's showing up in other places of your life.

00:32:05 I want you to take note of that. The second thing. Let it go. Say thank you to that thought and release it and write down that dream.

00:32:14 I don't care how crazy it is. I don't care if you're the only person that in your family to do it or you're the only person in the world like no one's ever done it before.

00:32:21 It doesn't matter. Just write it down. Think about how you want to feel in your life. You wanna feel strong.

00:32:29 You want to feel excited. You want to feel inspiring. You want feel proud. What are the emotions, then?

00:32:34 Think about what dreams to make you feel that way, so that's where you start. That's what's next.



00:32:39 Grab your 100 dreams play sheet again. You'll find the link in the show notes and go to Lisa me show dot com forward slash 100 dreams to grab your Fleury play sheet there.

00:32:50 I want you to get started, my friend. Get dreaming. Then you literally just pick one dream and get going like that's all.

00:32:57 That's the simple version of how to set a goal and how to live with intention. I want to leave you with this.

00:33:03 There's a quote that's been floating around the Internet that's come across my heart a few times. I want to share it with you.

00:33:10 It goes like this on your last day on Earth, the woman you could have become. We'll meet the woman you became my friend.

00:33:21 I want you to become the woman you're meant to be set the right goal for you so that when you meet the woman that you could have become Is she the same woman you are.

00:33:31 She's you and you became that you become exactly who you're meant to become. So what else? Like what's next here?

00:33:40 We'll stay tuned. Goalden Girl. In the next episode, I'm talking about why smart goals suck. Yes, I realize that it's by the only ever only way you've ever heard about setting goals, and it's probably also why you haven't achieved your goals because it simply doesn't work.

00:33:54 So I'm breaking that down for you in the next episode. I'm also sharing what to do instead and why you can ignore everything you learned about smart goals so that you can actually be successful in your life.

00:34:06 If you're not already, make sure you are subscribed. The Goalden Girls podcast. In the next episode, I'm tackling some of your biggest goal questions like, How did she for goals?

00:34:14 What it looks like, what kinds of goals you should have. This is exactly what this podcast is about.

00:34:19 You know? How do you get clarity? What are the nitty gritty of goals and how do you break it down?

00:34:23 So stay tuned to keep learning, I got to say, And I will say this every single time.

00:34:29 Thank you from the bottom. My heart for listening. If you have a friend or a coworker, a team member, a business B F f ah, partner, anyone that needs to hear this, please share it with them.

00:34:40 Take a screenshot shared on social and tag me because I would love to see it. Make sure that you subscribe because that's how you gonna get the notifications for our bonus episodes.

00:34:49 I want you to get the best strategies and support on your Goalden goal Getting journey. Thank you so much for listening.

00:34:57 If something spoke to you, send me a message by sharing this episode and tagging me on social media.

00:35:02 If you know someone who loved to hear this episode, please share it with them too. Because I love surprises.

00:35:07 Make sure you subscribe to Goalden Girls podcast today. It's the only way to find out about bonus surprise episodes and make sure you don't miss a single beat on your Goalden journey.

00:35:17 Thanks again for listening that will talk to you in the next episode of the Goalden Girls podcast.