

00:00:01 If you're feeling overwhelmed by all the dreams that you have, and you've got no idea where to start this episode is for you. Let's be honest. If you are feeling overwhelmed or stressed or anxious or confused about your goals and your dreams, chances are you're probably not taking any action. Or if you are, it's probably not the right action in today's show. I'm gonna give you three steps to take the 1st 3 so you know exactly where you need to start and I'll give you a hint is about doing less, not more.

00:00:31 By the end of this episode, you're gonna know how to get started, even when you have a lot of dreams and even if they're really big ones, even though you have no idea how you achieve them. So get ready to say goodbye to the confusion, the overwhelmed, the stress and say hello to chasing any and all of your dreams. 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.

00:01:06 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. C 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. It's time to tap into your best cell, get confident and truly have it all. Goalden girl. Let's dive in. Welcome back to another episode of the Goalden Girls podcast Today. We're talking about how to get clarity if you have a lot to dreams or hack, even just one really big one and no idea where to start.

00:01:46 I'm gonna share with you three guiding principles that you need to follow when chasing really any dreams so you can tackle and achieve them with more confidence, clarity and most of all, sanity. Because, let's be honest, I think we all need some of that. Most importantly today I'm also gonna share with you three steps you need to take right now so you can get clarity to know exactly where to start on the path to your big dreams. I'm gonna give you what you should be focusing on for the next 30 days to get your dreams off the ground before we dive in.

00:02:17 I want to say something really important. I want to make sure that I tell you this loud and clear. There is nothing wrong with having a lot of dreams. There's nothing wrong with having big dreams. In fact, I encourage it. I am someone who lives and believes that anything is possible. And so I want you to hear me loud and clear on this. The problem is not having big dreams or having a lot of them. No, no, no, not at all. All I want to do through this episode is help guide you and figuring out how to take those dreams that can sometimes feel overwhelming and quiet, that inner critic and help give you a bit of a road map and a path to take so you can move forward in a way that feels empowering.

00:02:54 It makes you feel confident and gives you the clarity that you need. So let's just say that there's nothing wrong with big dreams. I want you to have dreams. I want you to have a lot of dreams, all Those things are so great. And that's really, truly one of the most important

things in my life for you to hear and for you to really appreciate about what I'm sharing. Now. If you are someone who has never give yourself permission to have big dreams and goals, well, then I got two things I want to share with you first before we dive in here.

00:03:21 Like I said, I really believe in having permission to dream big. So I've created a couple things to guide you along the way. First of all, there are some questions that I share with my clients and my students on a regular basis to get their energy going to get their wheels turning and their hearts shining with new ideas. So I've put together all these 10 10 questions the best 10 questions that I know in a special playbook here for you, and it's at Lisa Michelle dot com forward slash Uncover your dreams and, of course, all linked in the show notes.

00:03:49 But if you're someone who is like okay, I never really had big dreams or dreams and sounds like there's overwhelming, which is not really the case for everyone. And now it won't be the case for you by the end of this episode. But I want you to take some time to really uncover your dreams and have them out in the world and in your heart and on paper and out there so that you feel really good about having and living your best possible life. So make sure you grab the 10 questions to uncover your dreams playbook there and go to those questions and see what comes up.

00:04:18 Now the second thing I want to share here, if you're someone who doesn't have goals or big dreams or dreams, period, we'll go back to Episode 11 of the challenges I issue in that episode is the 100 Dreams Challenge. You can Listen Episode one. I've got the link in the show notes, and there's also a little playbook there to Lisa Michelle dot com. Forward slash 100 dreams. And of course, that's in the show notes. D'oh, I want you guys to start out with big dreams and know that anything is possible for you.

00:04:44 Life and both The 10 questions to uncover Your Dreams and the 100 Dreams Challenge are designed to give you permission to dream as big as you freaking one, because it is your life and you were in charge. So let's make sure that before you go any further in this episode, you've got some dreams. You got things to go on, and a lot of you may not be feeling overwhelmed, and that's okay, too. But for the women who's got a lot of dreams and you're feeling overwhelmed, this is for you.

00:05:12 So let's keep going here now. I am definitely a woman with a lot of dreams, and frankly, I do believe that everybody's got dreams within us. It's whether we give ourselves the allow into the space to really, frankly talk about them. If you have a lot of dreams, you're in the right place, and I think it's amazing that you have the courage to even have them and to share them, whether it's just in your soul or on paper or with other people, that's amazing. Now, if your big dreams are making you paralyzed and overwhelmed, you have no idea where to start.

00:05:43 This is what you need to hear. I see you, my friend. I see you trying to raise a family, start a nonprofit write a book. You want to take a year long sabbatical around the world, create a passive income stream in your life. Run a marathon started podcast, et cetera, et

cetera, et cetera. Oh, it is okay to have all of these dreams. But if you're feeling overwhelmed and not sure where to start, or your frantically trying to do everything, or if you're in analysis paralysis, trying to figure out what order you should do all the things and how to make it all happen, it is time to slow down and stop.

00:06:18 I want to share with you my three guiding principles for any goals, and you're gonna hear these a lot. But I want it to be loud and clear, especially when we're talking about dreams that right now may feel overwhelming. So the first principle is that it's a marathon, not a sprint. You are not gonna be able to do all of the things. One of the most common mistakes that we see is that people underestimate what they can do in five years but overestimate what they can do in one year.

00:06:47 What ends up happening is we try and do all the things all at once, and we just end up getting burned out. So I want you to keep in mind with all of your goals. It is a marathon, not a sprint. In five years, you could be living a radically different life. And in 10 years Oh, my goodness, gracious, Anything is possible for you. The way I want to share This is with a wine glass analogy. And it is, You know, if all of us that are listening here, you know, hundreds, thousands, maybe tens of thousands, hundreds of thousands of us are in the room listening to this conversation.

00:07:17 And I'm trying to fill up all of your wine glasses with one bottle of wine. Well, let me tell you, if there were any more than about six people in the room, you guys to be pretty mad at me for not filling up your wine glasses. This is the equivalent of what I see people doing with the time in a week or a year, even you're trying to fill up all the different goals and all the cops and all the wine glasses with just one bottle of wine and one amount of time.

00:07:42 Think about your life and your goals as a marathon, not a sprint. And now should automatically release that pressure from your right here. Right now. Second thing, I want you to know I want you to like all of the expectation that you need to have it all figured out.

00:07:55 Has you move along the path of your goal more, the steps will become clear. You don't need to know all the steps to get started.

00:08:02 You just need to get started. The third principle. I want you to hear me loud and clear here, my friend.

00:08:07 Mindset matters more than strategy. Mindset is everything. And I'm such a believer in this and you'll hear me talk about this like a broken record.

00:08:16 But this especially matters when it comes to dreams, because there are a 1,000,000 different strategies you could use no matter what your goal is.

00:08:23 Let me give an example here. Let's think about finding a life partner, a great husband or wife.

00:08:30 Think about the different ways you could do that. I think about the different ways other people have done that.

00:08:34 Some people meet at the bar. Some people meet on Bumble. Some went to high school together, university together.

00:08:40 Some ended up working together. Some met through friends or on blind dates. All people meet their partners in different ways, and that's okay, doesn't make one better or one right or one wrong.

00:08:52 Now think about how we proceed to decide that this is our partner. You know, some people move in together right away.

00:08:59 Some people end up dating for years before the women together, some aloe within months and game theory right away.

00:09:05 And some people never end up getting married. There is no one way to find a life partner or to keep a high partner.

00:09:11 There's no one way in relationships or really anything in life what matters more than anything that the strategy is like something that I think we get so caught up in, and it really makes a difference.

00:09:21 What matters is your ability to show up your ability to keep going, your ability to focus on what matters and hold your dreams in your heart and honor them with your time and attention.

00:09:33 All right, so if you're on board of those and I hope you are those principles are gonna help you any day with any goal that you've got wanted to put those out there because I think they're especially relevant when it comes to big goals.

00:09:43 Now let's talk about how to get clarity. You have a lot of dreams and no anywhere to start.

00:09:47 Here are the 1st 3 steps to take number one. You need to decide what is the most important to you.

00:09:55 If you only had one or two years left to live, what would you focus on? What matters the most to you?

00:10:01 I want you to remember there are a lot of different ways you can achieve her dream and a 1,000,000 different order that you could do it in.

00:10:09 For example, you could start with a short term goal that maybe leads to a long term goal. Let's say you wanted to.

00:10:15 Your long term goal was to start a nonprofit. One way you could do it is to start by getting a promotion at work or a raise at work and already building a side hustle so that you then have the money to start your nonprofit.

00:10:27 Some people may decide to start with that long term goal and just create the nonprofit in, quit everything and build it right away to find funders and start in that direction.

00:10:39 There's no right or wrong answer here. The question is, how do you want to do it? What goal comes first?

00:10:45 What goal is most important to you? I feel like this is where most people get stuck in this analysis paralysis trying to figure out what is the best way and for you.

00:10:55 I want to say that the best way is how you want to do it. So let me give you a few suggestions on how you could get some information, because ultimately the decision is gonna come down to you.

00:11:08 Now here's a few things you could do to get started and figuring out what is the best way to do it.

00:11:13 Well, you could research. What if other people done how other people created what you wanted to dio?

00:11:17 What order did they do things in? You might decide to interview people who have achieved what you want to.

00:11:23 He could also read biographies or listen to podcasts of people that have done it. One of my favorite things to do is to mastermind with a few other great friends and colleagues getting their input, their suggestions or heck, you know, even their coaching, like they can often see things and me and notice when I'm obviously really passionate, excited about a topic, and I don't even realize it myself.

00:11:42 And that can help give you the information on what goal you might want to start with and what, which one you really?

00:11:47 I want to start with another idea. Brooke Castillo shares us. It's called Super Thinking literally. Go somewhere quiet for an hour and ask yourself the question.

00:11:57      What is the first dream? I will make a reality, That's it and see what comes up there.

00:12:02      Or ask yourself another question that I love from the book. The one thing, What's the one thing that if I did it, everything else would be easier or less relevant?

00:12:11      Ask yourself that question. So if you're gonna do super thinking, no distractions journal, write it out, see what comes out for you.

00:12:18      So those are a few ways that you could if they start to figure out which one is most important and how you want to go.

00:12:24      But I want to say this and make it loud and clear to you. Like I said, there's a 1,000,000 different ways you could do this.

00:12:30      A 1,000,000 orders. What matters is how do you want to do it? What's the first rain? What's the most important dream?

00:12:35      You want to make a reality? If you only had a year to left to live, what would you D'oh.

00:12:41      Which one would you start? Rest now? I'm gonna give you a challenge here. You get to be stuck in this, and maybe you already have been.

00:12:48      Hey, let's be honest. Maybe already been stuck. Kind of planning this for a few months or a few years.

00:12:54      I want giving you a time limit from the time you're hearing this episode. Look at your calendar, my friend.

00:12:58      And you got 30 days, 30 days to research. If you need to To interview some people to chat with some close friends to a mastermind, ask a mentor or do some super thinking.

00:13:10      Okay, Figure out where in your heart Where do you want to start and decide within the next 30 days?

00:13:16      So that is your first action. Decide what dream you will crush first and know where you're going to start.

00:13:22      Okay, Step number two. So once you know what your goal is, What dream you're gonna chase first, I want you to get real super clear on what you're yeses.

00:13:30 Focus here is so key. And, yeah, I'm gonna talk a lot about this and future episodes.

00:13:35 I'm a huge believer in having a focus goal and knowing what your yeses are when I talk about knowing what you're yes, is.

00:13:41 I want you to understand what your dream is and get crystal clear about what you want to say yes to Why does it matter?

00:13:49 Connect to that feeling to that emotion of your goal. But how is it gonna feel to achieve it?

00:13:54 And why do you want it so badly? What is it? The impact that you're creating. How is how does that make you feel?

00:14:00 Because if you're not connected to your goal, emotionally, it's not a good goal. And if you don't understand what you're yes, is really strongly, it's gonna be really hard to say No.

00:14:10 So I want you to visualize if you gotta make a vision board or have a picture of it on your desktop, do that.

00:14:16 Have really clarity. But what? That yes, is what you are going all in on, my friend.

00:14:22 Now I talk about focus, and I'll talk about it more. But I am a big believer in one focused goal at a time.

00:14:27 I'll give you a little bit of a caveat. I do believe this depends on the season of your life.

00:14:32 So, for example, a few years ago my capacity was quite a bit higher. I was in a new job and I joined a leadership program and I was planning our wedding.

00:14:42 I could do all those things pretty well because, well, the big kickers, I didn't have a baby.

00:14:47 I did have a lot of things on my plate, and I handled them really well. That being said, I still had to say no to a few other things.

00:14:53 I said no to another half marathon because I knew I just didn't have the time and the energy to put into it.

00:14:58 So now fast forward. A couple years later, I have a new baby, a new business and a husband.

00:15:03 That's it works away for Ah, lot of the time. There's not a lot of capacity for other things.

00:15:08 So this has changed for me in the season of my life. You know, before I was able to start a new job and being a leadership program and plan a wedding right now really only can focus on my business and my baby in my family, like that's kind of about it.

00:15:21 So here's what I can say. If you're already feeling overwhelmed, you cannot out work yourself out of this problem.

00:15:28 Let me say that again. If you're already feeling overwhelmed, you cannot out work yourself out of this.

00:15:34 Okay? Like that's not the solution. All the product of the strategies in the world will not work.

00:15:39 If you're working on the wrong things, I'm gonna encourage you to go all in on one thing. If you have the time, if you like, literally have nothing else to do, you're bored.

00:15:49 You can maybe tackle more than one. Okay, I'll give you two goals, but you better be doing a really exceptional job of both of those things.

00:15:57 And there's so much more powerful to do a really great job of one or two things than trying to do five things in a mediocre and slow way.

00:16:04 when you focus, your momentum is gonna build. And that's what it takes to really make a dream come true.

00:16:09 It's gonna take focus and consistent action that's gonna show you the way having focused on getting crystal clear about your yes, and knowing what that is like.

00:16:17 That is how everything big has happened in the world. That is how Facebook got built. That is how we put a man on the moon.

00:16:22 That is how Oprah built her media empire because she knew she needed to focus is really how accomplishments happen on every single level.

00:16:30 So I want you to get really clear about what you're saying yes to. So here's your style. Second action.



00:16:36 Be clear about what you're saying. Yes, to connect to the emotion. What is it that you really want?

00:16:42 What is achieving this dream house is gonna make you feel. What is it gonna give to your life?

00:16:47 Focus. Pick one or two maximum things because you're if you're honest about your capacity. When you really want doing one thing, Well, maybe two.

00:16:57 I'm gonna say one doing one thing really well is gonna move you leaps and bounds ahead of trying to do five things mediocre.

00:17:03 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.

00:17:13 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 Thank you so much for considering using one of the links that I share.

00:17:25 I create this podcast completely free to share with you. And I really want to keep the integrity and only share what I believe in.

00:17:31 Both the content that I create and the products and service is I might share affiliate lengths. And here's what I want you to know when you use the link, it doesn't cost you a thing.

00:17:43 And it helps me to be able to give you more great and free content like this. So thank you so much for supporting me.

00:17:50 Thank you for supporting my business, my family and my team. 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 Thio.

00:18:03 All right, The third step to achieving a goal. A big dream when you have no idea where to start is to clear your calendar and we're gonna do this literally and mentally we're gonna do it in the past.

00:18:14 We're gonna do it moving forward. Let's talk about the past. You can actually learn a lot from where you've been.

00:18:20 I'm going to challenge you to do something called a calendar audit. I want you to think about the last one or two years and list out your major accomplishments, your proudest memories.

00:18:33 I think about what are the happiest things that comes your mind from the last 1 to 2 years. And then I want you to open your counter.

00:18:40 Whether it is a Google calendar or a physical planner that you have, I want you to open it up and do your audit.

00:18:49 This is where you look at how you spent the last 1 to 2 years and ask yourself some really critical questions.

00:18:54 Where does your time go? Where is your happiest time spent? What were the actions? The things that you did that got you those major accomplishments and those proud moments that you listed before you opened your calendar.

00:19:08 Who were you with when you were your happiest? Then we should ask the opposite questions. What was a waste of time?

00:19:16 More importantly, what was a waste of your energy? What did you not enjoy spending your time on?

00:19:22 What did you spend time on that got, you know, results and no accomplishments. Who did you not enjoy being with?

00:19:31 These are really important questions with the knowledge from your counter audit, you're gonna mentally know what was great and what wasn't.

00:19:40 That is what we want to now take it into the future. The best way to honor a dream in your heart is to give it the time in your calendar.

00:19:49 So now you've got to do is look forward and give your calendar and give your dream the time it deserves.

00:19:56 I want you to first think about how much time you need. Like, really, that's gonna depend on how big your dream is.

00:20:03 Our how where you see your goal fitting into your existing life for my business, I am able to give it the time now that I have child care, which is amazing it took 19 months, but that's another story for another bottle of wine.

00:20:14 I aim for about 35 to 50 hours a week, depending on what's happening. That time is blocked each and every week, and I'm here for it.

00:20:22 If your goal was to say, create a new circle of friends in a new community, you may need 5 to 10 hours a week for that.

00:20:29 You're wanna run a marathon. You might wanna put aside 20 hours a week. If you want to get back into reading and we'll say you've got young kids.

00:20:36 Maybe you just posted 5 to 10 minutes a day. It really depends on how much time you need and how fast you want your goal to move forward.

00:20:44 And what season of life that urine so decide on how much time you need and get really honest about yourself on that.

00:20:51 The next thing you're gonna do is block the time. Now there's this mean that I saw that just, I think, sums up adult life, it said.

00:21:00 Quote. I feel like being an adult is just saying the next few weeks are really busy for me, but then it slows down for the rest of my life if you can relate.

00:21:09 Oh, my gosh, you're not the only one. I saw this and I laughed. I feel like I say this to people all the time.

00:21:14 So great name. And also great tip, if you feel like in the next few weeks, are busy.

00:21:20 But then things slow down. All right? Look, I had a few weeks and then block the time.

00:21:25 That will be easy from, like 99.9% of people. That's gonna be pretty easy. If you look a few weeks ahead, you'll find the time and start to block it physically.

00:21:32 Put the blocks time in your calendar again. Whether it's digital or physical, make sure it's in there Now.

00:21:37 If you can't find the time for your goals in a month or two out, you need a redesign of your life and I cannot sugarcoat this.

00:21:44 You probably will in some parts of your life, need to redesign. And if you've got a really big dream, it's probably won't require a major overhaul.

00:21:53 Any goal that you want, it's gonna require you to change something. Otherwise you'd already have it right.

00:22:00      What it comes down to is you changing your mind? Set changing your habits and how you show up that comes down to changing how you spend your time and where you spend your time.

00:22:09      This might mean that you need to make a major overhaul. It might mean having a conversation with your partner, And I mean, changing work schedules or expectations might mean outsourcing things, whether it's at work or at home.

00:22:22      And I'm pretty sure it's gonna mean saying no now I started with yeses. Step number two was knowing your yeses, I want you to in this step also get clear on your nose.

00:22:33      I wanted to start with Yes, I think the yes is always a little easier. Or maybe that's just me, because I'm a people pleaser.

00:22:37      That's what I think. But the nose are equally important when you know you're yeses. You can understand that anything else.

00:22:45      By the way, once they're in your calendar, you're gonna see that any time you say yes, something else you're going to say no to your goals and a note to your dream.

00:22:56      Let's give you some examples here. So if you, for example, said he wanted to be all mental clarity.

00:23:00      You wanted energy. So you've put aside time in your calendar to meditate. You put time in there to do your meal.

00:23:05      Perhaps I'm a Sunday. All of a sudden you may have to say notice and pizza parties, or you may have to say no to staying up until 1 a.m. Netflix binging Where may mean saying no to Sunday Brewery crawls all day If that's the time that you put aside for your meal prep and I know those things sound harsh and those air like Netflix binging and burry.

00:23:25      Tours like those things are a lot more fun. Pizza parties. We need those sometimes. But when it's in your calendar and you see what your yeses are, you have that time for your goal in your dream.

00:23:33      Any time, anything to threaten to take away that time you get to have a real honest conversation with yourself and ask, Am I willing to say no to my dream?

00:23:40      Am I willing to say no to that? And my friend, Only you can make that choice. It is probably gonna mean saying no to things that you want to do Sometimes it is also going to me and saying no to what other people want to.

00:23:53 I don't know about you, but I get a lot of requests for people to quote, pick my brain or they want me to volunteer or help on different initiatives.

00:24:01 I also get people that will message me about quote an exciting business opportunity on Facebook, even though I haven't talked to them in years.

00:24:07 Maybe you can relate to that, that I think that happens a lot to most of us these days.

00:24:11 When these things have in, we always have to check in and ask, You know, is this serving?

00:24:17 My goal is a serving. What I want to d'oh Now I'm not saying that we never help people or that we don't put our time and we don't volunteer.

00:24:24 But if those things are taking away and you're not living the life you want to and you're feeling overwhelmed by all the things you won't want to do, but you're not actually getting the time to do them, you've got to create the space for it.

00:24:36 You have to decide. Remember any yes that you say that it's not about your goal or your dream is actually a no to youth and it's a noted your goals and said no to what you want.

00:24:48 No one. But you get to decide that trade off. I'm a people pleaser. I found it really hard to say no and I still struggle with this.

00:24:55 I think I probably about three things in my inbox right now that I need to say no to So believe me when I say I don't have us all figured out.

00:25:01 But I did hear this the other day from Michael. Hi. And I thought this was really great.

00:25:04 This is his Yes. No, yes formula to saying no in a loving way. So he starts out with a yes.

00:25:10 He puts at no in the middle and end it with a Yes. So here's an example. So let's say somebody reaches out to you and to me and says, like, I wanna pick your brain.

00:25:18 I want to start this business or whatever it is. Here's an example of the Yes. No. Yes.

00:25:23 You know, I start with the Yes, So wow, Congratulations. I'm wanting to start your business.

00:25:27 Ah, lot of people dream about it and never do it. I It's been one of the most rewarding things I've ever done in my life.

00:25:33 Here comes the new I'm afraid I'll have to decline lunch with you. I have a life rule If I haven't had time for lunch with my mom.

00:25:39 I don't have time for others, and I really Oh, my mom lunch right now. Then he end with another.

00:25:44 Yes. So here is a link to a block post that might help or resource that I know that might help you out.

00:25:49 I wish you all the best that Yes, no, yes. Is a really simple and beautiful framework for you to say no in a really positive and loving way that I think keeps our relationship strong because that's important.

00:26:01 And we don't want to burn every bridge along the way. But it also keeps your dedication to your goals stronger, which is what I want you to.

00:26:08 D'oh! So I hope that that helps you there. I thought that was such a great framework, and I know it's been helping me, is I'm crafting my nose.

00:26:16 So, um, if your fellow people pleaser hope that you love that to give that a try and let me know how it goes.

00:26:22 Okay, So no matter how big your dreams are, I do know this to be true. You're absolutely capable of making them happen.

00:26:31 Just to recap here, I'm gonna remind you of the three important principles of goals. Number one. It's a marathon, not a sprint.

00:26:39 No matter what dream you've got, it's gonna take time. Your life is a marathon, not a sprint number two.

00:26:45 You don't need to have it all figured out. Some of the steps here never gonna predict. And things will become clear as you get going.

00:26:53 Number three, he reminds that matters over strategy Keep going. Get back up. That's what matters. Now.

00:27:02 You've also got the 1st 3 steps of your feeling overwhelmed. Here's where you gonna start. Number one.

00:27:07 You're gonna decide what's most important to you. You're gonna give yourself 30 days from today and make that happen.

00:27:13 That gives you time to do the research, to interview people, to talk to your mastermind, friends, to work with your coach, to do some thinking, reflecting on your own.

00:27:21 And my friend, if you do this 30 days, I want you to take no more than the next 30 days to decide what you're gonna focus on.

00:27:27 And when you do, I want you to declare it on social media and tag me, or at least send me a message.

00:27:33 Because I would love to see. And I would love to cheer you along the way. And nothing likes me at more than seeing you guys make your dreams a reality.

00:27:40 And just setting the intention is huge. So please, please, please tag me. I would love to hear this.

00:27:46 All right. Step number two is knowing you're yes. Like, what are you saying? Yester and being really clear and focus on that.

00:27:52 What is the emotion that that goal is gonna give you? What is it that you want to feel as you're achieving this?

00:27:59 Decide on one or two things, Max, be really focused and know your Yes. So that saying no gets a lot easier.

00:28:05 Number three. Make time for your goals. That means looking back and doing a real and honest calendar audit about how you've been spending your time.

00:28:13 So then you can look forward about how you want your time to look. You're gonna get clear on how much time is gonna take each and every week and you're gonna block that time in your counter, make it non negotiable.

00:28:24 Once it is in your calendar going forward every single week, it's gonna make it a lot easier to see when another request comes in.

00:28:31 You know, the happy hour, the brewery call or Netflix binging. It's gonna help you see right away with the Yes, that your big dream, your goal, What you're maybe losing out on.

00:28:42 And if it's something that does come in and request a desk What? Your big dream you can say yes, because you've already got the time for it.

00:28:49 So that's it. Not knowing where to start is no longer an excuse, my friend. It is time to get started.

00:28:57 I want to end with this. I give you not that you need it. But I want you to hear this.

00:29:02 You have permission to get it wrong. It might not be perfect, but if you never get started, you're never gonna know.

00:29:11 Progress matters so much more than perfection. Choose a goal, decide on one. No, you're yes.

00:29:17 And focus on how it's gonna make you feel. Give yourself permission to say no to everything else, then get it in your calendar.

00:29:26 The best way to honor a dream in your heart is to give it time in your calendar. If you do that, you will be on track to chase your dream and make it a reality.

00:29:35 No guilt, no overwhelm And no more excuses. You have seriously got everything you need to get started Today I am cheering you along every step of the way.

00:29:45 You've got an amazing life to live. You got big dreams and you matter, go chase those dreams.

00:29:52 Thank you so much for listening to this episode of the Goalden Girls podcast. I truly appreciate it. And if you enjoyed it, please take a screenshot shared on social and tag me.

00:30:03 I would love to thank you and share it myself. Don't forget to subscribe to you will be the 1st 1 to find out when new episodes are available And find out about bonus episodes too.

00:30:13 So that's all for today. Go light up those dreams. I am so excited for you. And I know that no matter what is in your heart, it is possible for you.

00:30:24 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.

00:30:32 If you know someone who loved to hear this episode, please share it with them, too, because I love surprises.

00:30:37 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.



00:30:47 Thanks again for listening that will talk to you in the next episode of the Goalden Girls podcast.