

00:00:00       doing the same thing over and over again and expecting some kind of a different result. That's the definition of insanity, right? And yet, if you're anything like me, you're guilty of doing this. Sometimes chances are you're probably making at least one maybe more of the most common goal setting mistakes out there and then looking yourself wondering why it's not working. So let's do something about it. In this episode, I'm sharing the top five Vegas most common goal setting mistakes you're probably making here is my promise to you.

00:00:32       You will not make these super common and self sabotaging gold setting mistakes again. Not only will I help you to see the mistakes you're making, because hello, I've made them too. So I know. But I'm gonna show you what you could do it instead to make sure you do achieve the goals you want your life. By the end of this episode, you know what to change with any goal you're working on right now. Best of all, you'll be ready to set your next goal in a way that's gonna help make you way more likely to succeed.

00:00:59       So say goodbye to insanity because you I'm never gonna make these goals. Any mistakes again. 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 together we'll set goals you'll actually achieve by staying motivated, having fun and building a community of women empowering women.

00:01:42       It's time to tap into your best cell, get confident and truly have it all Goalden girl. Let's dive in. Well, Hey there, Goalden girl. Thank you so much for joining for this episode of the Goalden Girls podcast. The top five biggest, most common goal setting mistakes you're making with each mistake I share. I'm also gonna tell you what to do instead with Riel tactical tips you can take away two day And you know, I'm also all about the honesty. So here is the truth. I'm just gonna lay it out there for you.

00:02:13       I have made every single one of these mistakes before, and I still make them. So I need this episode two. What I'm about to share is not about shaming you or judging you are making you feel worse about yourself. Instead, I want you to be open. I want you to just be open and honest with yourself. If you're making any or maybe all of these mistakes. My request for you is this. Be ready to learn and try something new. There's something I say triggers you or makes you a little uncomfortable.

00:02:42       I'm gonna ask you, by the way, not just in this episode forever to look deeper in yourself and ask you why it's uncomfortable for you anywhere in your life. That you're uncomfortable or feeling triggered is simply an opportunity for you to learn more about yourself and see where this room inside you to grow and possibly something new to explore. So if you're on board for some honesty and some real truth, let's dive in. Here are the top five gold setting mistakes you're making and what to do instead, number one.

00:03:09 This is the most common goal, and if there's any other overachievers out there. Put your hand up with me right now. How high up in the air, the number one mistake is setting too many goals. What we tend to do is overestimate what we can do in a year and underestimate what we can do in the next five years. So think about it. Have you ever hit January 1st and decided that this is gonna be the year that you find the love of your life that you get that promotion you've been waiting for?

00:03:37 Probably start the passive income side house hole. Run the marathon, travel to six countries. Write your book, et cetera, et cetera, et cetera. Okay, And if you're here with me and you stuck your hand in the air, you're not the only one because my hands in the hair too so often we're guilty and we try and do all the things at once, and then we end up just getting burnt out and discouraged. The reality is, is that while we trying to do all the things in, like, a year, if you look at the next five years Oh, my gosh, you could be living a radically different life, and in 10 years you might not even recognize it for me.

00:04:13 I look back to five years ago, and at the time I was living in Fort McMurray, Alberta, I was working a corporate job, and so was my husband. We had a 3000 square foot house with a backyard in trouble car garage and had one rental property at the time and no kids and a heck of a lot of freedom. Now, five years later, I live in downtown Vancouver in a condo, which is crazy and in my dream come true. We have nine rental properties, and we're looking to buy a few more.

00:04:42 We have a beautiful daughter and I get to run this business, something that I didn't even know was possible for me. Honestly, if I tried to do all of these things in a year, I probably would have achieved a big fat zero of them. But because it's happened over time, these things are possible for me. What I see happening so often is women, just like you and even myself. I've been guilty of it, too, is setting a ton of goals and then getting overwhelmed and then getting discouraged when we don't see progress.

00:05:14 What happens when you're not seeing progress in your goals and you get discouraged is that's where your negative self talk comes in. So you never think Oh, man, maybe I should just have sat last goals. No, no. You start to think, Well, they they've done it. So why can't I? There must be something wrong with me. Maybe I'm not smart enough. I'm not good enough. I don't know what I'm doing. I'm too young. I'm too old. Whatever the story is, whatever brand of not good enough you have and you're going on in your head, that's what comes out.

00:05:39 And that discourages people from setting goals again and achieving what they're really capable of. That that's stopping you from achieving what you are truly capable of. Here's what I want you to do instead. And trust me, I'm like, nervous just saying this because I know the overachievers out there. If you're there with me, you're gonna be like that. But, Lisa, I I know you're gonna have excuses for this, cause I certainly did, too. I challenge you to focus on one goal stick with one thing at a time and the time frame I like.

00:06:07 I love the 100 day model like 100 days. Stick to one thing because it's a great chance for you to actually see results and make a difference. But you can pick any time frame. The point is to pick to one thing and really commit to it. You only have so much time in a day, and I like to use the wine bottle analogy because I do love wine. So imagine that everybody listening. You know, 50 people, maybe 2000 people, maybe 100,000 people. It doesn't matter how many imagine we're all in a room and I had one bottle of wine and you guys all wanted a glass.

00:06:38 And I try to top you up with my wine model. Well, if there was any more than five of us in the room, you guys would all be pretty mad that I wasn't able to give you any wine. And all you maybe got was a tiny little drum. That is what's happening with your time and your energy. When you try and set too many goals, you are trying to fill all the glasses and all the cups of your goals and you don't You frankly don't have enough time or capacity or energy to do them all.

00:07:06 And then you're looking at all of them being like, Well, maybe I wasn't meant to do that. Or maybe I just wasn't meant to try this. Or maybe I don't have enough here. I am pretty darn certain that almost anything you want to d'oh you can achieve, Like whatever legal that you have in your heart is it is meant for you for a reason. But you can't do them all at once. So instead, I challenge you to stick with one goal and whether you choose to do that for 100 days or for one year or for five years, depending on the size of your goal, of course, in your capacity and your energy, pick one and stick to it.

00:07:39 If you are an overachiever and you want to do more great, put the extra time and energy into that goal and making it happen faster. If that's what you gotta d'oh! And if you are a commitment phobe, maybe try setting 100 a goal that will, you know in 100 days. You gonna re commit to a new goal? Because I know some of you guys don't like the commitment, and you're a little nervous about that. But please, please. This is my friend. Take my advice here.

00:08:03 Stop setting hash, tag all the goals and stick with one goal at a time. Remember, in five years, you could be living a radically different life. But only if you focus on one thing at a time. Stick with one goal. And instead of feeling discouraged and burnt out and underwhelmed by your progress, you're gonna be amazed. You're gonna feel momentum. You're gonna see what results you're creating. And my Guinness Nothing is more motivating than that.

00:08:30 That is how are you gonna change your life? That is how are you gonna achieve whatever dream? Whatever goal you have in your heart.

00:08:37 All right. Let's talk about number two. The second biggest mistake that I see that you may be making this is having goals you don't care about.

00:08:46 I know you might be thinking, but why would I have a goal that I don't care about my friend?

00:08:50 You're gonna be surprised if this happens a lot more often than you think. I'm gonna share a story of my friend Alison, who is one of the most beautiful humans that I know.

00:08:59 And I'm so grateful for her as a friend and for her permission to share the story with you. Alison is a brilliant woman.

00:09:06 When she was in her twenties, she was ambitious, and she set a goal for herself to. Actually, she said, By the time I'm 30 I want to be a manager and we'll be making six figures.

00:09:15 Well, she's a hustler. She's a brilliant, smart woman, and she got it done. She was 30.

00:09:19 She was a manager. She had was making six figures. By the time she had her mid thirties.

00:09:24 She was burnt out. She was exhausted. She was unhappy and she could not figure out why she had achieved all her goals.

00:09:32 Wasn't that the ticket is not how you achieve happiness and have things be magically wonderful in your life is your business?

00:09:39 Alison has set goals that she did not care about. She thought having a manager title sounded good, but in reality she didn't really like managing people, and it wasn't as much fun ish thought it was gonna be having people.

00:09:51 It was coming to her and having to troubleshoot and lead a team in that way. She thought said having six figures was sounded great.

00:09:58 But the truth was that she was having no time to spend with her husband. She was working way too much.

00:10:03 Her health was suffering and she wasn't happy at all. She had all this money and no time to spend it, which sounds like a pretty great problem to have.

00:10:11 And I was like, Well, hey, Allison, you know, like spread some of that love around here behind.

00:10:15 The truth is, is that it wasn't what she really wanted so often. I see people doing this.

00:10:20 I see people setting goals like a number on a scale or a dollar figure in their business or a salary or a title without understanding what they really truly want.

00:10:34 So many people think they want a house because of what I hope symbolizes. But then I know for myself when I had a house, I was like, Well, this is a lot of work.

00:10:41 I do not want a house. I'm super happy with my condo. What? I want you to do instead.

00:10:47 But let me say this. By the way, let me back it up here. This is really common because I think we've grown up seeing kind of like that.

00:10:54 One way of success like you. You go to school and then you graduate and you got a good job, one that hopefully impresses people.

00:11:01 When your parents tell their friends out loud, then you hopefully have pension and benefits. And then you get a promotion and you find the partner.

00:11:08 You marry the partner, you buy a house, you have kids and you retire in 20 to 30 years.

00:11:12 And like that, it And that's the Marlowe success we've all been sold on. We've all been seeing through our lives.

00:11:17 And yet so many of us never stop to ask. Is this what I want? Is this what I really want in my life?

00:11:25 This is where I challenge you. That's what I want you to do instead, instead of studying the same goals.

00:11:29 By the way, this is not your fault. This is just the way that our society is. And this is the way that we learned.

00:11:33 We learned from those that were around us. we learned from what we see on TV, we learned from our teachers, our friends, our parents growing up There's nothing wrong with what you know.

00:11:40 You and you should not shame yourself or guilt yourself about this. But right here, as you're listening to this, I challenge you to check in with yourself.

00:11:49 Instead. I want you to use this opportunity to reflect on what you really, really want and why.

00:11:56 What is it that you want in your life? Even if it's different than what you've seen anybody else?

00:12:00 D'oh! What do you really want? And why? The way to go one level deeper on this is to connect to the emotion, connect to the feeling What is it that you want?

00:12:10 Like, what is it gonna feel like to have that goal if the goal if you can't answer that question really silently and it can't just be like, Oh, it's gonna feel good or Yeah, it's gonna be awesome.

00:12:24 Know what I'm talking about? What's the emotion? Are you gonna feel proud? Are you gonna feel courageous already gonna feel driven?

00:12:29 Are you gonna feel like you've contributed something like you're valuable? Those are the kinds of things that are really important for me.

00:12:39 Having a house I thought was just kind of what you do. And it felt all right. But what I realized was, I don't care about having a house I care about having community on.

00:12:48 I care about hosting and being able to have all the people I love in my space, and I'm able to do that in my condo perfectly fine and wonderfully.

00:12:54 And so that's an example of where shifting from having the house that really didn't mean anything to me to having the condo in connecting to the feeling that I really wanted to experience allowed me to shift.

00:13:05 My perspective of what I thought success look like allowed me to change, because I understood what I really, really wanted.

00:13:11 That's my challenge to you as you're listening to this over the next couple days is your percolating. Maybe listen, this episode again connect to what you really, really want.

00:13:20 What is the emotion? What is the feeling? And the brilliant thing about this is that when you know that you can actually chase and find that emotion, not just in the long term, but find it every single day.

00:13:32 Find a way to feel purposeful. Find a way to add value every day. Find a way to feel joyful or courageous every single day.

00:13:39 And you're gonna be successful like this minute, not one day in the future. So that is the second mistake.

00:13:45 They're having goals you don't care about what I want you to do. Instead is know what the emotion is.

00:13:49      What is it gonna feel like to achieve what you want to achieve and then set a goal around how you want to feel?

00:13:55      Okay. Now number three planning to fail. Oh, I know so many people who do this, and I'm guilty of it, too.

00:14:05      I set a goal, and then I just hope that magically it's gonna work out. Okay, Uh, maybe you've done this to you.

00:14:13      Signed up for a race, a traffic on or 1/2 marathon and then just continued along, only to find out two weeks before that the race is happening and, well, crap, you haven't started any training.

00:14:24      Here's the thing. Any goal that gonna achieve is gonna be something new, something you've never done before.

00:14:28      And so if you don't plan to succeed, you're planning to fail right now. I know you and you don't have time for anything else.

00:14:38      But if you don't make time and if you don't change anything in your life, you are not gonna be able to achieve our goals.

00:14:44      So you are gonna have to change. I'll talk more about this in the fourth mistake. You're gonna have to make some changes and you're gonna have to plan for success.

00:14:52      One of the best things I ever did in my gosh, If you this is like the one thing that made a massive difference for me about eight years ago in my life as I started doing weekly planning, it is my favorite thing.

00:15:02      And I could probably talk to you about it like all day weekly planning. So what I want you to dio is plan ahead for success, get realistic and think about how much time is gonna take you to achieve your goal.

00:15:14      That's gonna depend on what your goal is. You know, if your goal is to write a book, maybe you wantto put aside 100 100 words a day or 1000 words a day, depending on where you're at in your life.

00:15:23      Maybe your goal is to run a marathon. You need 20 hours a week. If your goal is started, business and you need, you know, 40 or 50 hours a week, whatever that is.

00:15:30      Plan ahead for success. Every whether it's Friday afternoon or Saturday morning or Sunday night or Monday morning. Take half an hour to 45 minutes and plan your week ahead.

00:15:41 You guys, if there's one thing that is taking me from being like a broke student to starting a national level leadership conference and then being able to move up in the corporate world, built a multimillion dollar net worth and now create my business and be, ah, working mom, who is figuring it out all on the way?

00:15:57 It is this thing, right here it is. This is how I feel like I have it all and because I don't do it all.

00:16:03 But I do plan to make sure that all the things that I wanted my life are in my calendar for the week.

00:16:08 So I'm here. I'm talking about this like I need to do a whole episode on weekly planning and give you all my chips.

00:16:13 But I'll tell you this. I do have a free weekly planner that you can grab. It's totally free, and you can grab it at least to me.

00:16:19 Show dot com forward slash weekly, and you'll find the link in the show notes as well. But grab that like it gives you the chance to ask yourself, What is my goal?

00:16:27 And what are they going to do this week towards the goal, then the trick is putting that in your calendar, like every single week, blocking the time for it.

00:16:36 If you need to get child care, you hire child care. If you want to go on a date night, you are booking the restaurant.

00:16:41 You are doing the swap with another family. If you need to get child care, you are negotiating who's doing pickups.

00:16:47 You are setting yourself up for success, for whatever that that goal is. You are setting your alarm earlier.

00:16:53 If it means getting up an hour earlier to do your workout. Whenever that's gonna look like my friend, you have to plan for it.

00:16:58 If you don't plan for it. I already know that you do not have time. You do not have time for your goal and it won't happen.

00:17:04 So plan ahead. Plan for success. That is how you're gonna achieve her goals and get the success that you want in your life.

00:17:12 Okay? Number four, some of these air doozies, man, these are big but so important for you to think about this and really start to get aware.

00:17:20 And maybe as you're listening to these, you're already thinking Okay, I think I know maybe, yeah, where I'm going wrong.

00:17:25 Or maybe you haven't figured out yet? Number four, maybe the one. It's one that we don't talk about a lot.

00:17:30 And it is the mistake of ignoring your mindset and your habits. I believe that 80% of success is a mindset.

00:17:41 And we talked so much about, um, strategy. But I hear me loud and clear. Mind set.

00:17:48 We'd strategy for breakfast every single time mindset, Trump's strategy. Because if you don't believe in yourself, if you cannot get back up after you failed, if you cannot hear no 100 times 1000 times, whatever it means on the way to your success, you won't achieve it.

00:18:03 No matter how we can get your strategy as mindset is what matters Yeah, habits. There is a great quota there that I'll pop pop the reference here in the show notes here.

00:18:14 But first you create your habits, and then your habits create you. You 40 to 50% of what you do every single day is just have it.

00:18:23 If you have the right habits in place, well, then you can achieve anything that you want. If you don't pay attention, your habits and your mindset, you're gonna keep doing what you've always done.

00:18:32 Your habits are not gonna change. You're gonna keep showing up the same way your mindset is gonna stay the same.

00:18:37 And then you're also gonna be discouraged or get be hard on yourself or give up too soon. When you don't pay attention to your mindset, your habits, you keep doing what you've always done.

00:18:47 And then da you get what you've always gotten right goals. I say this and I say this again and again and again because I truly believe it.

00:18:56 This podcast is called Goalden Girls. So obviously you know I love goals, But the truth is that they're not about what you actually achieve.

00:19:02 It's about who you become to achieve a new goal. You fundamentally have to change what you believe and how you show up in what you do to achieve anything new, and that's what it's about.

00:19:11 It's about you becoming who you're meant to be. Here's what I'm gonna challenge you to do instead. Right now let's say you're being super success when your goal so far or, you know, like seeing some progress.

00:19:21 You're pretty happy. Here is what I am challenging you to do. I want you to create one new mantra and mindset for success and at least one new habit to support your goal right here.

00:19:31 Even if you're seeing some progress, this is gonna help make sure that when you stumble for the first time or the fifth time that you keep going, or that when you hear no again that you have the tenacity to continue on.

00:19:44 This is going to be what helps set you up for success and really means that that goal is within your reach.

00:19:51 So when I say created new mantra mindset for success, here's a really simple thing you can do! I want you to take a moment here and I'm gonna ask you a question and see what the first thought that comes up is if there was one thing that was gonna stop you right now from achieving our goal, what would that be?

00:20:13 What just came up there, Pay attention to that thought. Was it that they don't have time that you have kids So you can't do this to was it that you don't know enough that you're not smart enough that there's already too many people doing it.

00:20:23 But you don't know anybody that's ever done it before. That it's impossible that you don't know how What what just came up there that you don't have the money, that you don't have the time and those are the most common ones.

00:20:31 By the way, you can tell I know them all by heart because my head tells them to Me too.

00:20:35 And my client say that my students say them, so I know them. Which one is it for you?

00:20:39 And there might be a whole bunch, by the way, I mean, you may have been like, Oh, yeah.

00:20:41 Check, check, check, check, check. Don't get overwhelmed. Here. Just just start with one pick one of those things that you identified as like Well, yeah, that was That's an old mindset.

00:20:49 That's, ah, something that's not gonna help me and shift that in something that's better and believable shifted to something that is empowering for you instead of something that's gonna set you back in your success.

00:21:02 So as an example, the thought that I don't have time I'm gonna give you what? That your new mantra for success might be.

00:21:09 It might be. I have time for everything that's important to me. If you think I don't have time to be a good mom and be a working mom.

00:21:18 Well, shift that say I'm a better mom when I'm working. If your mind set is, I don't know how.

00:21:28 Shift it to I don't know how and I will figure it out. Just like I figured things out every time when with that mindset shaft with that new mantra, think about and this is kind of open for you to decide how it's gonna be best for you.

00:21:44 It might be something that you want to say to yourself every morning. One of the things I love doing is setting an alarm on my phone with my what I believe and setting an alarm three times a day.

00:21:53 You know, morning, lunchtime ish and afternoon just remind you of that thought, so that it comes up.

00:21:58 Maybe you need that every hour. I don't know how what you're doing or how hard that is, but you literally have to reprogram your brain here.

00:22:04 And I could probably do a whole other episode on this as well, which I probably will at some point.

00:22:08 But this is what it's about. Is starting to re program those beliefs so that you have the success minds that you need to achieve whatever your goal is.

00:22:16 Now let's quickly talk about habits to really change and achieve a big goal. You're probably have to change a lot of your habits.

00:22:22 Let's just start with one. No matter what your goal is, they will probably be No. There will be a new habit that you need to be successful, whether that is, ah, a new habit of when you wake up in the morning.

00:22:34 Instead of hitting snooze and going on your phone, you are reaching down, putting your running shoes on and going out for a run.

00:22:40        Maybe your new habit is going to be that you take Saturday mornings and you use that as your time to start your side hustle, or you take that time to start writing your book or whatever that passion is that you have it.

00:22:54        If you're not sure what new habit to do I'm gonna give it to you and it's gonna be a weekly planning some pictures you grab, the weekly planner to get started on that because if you're not already doing that, trust me when I say that is going to be an absolute game changer for you.

00:23:05        So that's number four. That's a mistake a lot of people don't think about when they're achieving their goals and they're working towards it.

00:23:12        But it's such a mistake to ignore your mindset. That's literally 80% of the reason why we will be successful or why you will fail and 40% of what you do, plus, is your habit.

00:23:21        So you ignore those here not convey, will get what you want. Instead, my challenge to you is this.

00:23:27        I want you to create one new mantra for success. One new mindset shift there, Um, pop it on your screen saver.

00:23:34        Put on your phone, but a sticky note writing on your mirror with a marker. Whatever you got to do there create that and shift your minds out there and create one new habit.

00:23:43        At least one. You have to support your goal. And if you don't know where to start, start with weekly planning, my friends, You will love it, I promise.

00:23:49        Oh, all right, Number five now I am super guilty of this. Oh, my gosh, it is doing it alone.

00:23:59        That is one of the biggest mistakes I see now. I've been really guilty of this. In my business, I am a solo preneurs.

00:24:05        Just a couple months ago, the first I've ever brought anybody else into my business to see behind the scenes.

00:24:09        But I thought working from home was gonna be the dream. And I would just be like in my pajamas and sneaking downstairs and having a nice, healthy lunch and everything would be perfect.

00:24:18        Holy crap. Was I wrong? It is hard to do it alone. And if you are doing it alone, you can probably relate to this too.

00:24:26      Anything you're doing His harder alone trying to achieve her goal off the side of your desk and not knowing anyone else is doing it.

00:24:32      Trying to eat healthier alone, sitting behind your computer desk and trying to start a side business or learn about email marketing or start a podcast.

00:24:40      That crap is all really hard if you're doing it alone. Trying to do it alone is hard and it's lonely.

00:24:45      And then sometimes you end up getting advice from the wrong people like Sorry, but not everybody in your life is necessarily gonna be qualified to help you out.

00:24:54      So this is one of the biggest things I see. There's a quote by Jim Rohn. It says You're the average, the by people who spend the most time with.

00:25:00      And I think that's just so true. And if it's the wrong people who that's gonna be really hard because you're gonna spend more time justifying what you're doing or hiding what you're doing instead of feeling inspired.

00:25:11      So not only is, you know, doing it alone, alone, crappy. Trust me when I say the work at home in your pajamas.

00:25:17      Dream is not what it's cracked up to be. Uh, we're doing it alone in terms of people that are not also trying to do cool things in their lives is also gonna bring you down.

00:25:26      This is one of the biggest mistakes I see. I think there's like this Even then we're like, self made.

00:25:31      It's like, Oh, I did it all myself and we glorify that in our culture. It just wrong.

00:25:35      It's just wrong. Like none of us to do it alone. It takes a village. It takes a village to start a business.

00:25:40      To start a family to have a family of my gosh, It takes a village to just be happy.

00:25:45      Whole humans. And so I want you to hear me loud and clear. What I want you to do here, no matter what cool you're working on, is I want you to change your mindset around doing it alone and screw the whole self made bullcrap.

00:25:57      And instead I want you to do it together. I want you to find a friend, find a mentor, a coach, a community, and you meet up group and accountability partner of whatever that is to do it together.

00:26:11 So whether you wanting to eat healthier, trained for a travel on whether you're wanting to write a book or star in a movie.

00:26:19 I don't know what it ISS, but trust me when I say you need to be surrounded by other people that are also doing courageous, amazing things like you with great people.

00:26:28 When you're surrounded by great people, you're gonna be the average of them. And that's pretty cool because you're gonna be capable of so much more.

00:26:35 They don't necessarily. I gotta preface is you know, it doesn't have to be people that are doing the same thing as you.

00:26:39 Uh, there's some great benefits that sometimes it only you will know whether you need people that are also training or whether you just need some other ambitious and positive people in your life.

00:26:48 Seeing what others are up to is so inspiring when they're doing great things and even just being around other people who are challenging themselves and trying new things and putting themselves out there even if it's different than what that looks like for you.

00:26:59 Oh, my gosh, that's gonna lift you up. Who that's gonna be for me. I I've That's why I created my Goalden Girls mastermind because I wanted to be lifted up.

00:27:08 And that that will started over a bottle of wine with some girlfriends. I was like, I need some people in my life who also want to do great things, And that's how that's how it all came to be for me.

00:27:16 That's helped me to see other people's successes. It's help me cheer them on this. Help me pick me up when I'm feeling down.

00:27:23 I really believe that when you have people around you that also get your big goals, whether it's new businesses or health journeys or adventures and travels or financial freedom or whatever it is honey around other people who get it and you are doing things, and that's just that's what makes success like that.

00:27:39 There it will come faster. It's gonna be a lot more fun, and they're gonna be able to support you on the days when it's hard, because it's going to be hard no matter what you're trying to do.

00:27:48 Any time you try to do something different, it's gonna be hard. One last little thing. I want to point out here around doing it alone.

00:27:53 If I haven't convinced you with, like this heart touchy feely stuff, maybe this will convince you. The data shows that accountability makes a massive difference.

00:28:02 Having somebody else know what you're doing increases your chance of success. But in 95% if you set a goal and just tell yourself maybe you can relate to Maybe you've been that person like me who sets an alarm for five o'clock or put it in my calendar.

00:28:18 I'm like, Yeah, we'll go to the gym at five o'clock. Spoiler alert. I never got the particle.

00:28:22 I could just doesn't have it or didn't happen before. Now I kind of have to with my daughter.

00:28:25 But it never happened if I just did it myself. When you commit to somebody else that you're gonna do it and you tell them a deadline, you're 95%.

00:28:34 We're likely to get that done. So me telling someone else that I'm gonna go to the gym and meeting them there, I'm like, Wait, wait, way more likely to show up and do that.

00:28:42 And you could populate that, too. So if you can't do it with somebody else because it feels good and because trust me, it's hard and you want to be inspired, do it for the accountability.

00:28:53 Do it for the fact that Just telling someone else what your intentions are and going for it is gonna make you a lot more likely to be successful.

00:29:01 Now I have to put in a little shameless plug in here because I create amazing things because I know what commit six we will make.

00:29:09 Now, if you are looking for some accountability and a sense of community, which is so important, then I actually have a free Facebook group called the Goalden Girls Podcast Insiders Group.

00:29:20 So if you're looking for unaccountably partner, go ahead and post in there and find someone. If you're looking for inspiration, There are other amazing women in there that are creating awesome things.

00:29:28 And I'll drop the link in the show notes below here. You know, I wanted to create a space where you guys listening could come together, and we could uplift each other and help each other so that we're not doing it alone.

00:29:40 I don't know where in the world you are listening to this, but I do know this. It is so much easier when you have a community.

00:29:47 It is so much easier when you feel supported. And when you have a hard day that you have someone and a community to lean on, and that's what the Goalden Girls podcast insiders Facebook Group is about.

00:29:57 So hop on into that. Make sure you join in and come on in. Introduce yourself and I can't really can't wait to walk me there now.

00:30:04 Also, I'm gonna really quickly tell you about one other thing because it's a program and is a part of my business that I truly believe in, like everything that I share.

00:30:12 So I just want to really quickly mention this. So I do have the free Facebook group, the Goalden Girls Podcast Insiders Group, and you guys know I create a lot of free content.

00:30:21 But I also have a private members only paid program that runs year round and that one's called Goalden Girls Community.

00:30:28 Now there are four main pieces of that. There's a monthly goal, inspired and really action or into training that's designed to help you meet you where you are to move forward on your goals faster.

00:30:39 We d'oh monthly get shit done days with your virtual co working, which is a ton of fun, and we usually have dance parties because I'm all about it.

00:30:46 I do a monthly live question. Answer with me where you get coaching and hot seats and, um, whatever you need, whatever's on your mind in there to help you.

00:30:53 And there's also private Facebook group there where I'm actually in there. My team is in there and you get a lot more support.

00:30:58 So that's something that's also available. And of course, we do, like meet ups and surprises and guess experts and bonuses and contests and also two things that I can't tell you all about.

00:31:07 Because then it's not a surprise. And I love surprises. So I just want to mention that the truth is like, right now, if you're listening to this when this episode is released in the fall of 2019 the doors are not opened.

00:31:17 I only opened it a few times a year, but I want to throw this out there because if you're enjoying this content that I'm sharing and if you're looking for more support and accountability and you're ready to really level up, I want you to hop on that wait list, and you can join on the wait list at least in the show dot com forward slash community.

00:31:31 The link is in the show notes there, so I just want to mention that, Like I said, the doors were not open right now.

00:31:37 They'll open up a little later this year, right? You know, around the new year there. But, um, I just want to share that with you, because if you are interested, hop on that wait list so that you could be the first to find out because I usually only open the doors for a couple hours or a couple days.

00:31:49 I should say, um and I'd love to have you be a part of it. That's something that's resonating for you.

00:31:54 Okay, well, thank you so much for letting me share all that with you. I really appreciate it.

00:31:58 So to recap here, my friend, let's talk here in the five most common goal setting mistakes that you're probably making number one setting too many goals.

00:32:08 Number two setting goals. You don't care about number three planning to fail number four for ignoring your mindset inhabits and number five trying to do it alone.

00:32:20 Here's what you should do instead, whether it's a current goal that you're working on, why are you looking to create?

00:32:25 The next goal here is my chance to hear is was gonna help you be successful. Number one, Stick to one goal.

00:32:31 One thing I know overachievers. Trust me on this one. It's gonna be a game changer for you.

00:32:37 Number two focus on your feelings and the emotions that you want. How do you want to feel in your life with how do you want to experience it and then create a goal from that number three plan for your success.

00:32:48 Do it weekly for sure. Uh, we'll talk more about, like, daily monthly future on. But trust me Weekly planning.

00:32:54 You're gonna love it, my friend. And grab my weekly planner at least. Michel don't come forward slash weekly number four Create a success mantra.

00:33:02 Change your mindset in one way That's going to support you to cheat her goal and create one new habit to support your goal at least.

00:33:09 And number five. Do it together now it could be our Goalden Girls community podcast Insider's club. It could be a Goalden girls community, my pay program, but also it could be a meet up group that you find it could be a mentor and mastermind, a partner, coach or a business bestie.

00:33:24 Do it together, find someone else, and that could be doing us the same goals you or even just other ambitious, positive women that you want to surround yourself with.

00:33:33 But believe me when I say you are gonna love doing it together and that that's what it's all about, just becoming a better version of you.

00:33:41 So if I have to sum up this whole episode in one sentence, it is this. Stop trying to do all the things for the wrong reasons and the wrong people alone.

00:33:52 And stop trying to do without planning or changing your habits or your mindset. Instead. Here's what I want you to do: do one thing, the right thing for you because you really, really want it.

00:34:04 Plan for your success and surround yourself with people who are gonna lift you up as you challenge yourself to level up your habits and your mindset.

00:34:11 That is how you achieve your goals. That is how you create the life you're meant to live. That is how you become the best version of you so you can truly have it all.

00:34:21 Thank you so much for listening. If something spoke to you, send me a message by sharing this episode and tagging me on social media.

00:34:29 If you know someone who loved to hear this episode, please share it with them, too, because I love surprises.

00:34:34 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.

00:34:44 Thanks again for listening that will talk to you in the next episode of the Goalden Girls podcast.