



THE VITAL

ROAD MAP TO SUCCESS

THE GREATEST GOAL
SETTING WORKBOOK EVER!

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About Me:

Entrepreneur, Life Coach, Writer and Superhero. Think of me as your own personal cheerleader.

I dream of living in a world where people feel empowered to get off the hamster wheel and start creating the life they truly desire.

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While in undergrad my professor held up a jar of rocks in front of the class. He asked us, "is this jar full?" We all agreed that it was. Then he took a bag of small pebbles and poured it into the jar. The pebbles filled in the space around the jar and he asked, "Now is it full?" Everyone again said yes. He then took a bag of sand and poured it into the jar. The sand filtered through the rocks and pebbles until all the space was filled. "What about now," he asked, "do you think it is full?" For the third time the class said yes. He then took a pitcher of water and poured the water into the jar until it was all the way to the brim and began spilling over the top. "Now," he said, "we can say the jar is COMPLETELY full", he then asked the important question: "Do you think if I had started with the water, then the sand, and then the pebbles, there would still be room for the rocks?"

If we think of our lives as a jar, then the illustration is pretty clear.

We have to fill our 'jar' with the big stuff first or it will get filled up by all the little stuff and there won't be any room left.

We have to make time for the big stuff first, before we tackle the easy and the mundane.

Even though I had heard that illustration before, this time, as I was searching for a solution to my time management issues, it stuck. I started applying that strategy to my life. Almost immediately I started getting more done in less time, and had more time to do the things I really wanted to do.

Do you want to know what my secret was?

WRITING IT DOWN! The difference between a DREAM and a GOAL is often nothing more than a piece of paper. This workbook will be the piece of paper that truly turns your aspirations into reality.

What is Holding You Back??

Why is it that our goals, ideas, and efforts are so quickly abandoned? More importantly, is there anything we can do differently to change the outcome?

Below are 10 reasons you may not follow through with your goals.

Repeat Offenders

Albert Einstein said, "The definition of insanity is doing the same thing over and over again and expecting different results." Telling yourself that you are going to make a specific change, and then not doing it, is not just insane by Einstein's definition, but it's also frustrating and demoralizing. With this approach, you accomplish nothing and you feel even worse about yourself.

"Let's start by changing everything!"

When we try to make major changes in many different areas of our lives at the same time, we often end up overwhelmed. Change takes effort, energy and work; we have to approach each goal one step at a time.

Mindset

If your inner critic is telling you there is no way you'll succeed, you won't. Ben Franklin wisely said, "Whether you believe you can or you can't, you are right."

Who's with me?

Not only will "going it alone" slow down your progress, it can become lonely! There is no shame in reaching out for help.

Having an accountability partner ensures there is always someone in your corner supporting and encouraging you.

It's too late to start!"

On the contrary, you have the freedom and God given ability to wake up tomorrow and change your current habits. Even if you feel like you've been the most out-of-shape, uneducated, unsuccessful individual during your 30 years of life... tomorrow you could start getting in shape, get educated in a new skill and make better choices than you did yesterday.

"Why?... Because I said so!"

If you struggle to stay motivated once the initial excitement around your goal fades, there's a good chance your "why" isn't strong enough. When desire and commitment aren't rock solid, you end up giving up too quickly and reverting back to life as you know it.

Tracking system

If you don't have a means to measure progress along the way, how will you know if you're following the right path? A tracking system is like a great GPS: If you're not getting the right results, it will tell you to recalculate your route.

Failing to Plan

Having a wish list of things you want, without a roadmap to achieve them, will lead you nowhere. It's like asking you to depend on luck and willpower, which won't get you very far.

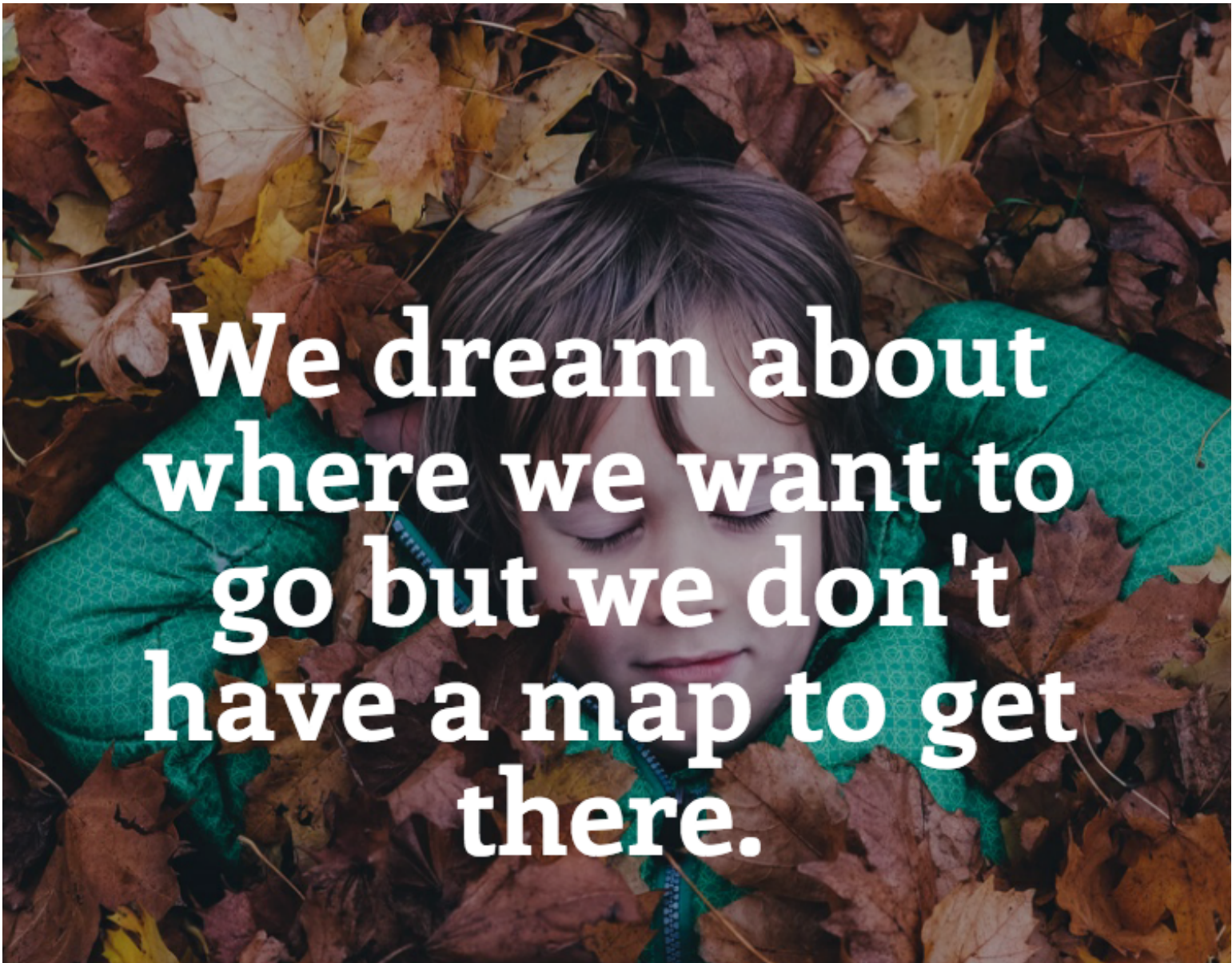
Too Vague

We sometimes make goals without fully laying out the specifics, which makes it hard for your brain to focus on. If it's not specific, it's not possible to measure progress.

Unrealistic

Take a look at where you are currently in regards to your big goal. If the gap between where you are and where you want to be feels enormous, this may make things overwhelming so you might need to dial it down a bit.

If any of the above reasons resonate with you, don't fret. This workbook is your amazing solution! The Vital Road Map to Success may not fix your life but it will help to clarify your problems, help you to create a clear path for solving them, and help you to map out a successful route for achieving your dreams and aspirations.



**We dream about
where we want to
go but we don't
have a map to get
there.**

What is a Vital Road Map?

A Vital Road Map is visualization of what actions are needed to help you achieve your long-term goals for success. It connects the dots by showing how your everyday actions fit with your vision of where you want to be in the future.


A well-planned Vital Road Map is like a GPS for your goals. It not only tells you where you are and

the quickest way to get to your destination, it will also show you where the obstacles (or roadblocks) are so that you can prepare for them. It's one of the best tools to lift the fog and make your vision clear and concise so your daily actions will align with your goals.

Instead of following a similar pattern for your focus, I challenge you to be more intentional about where you spend your time, your energy, and your resources.

Although reaching the destination is the best reward, enjoying the journey along the way will keep you energized and excited. I am quite sure, if you follow this system, you will provide yourself with the chance of new beginnings.

A good plan is like a road map: it shows the final destination and usually the best way to arrive there.

A person is holding a map outdoors, with a blue overlay and a white border. The text is centered and reads:

Maps are
essential.
Planning a
journey without a
map is like
building a house
without
drawings.

Zipporah Monique



Vision

Become The Ultimate Goal Digger

THE GREATEST GOAL SETTING WORKBOOK EVER!

Goals start from determining your vision. Creating a vision for your life may seem like a frivolous waste of time, but contrary to belief it is one of the most effective strategies for achieving the life you desire. Your vision is the compass for your life that helps to guide you towards actions and choices that will propel you towards your best life.

Why you need a vision?

With a vision in mind, you are more likely to succeed far beyond your expectations and achieve all your dreams and more. Think of crafting your life vision as mapping a path to your personal and professional dreams that makes life satisfaction and personal happiness within reach. Without developing your own vision, you'll allow other people and circumstances to direct the course of your life. We don't want that!

How to create your life vision?

Don't expect a clear and well-defined vision overnight—envisioning your life and determining the course you will follow requires time, and reflection. Your best vision blossoms from your dreams, hopes, and aspirations. It will resonate with your values and ideals, and will

generate energy and excitement to help strengthen your commitment to explore the possibilities of your life.

There is only one question you need to answer to determine your vision. The question may sound simple, but it's often the most difficult to answer. Allowing yourself to explore your deepest desires can be very frightening. Remind yourself that a fulfilled life doesn't happen by chance but by design.

What does your PERFECT day look like?

When answering this question, I want you to dream, be creative, create a vivid picture, get specific and detailed!

Some questions to start your exploration:

How will you feel about yourself?

What kind of people are in your life? How do you feel about them?

Where are you? Where do you live? Think specifics, what city, state, or country, type of community, house or an apartment, style and atmosphere.

What would you be doing?

Are you with another person, a group of people, or are you by yourself?

What would you most like to accomplish

What's your state of mind? Happy or sad? Contented or frustrated?

What does your physical body look like? How do you feel about that?

What are your values? What issues do you care about?

What are your talents? What's special about you?



Evaluate what you wrote down....Does your best life make you smile and make your heart sing?

If it doesn't, dig deeper, dream bigger! Finding your true vision should make a light bulb go off in your head. It should make you want to sing and dance!!

It's important to revisit this vision from time to time. Don't be surprised if your answers to the questions, your vision, and the resulting plans change. That can actually be a very good thing; as you change in unforeseeable ways, the best life you envision will change as well.

For now, it's important to use the process, create your vision, and take the first step towards making that vision a reality.

A person with long hair is seen from behind, looking out over a city at sunset. The city lights are visible in the distance, and the sky is a mix of orange and blue. The person is wearing a dark top.

**Your vision will
become clear
only when you
look into your
heart.**

**Who looks
outside, dreams.
Who looks inside
awakens.**

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Purpose

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Your purpose is the difference between depression and joy, without a life of service or a sense of belonging you may feel like your life is stagnant and leading to the black hole of death. A clear sense of purpose allows you to focus on what matters most and compels you to take risks and stop at nothing to obtain your goal.

We as humans crave more from life than just mere survival. Without an answer to the question 'Why am I here?,' we can quickly fall into disillusionment, distraction and a sense of despair. German philosopher Frederick Nietzsche said, 'He who has a WHY can endure any HOW.' Knowing your why is a CRUCIAL initial step in figuring out how to obtain the goals that inspire you and consequently create a life you love!

Knowing your 'why' will strengthen you to find your courage to take calculated risks needed to complete your goal, stay motivated when all seems to be against you, and propel your life onto a new, more challenging, more rewarding direction.

There is no one pathway for developing your life's purpose, there are many ways you can obtain deeper insight into yourself and get a larger perspective on what you can offer the world.

Answer these four questions to help find the “intersection” between what you truly care about, what you can contribute to the world, and what will be valued most.

1. What makes you come alive?

The word inspire comes from the Latin, meaning “to breathe life into.” When we are working toward things that inspires us, it makes us feel more alive. Don’t think about it as being about you; think about something that is much bigger than you. Our end goal is to connect with what matters to us the most.



2. What are your innate strengths?

We are said to be in our element when natural talent and skill meets passion. At this point we are not only productive, but we add more value to the world around us. Focus on what you are naturally good at, you weren't given those abilities in vain.



3. Where do you add the greatest value?

Doing work that you're good at, but which you loathe, is not a pathway to productivity.

Knowing your greatest strengths and where you can add the most value—through the application of your education, skills, knowledge and experience—can help you focus on the opportunities, roles and career paths where you are most likely to succeed and therefore find the greatest sense of accomplishment and contribution.

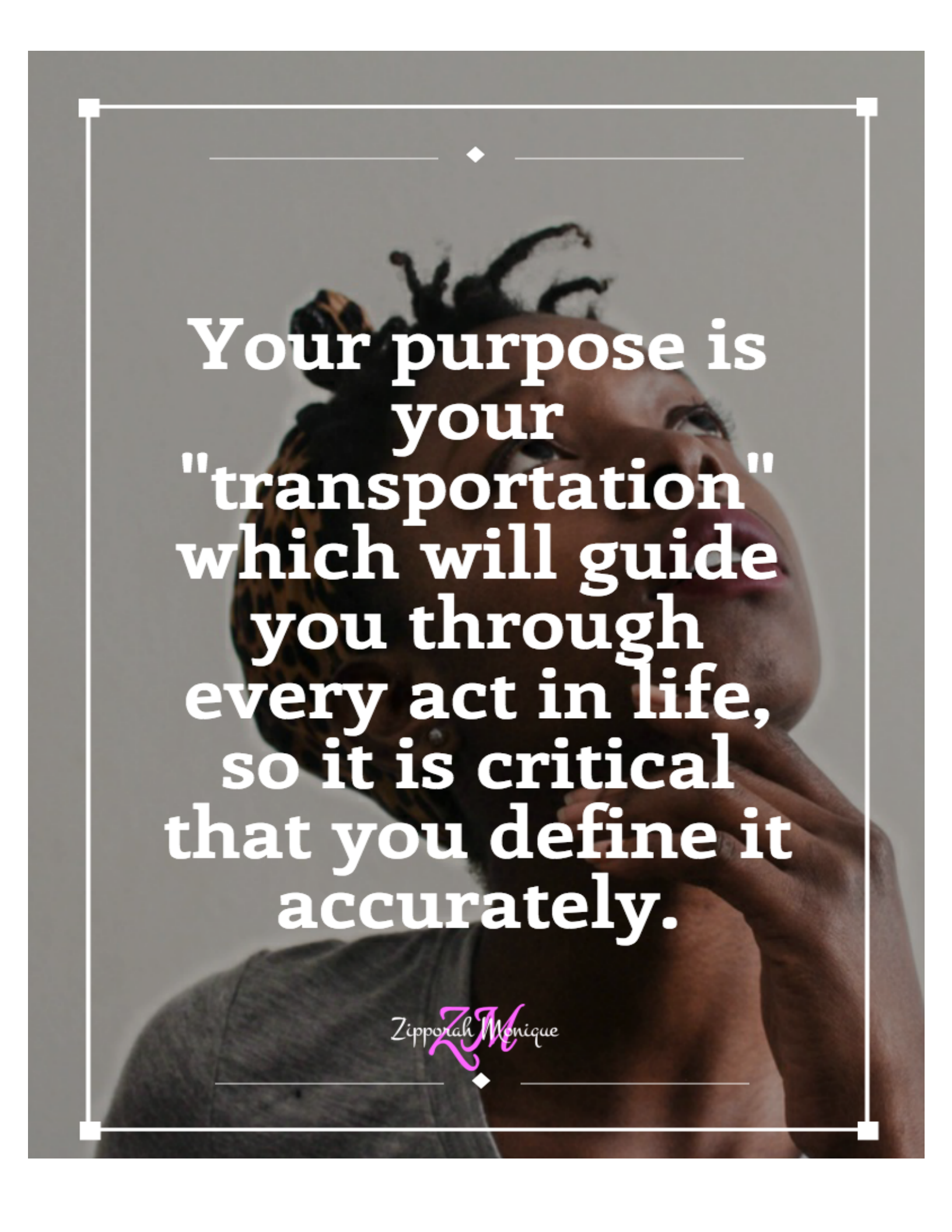


4. How will you measure your life?

People who don't stand for something, can easily fall for anything. Deciding how you want to measure your life means making a stand for something and then living your life in alignment with it.



Ultimately, living with purpose means focusing on the things that matter most. Ironically, the things that matter most are rarely “things.” When you find what is most important to you, you will stop at nothing to align your life with it.



**Your purpose is
your
"transportation"
which will guide
you through
every act in life,
so it is critical
that you define it
accurately.**

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Skill

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Abilities and skills are the building blocks of success that essentially bring value to you and others. Knowing what your knowledge, skills and abilities are will help you know your strengths so you can use them towards our purpose.

Knowledge is something you have learned in school, from training or from experience. A skill is something you can do. Ability is a special talent or even a personality quality that you have.

Skills are not all or nothing

Many people argue that you possess a skill or you don't, for example, like a light switch, either on or off. This is so untrue! Humans possess skills in varying degrees. Most people are average on a majority of skills, below average on some and above average on others. So when you think of skills, don't sell yourself short just because you can name someone who performs that skill at a higher level than you.

You are unique

Having one single exceptional skill does not make you awesome (I'm sorry). What makes you awesome is your combination of average and above average skills. For example, being able to accurately shoot a basketball through the net does not make someone an amazing basketball player; he is considered one if he can run fast, jump high, dribble the ball and get along with their fellow players. Your skill set is unique to... So flaunt it!

Identifying Your Skills

It is difficult for most people to talk about their skills. In fact, a majority of people who interview for jobs are unable to clearly state what their skills are. It is essential, however, to know specifically what you can offer to the world. Your skills are the foundation on which you build your purpose and vision. All of us have hundreds of skills, where we may be average in some skills and excel at others. It will be easier to identify jobs that suit you when you know your unique combination of skills, or skill set.

Use the following exercises below to determine your skill set so we can see what we are working with!

Story Time

Tell a story about something you accomplished that you enjoyed and felt was a success. Write the story down. In the story describe what you did and what obstacles you overcame in order to reach your goal. Review the story and note what skills you used to accomplish this. Repeat this exercise a number of times and you will begin to have a good inventory of your skills. Remember to be specific.

Review your resume

What work have you done in the past? What tasks do you enjoy and feel confident doing? Write down and explain what you did on each job. Break the job down into tasks and list the skills needed to perform each task.

Hobbies

What do you do in your life that you really enjoy? List the skills you use to perform these enjoyable activities, they are probably things you do well.

Career assessments

There are a number of career assessments, available through career counselors and your local One-Stop Career Center, which will help you identify your skills.

If you are stumped on the skills you have, there is a list on the next page that will help you acknowledge the skills you have used, the skills you would like to use, and the skills you would like to develop. Write this in the space provided.

SKILL FINDER

Here is a list that will help you acknowledge the skills you have used, the skills you'd like to use, and the skills you'd like to develop. From this list, underline the skills you have used, then circle the top 3 - 5 underlined skills you enjoy using most from each category.

Communication

Exchange, convey and express knowledge and ideas

Write Persuade Listen attentively	Consult Teach Train Public speaking	Conversational ability Sell/Promote Interview	Entertain/Perform, Host Ask questions Negotiate Critical Thinking
---	--	---	--

Design & Planning

Imagine the future and develop a process for creating it

Anticipate/Solve problems Invent Design	Design programs Brainstorm new ideas Improvise	Create images Integrate Plan	Illustrate Perform Think visually
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Organization Management

Imagine the future and develop a process for creating it

Plan, implement, evaluate Time management Make decisions Lead	Meet deadlines Set goals Motivate Recruit	Resolve conflicts Collaborate Mediate Determine policy	Set timelines Coordinate Strategize Delegate/ Supervise
--	--	---	--

Research & Investigation

Search for specific knowledge

Analyze ideas Analyze data Dissect Research	Investigate Collect data Diagnose Evaluate	Compare Critical thinking Synthesize information Experiment	Observe Develop theory Calculate Hypothesize
--	---	--	---

Information Management

Arrange and retrieve data, knowledge and ideas

Calculate and compute Math knowledge/ skills Manage money	Financial record keeping Organize information Manage information	Keep accurate records Manage databases Develop systems	Develop a budget Categorize Streamline processes
---	--	--	--

Information Management

Arrange and retrieve data, knowledge and ideas

Assemble Build Construct Applying formulas	Fabricate Model Program Manage money	Install Maintain Inspect Develop systems	Invent Operate equipment Repair Streamline processes
---	---	---	---



A good plan is
like a road map:

It shows the final
destination and
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there.

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Core Values

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Our core values not only define us but brings us back to our center, when we stray from our most authentic self. To continue with the road map concept, think of your core values as street signs that keep you on track to your destination.

Without them you are just floating through life. You may know what yours are vaguely but you haven't mapped them out entirely. We are talking about your morals, your principles, your guidelines...the things that make you...YOU.

When I discovered my core values, everything started making sense...

For example, in a previous job I worked as product specialist dealing with shipping and logistics. I was working for a great company and meeting my monthly goals, but I still felt unfulfilled and stagnant. I didn't know then but looking back, my job didn't align with my core values. I was spending time doing something that was against my core values and it drained me. I felt lifeless and unsure about my direction. Usually when a person feels unfulfilled and unhappy you are more than likely living in conflict with their core values.

My main core value is wanting to give inspiration to the world, do something bigger than myself, and living an impactful and challenging life.

Core values are so important to knowing what your vision and purpose are. Before starting Zipporah Monique, I contemplated a million ideas... I cannot tell you how many business plans I started! Trying to find a niche became so exhausting and I began feeling stuck because I couldn't make a decision, after determining my core values I was able to cross out the ideas that weren't in line with them, I was able to figure out why some of the options did not work out. . This was such a powerful moment for me!

When you're determining your core values, follow the exercise below:

Model the people who you look up to...

Think of a mentor in your life, think of a person that inspires you... What qualities do they have? What are the things you admire in them? List as many qualities as you can.

After you complete your list, CIRCLE all the qualities you identify with. Once you are done, select your **Top 5 Core Values** and place them below.

After you write down your core values, keep them close!

Start paying attention to situations in which you recognize you are using your core values. This will help you unlock a better you and help you stay in line with your Top Five. Remember to hold on to them and give the world the real you!

What's At Your Core?

Use this list as a guide to find your Top 5 Core Values

Accountability

Accuracy

Achievement

Adventurousness

Altruism

Ambition

Assertiveness

Clear-mindedness

Commitment

Compassion

Competitiveness

Consistency

Cooperation

Creativity

Decisiveness

Dependability

Determination

Diligence

Discipline

Discretion

Diversity

Effectiveness

Elegance

Empathy

Enthusiasm

Expertise

Exploration

Expressiveness

Fairness

Faith

Focus

Generosity

Happiness

Honesty

Honor

Humility

Independence

Inquisitiveness

Insightfulness

Intelligence

Intuition

Leadership

Love

Loyalty

Merit

Obedience

Openness

Originality

Positivity

Practicality

Preparedness

Professionalism

Resourcefulness

Results-oriented

Security

Selflessness

Service

Simplicity

Spontaneity

Stability

Strategic

Strength

Structure

Teamwork

Thankfulness

Timeliness

Tolerance

Traditionalism

Trustworthiness


Understanding

Uniqueness

Usefulness

Vision

Vitality



**When you know
your core values
you can make
better decisions
about your future
and your
purpose.**

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Critical goals

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Setting critical successful goals are important to creating your vision. Think of your goals as the directions to getting to your vision successfully. Just like any set of directions you have to make sure you are along the quickest route and try to avoid potential "roadblocks". With modern GPS, navigating from point A to point B is a lot easier than creating the directions to reach our goals successfully. The practice of goal-setting is not just helpful; it is a prerequisite for happiness.

To make this a bit easier, I put together 5 strategies to help you set successful critical to complete your vision.

Step 1: Start Small

When we set goals we try to tackle the largest, most intimidating one, not knowing that we are practically setting ourselves up for failure. If your goals are projected to take between 12-18 months to accomplish it can destroy our confidence and diminish hope in achieving them.

To combat this, set smaller goals...still dream big, but set smaller goals to make those big dreams achievable. Crawl, walk, and then run!

Step 2: Write Your Goals Down

Get your goals out of your head! If you ever experienced walking into a room and forgetting why you are in there, how do you think you are going to remember your goals in a couple of weeks? Writing your goals down increases your chance of success by 97%. Also, when we write down our goals they are easier to look back on and measure our progress!

Step 3: Be S.M.A.R.T With Your Goals

You may have heard of this phrase before but I promise it truly works!

S - Specific

Bring clarity to what you want to achieve. Your goals must be clear. Clarity yields results. If your goals are broad you can't ensure commitment.

Incorrect: I will lose weight.

Correct: I will lose 20 lbs by May 1st 2016.

M - Measureable

Making sure you are able to measure your goals are important to your success rate. If you can track your progress and make sure you hit your goals, you can easily determine what equates to success and know if something is not working.

Incorrect: I will finish writing my book by May 2016.

Correct: I will dedicate 1 hour per day to writing my book and will complete it by May 2016.

A - Attainable

While you are creating your amazing goals make sure you have the tools and resources to achieve them! Educate yourself, find a mentor, develop the skills needed to achieve them.

Incorrect: I will start my own personal training business.

Correct: I will obtain my personal training certification and start my own personal training business.

R - Realistic

If your goals are too big or farfetched, you could be setting yourself up for failure and/or discouragement. Ask yourself if you will be committed to achieving your goal...Commitment = working towards your goal when you feel like it and when you don't. Be sure to set yourself up for success and not bite off more than you can chew.

Incorrect: I will run a marathon by the end of the year.

Correct: I will train 3 times per week to condition myself to run a marathon by the end of the year.

T - Time bound

Deadlines are magical, especially for procrastinators, they ensure we get things done.

Deadlines also cause us to be motivated to complete our goals.

Incorrect: I plan to finish my business plan next month.

Correct: I will finish my business plan on February 20th, 2016.

Step 4: Visualization

An important key to accomplishing your goal is to visualize you achieving them. This makes it real and it will skyrocket your determination and commitment to completion. Meeting Oprah is a goal of mine, so I have already chosen the questions I will ask her, the setting we will be in and I even picked out my outfit! I am one step closer to meeting her!

Step 5: View Your Goals Daily

Make sure you are viewing your goals every day to make sure they stay on the forefront of your mind. When you view and meditate over your goals it will help you stay committed to achievement.

A person in a dark jacket stands with their back to the camera on a pier, looking out at a calm lake. In the distance, a range of mountains is visible under a cloudy sky. The entire image is framed by a white border with small square and diamond markers at the corners and midpoints.

Picture yourself
on December 31st
saying "This year
was one of the
best years of my
life".

What goals will
make this a
reality for you?

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Name 3 goals you want to accomplish.

Strategies

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To tackle your goals you must approach them from multiple sides and lay out the strategies to accomplish them. Establishing strategies involves looking at the achievement of your goals through four major perspectives:

Financial

Consumer

Internal Processes

Education

The Financial and Consumer strategies focus on the outcomes you want to achieve. The Internal process and Education perspectives focus on how you plan to achieve these outcomes.

Financial

Your goal may require a financial obligation, so to set yourself up for success, be sure to plan a budget around your expenses. Calculate the complete overhead of completing your goal.

Consumer

There will always be someone benefiting from the goals you make, either you or someone else. Decide the level of impact you want to have and define what strategies you will implement to achieve it. Who are you impacting? How do you want them to feel? How will you know you achieved this?

Internal Processes

In this section think about the design flow of how you plan to achieve your goals. If your goal is to plan an event...Where? When? What marketing tools will you use? If your goal is to lose weight...Yoga? Strength training? Nutrition regime? Outline the specifics.

Education

Make sure you gain knowledge around the goal you want to achieve. Become an expert in that area, use Youtube, Google, and books on the topic. Be resourceful...Knowledge is power!

A well-constructed Vital Road Map links the objectives in the four perspectives.

For example, what are the key financial strategies that should be in place to support the achievement of the critical goals? What consumer strategies should be established that will yield the desired financial results and achieve the critical goals? What internal processes will support the consumer strategies that yield the desired financial results and achieve the critical goals? Finally, what education processes should be pursued to support the internal strategies that will result in desired consumer results, the desired financial results and achieve the critical goals?

This is a crucial part of the road map. It's what makes every component of the map a reality. So, spend some time here to carefully list all the actions that are required, implementable and measurable. These answers move your strategic priorities to operations.

List at least 3 strategies for each goal you want to achieve.

Example:

Goal: I will start a business by the end of the year and it will yield \$200,000.

- Strategies:
1. Create a website to showcase my brand.
 2. Develop brand and connect with like minded individuals.
 3. Develop a product or service to sell.

Strategies often fail because not enough attention was paid to this part... so set your self up for success.

Who's in your circle?

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When planning out our goals we tend to focus only on the what and how, we forget about the who. No man is an island, which means very few goals are accomplished by you and you alone. You need a team, a circle, a net around you to assist you in your journey to success.

There are four different types of people you should have in your pocket who will aid in your endeavors and make sure you are on the right track. It is important for you to know how each person on your team looks and how they contribute to your success.

The Mentor

Every successful person has a mentor. You turn to them for advice, to answer questions, and to celebrate milestones. A mentor is someone who has succeeded with a similar goal so they can help you achieve your goals quicker because they been there, done that. Build and strengthen a relationship with them and allow them to guide your footsteps in your journey.

The Influencer

This is the person you want to influence to say yes to your goals. I think of an influence as someone who will jump on my bandwagon. This can be a big name client, an investor, a co-founder, or a supporter. Your friend can be an influencer when you convince them to join a gym with you or an influencer can be the first client you receive after starting your own business.

The Connector

This person is very important in your success journey. This is the person who connects you to the people and resources you need along the way. The connector is the person who can introduce you to your influencer. He or she makes the connection so you can make magic happen! The connector knows how to network and get you in front of the right people.

The Sidekick

This is the person who is always on the sideline cheering us on. They are there to support you on your journey, there when you hit a roadblock and there when you celebrate your successes. Make sure you identify who your sidekick is before the obstacles arise so you will know exactly who to go to in your time of need. You can also have a sidekick group, which can be just as empowering. Yoga classes, support groups, or a team sport.

Success is always achieved in numbers.

As you are setting your environment up with the right people make sure you don't forget to look within yourself and determine the person you need to become. Far too often people focus on what they need to do to achieve their goals and fail to consider who they must become. To accomplish something you have never accomplished before, you must be willing to do what you've never done before; go where you've never been before; become someone you've never been before. As you learn from those who have achieved "your" goals, pay as much attention to their personal attributes and characteristics as you do to what they did to realize their goals

Identify 3 people who can help you achieve each of your goals. Example: If you are trying to lose weight by a certain date, name a personal trainer, nutritionist and accountability partner.

Goal:


People:

Goal:

People:

Goal:

People:

A photograph of four young women walking and laughing outdoors on a paved path. They are dressed in casual summer attire like t-shirts, jeans, and shorts. The image is framed by a white border with diamond-shaped corner markers. The text is overlaid in the center in a large, white, sans-serif font.

**You are the
average of the
five people you
hang out with...
choose wisely!**

Zipporah Monique
ZM

Roadblocks

Become The Ultimate Goal Digger

THE GREATEST GOAL SETTING WORKBOOK EVER!

Roadblocks happen to us time and time again where we are ready to do something and then out of left field – WHAM! We are stopped in our tracks because something comes up, someone objects to our forward motion, or life just happens. Sometimes we can plan for these things and sometimes we can't. These things can really take the wind out of your sails.

Often times we are our own roadblock. How many times have you said "My diet starts on Monday," or "I'll won't put off my paper until the last minute next time." That all sounds like bologna to me, and if you are honest...it will sound like bologna to you too. Roadblocks are a fact of life; they take us off guard and hinder our motivation to reach our goals. But they don't have to keep you from getting to where you want to be!

It's all a question of priorities. Where are your priorities? Is your goal your priority or someone else's? That is an important question because I guarantee that **the only goals you will reach and sustain are the ones that you OWN and are at the TOP of your priority list.**

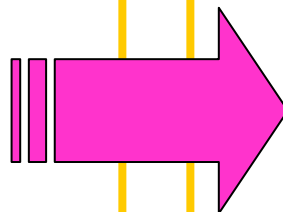
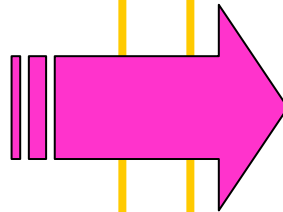
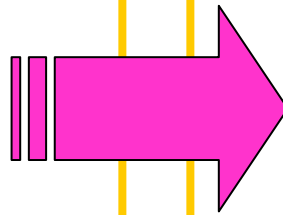
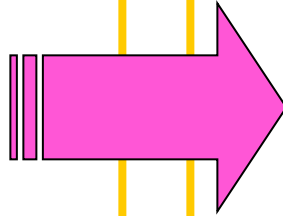
If roadblocks have been a problem for you, despite great intentions and planning you can't seem to make it all the way to your goal then here are some things to think about.

- 1. Do you want this for yourself?** First and foremost, determine if this is your goal or someone else's. Maybe you don't want to lose weight but you do want to live a healthier lifestyle. Maybe you don't really care if the kitchen gets remodeled but you do want to cook more at home (and a new grill and range makes that a lot easier!).
- 2. Identify the obstacles.** If you are trying to develop a better morning routine so you are able to eat breakfast, then late nights might be a problem that would keep you from waking up with enough time to do so. If you want to incorporate more exercise into your day by riding your bike to work, rainy days might discourage you from doing so.
- 3. Make a plan.** When you have a solid list of roadblocks, make a plan for what you will do when they come up (because they will). You can schedule your bedtime and incorporate a nightly routine so you don't have to worry about leaving anything undone. When it rains drive to work but make up for the missed exercise by taking a fitness class, going to the gym or doing a workout at home.

The key to success with goals is **planning and intention**. When you plan ahead and you are invested in what you are doing, you will definitely reach the goals you set for yourself. Remember, goals can be contagious! Once you reach one you can't wait to accomplish the next. Outline potential risks in each of the strategies you plan to pursue and the actions you might take.

Roadblock

Solution



Milestones

Become The Ultimate Goal Digger

**THE GREATEST GOAL
SETTING WORKBOOK EVER!**

Milestones are actions and achievements necessary to make progress toward goals. They're strategic moves that need to be made to ensure we reach our destination; it also helps to measure where we are on our success journey. Aiming for a goal set a year from now requires occasionally reassessment strategies between the present and that desired future because where it's easy to become discouraged and overwhelmed. As milestones are reached, you can see progress, which will help you persevere. They also help you to assess new complications or opportunities that have emerged, and make adjustments to plans and procedures before moving forward.

Goals define where you're going, and milestones let you know if you're actually getting there. Achieving visionary goals requires practical milestones that let you make realistic progress. Having knowledge of how goals and milestones compare to each other and work together will help you move in a constant forward motion.

Label the milestones you will encounter with each goal and how you will celebrate, this will provide you with an incentive to accomplishing your goals..one milestone at a time!

Goal 1

1.

2.

3.

Goal 2

1.

2.

3.

Goal 3

1.

2.

3.

A hand is shown in the foreground, reaching out towards the right. The background is a blurred landscape of mountains and a body of water. The entire image is framed by a white border with small squares at the corners and a horizontal line with a diamond in the center at the top and bottom.

Don't wait until
you reach your
goal to be proud
of yourself. Be
proud of each
step you take
toward reaching
that goal.

Zipporah Monique
ZM

Visualization

Become The Ultimate Goal Digger

**THE GREATEST GOAL
SETTING WORKBOOK EVER!**

Create a vision board!

A **vision board** is like a magical canvas that helps to clarify, concentrate and maintain focus on your vision. Whether it's on a bulletin board, cloth canvas, computer screen, or even mobile phone home screen, this is the place where you display images and/or words that represents who or what you want to be, do or have in your life.

Why Make A Vision Board you ask?

Vision Boards Help Provide Clarity

If your vision is to create a life full of positivity and balance, have you given serious thought to exactly what that means? What things will you add to your life? What things will you take away? Try to envision what your "better life" looks like. You should seek images that represent specific details of this positive and balanced life, so get specific on what that means to you. If you want to be healthier, add a picture of fruits and veggies, if you plan on reading more, add a picture of some books...etc. Most of us never get what we want because we don't know EXACTLY what we want. Making a vision board will bring clarity to that general desire and turn it into a burning passion to achieve your "new" life.

Vision Boards Reinforce Your Daily Affirmations

Once you dream it, the next step is to believe it. Vision boards can also include words, phrases or sentences that affirm your intentions. We must silence the negative thoughts of our subconscious that hinder our aspirations. You know that little voice in your head that never shuts up, the one that supports and promotes all your limiting beliefs and behaviors...yeah that one. Affirmations are that little voice's worst enemy; they release you from those limiting beliefs, and they allow you to know that the possibilities are **ENDLESS**.

Vision Boards Keep You Focused

It can be challenging to remain focused on your goals while people and circumstances constantly pull you in dozens of directions at once, but a vision board acts as the blinders to create tunnel vision to achieving your goals.

Vision Boards Feed You Positivity

No matter what happens during your day, your vision board is a constant reminder of where you intend to be. Appealing to your conscious and subconscious levels, a vision board can work wonders toward keeping your mind focused on your goal, your attention on your intentions, and your life headed in the direction **you** choose.

Make a Vision Board Right Now!

Want a super fast, easy way to get started? Use a magnetic/dry erase board! You can quickly add photos with magnets and then just write your affirmations directly on the board. This is a great way to do it because you can change or rearrange your vision board on a whim.

Now go ahead ...create your masterpiece!! It might just be the most important thing you do for yourself this year!

The Journey

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THE GREATEST GOAL SETTING WORKBOOK EVER!

The Vital Road Map is an ongoing journey. As you evolve and move closer to your goals, the strategies you use may need to be adjusted. This map can guide you to continually find the best and shortest route between where you are and where you want to go.

View your goals weekly

Don't just fill out this map and bury it away. Frequent review and adjustment of your goals is mandatory to accomplishing them. It also helps to keep your goals in the forefront of your mind. I usually view my goals during my morning routine, so my actions throughout the day will be aligned with what I'm trying to accomplish. Use this daily review time to make adjustments or add specifics to your goals, such as due dates and analytics.

Spend enough time on your goals

If you set goals that you want accomplished by the end of the week, be sure you are devoting at least 50% of your time working on them. You want to set your goals high but they still need to be realistic so you can set yourself up for success. Keep this in mind when you are goal planning for the week.

Mission Complete!

Become The Ultimate Goal Digger

THE GREATEST GOAL SETTING WORKBOOK EVER!

Ultimately, the strategic road map can be one of the best tools to keep you on the path to making your vision reality.

Congrats!

In completing this workbook you have become an Ultimate Goal Digger!!!

Reach out to me if you have any questions, concerns, or if you had any “Ah Ha” moments as you were navigating through this workbook. I would love to hear your stories!

Facebook: <https://www.facebook.com/ZipporahMoniqueS/>

Twitter: <https://twitter.com/ZipporahMonique>

Instagram: <https://instagram.com/zipporahmonique/>

Email: support@zipporahmonique.com