



FIFTEEN MINUTE
— MAGIC —

Goal-setting workbook



Part One: Setting a Goal



MY GOAL

My Goal is:

How & when I'll know I've achieved this: (eg. I'll have 2500 instagram followers by July 2021)

Why I want this goal:



MY WHY

When I imagine my future self who has already achieved this goal, I feel:

What will be the same when I realise this goal? (In what ways are you already living this life already?)

What will be different when I realise this outcome?

How will I need to change to become that future version of myself who made this happen?

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Part Two: Obstacles & Strategies



OBSTACLE THOUGHTS

Obstacles my brain is telling me will get in the way of me achieving my goal:

- _____
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A series of 18 horizontal lines for writing, each preceded by a small black dot on the left side.

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STRATEGIES

Now, take each identified obstacle from your previous list, and devise a strategy for overcoming it. You can just give each obstacle a number, or rewrite the obstacle thought here before listing your strategies.

Obstacle:

Strategies:

Obstacle:

Strategies:

Obstacle:

Strategies:



Obstacle:

Strategies:

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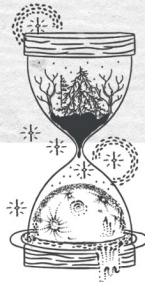
Obstacle:

Strategies:

Obstacle:

Strategies:

Use extra pages here if needed. Give yourself as much detail and change to succeed as you possibly can.



Part Three:
A Road Map
to Success



STRATEGIES & STEPS

Now, take all the strategies you've listed and sort them into the order they need to happen. Be sure to make each goal as clear and specific as possible, and try to guesstimate how much time you'll need to dedicate to each task.

Write these below in a rough order - no need to be perfect, the idea is just to build out a basic plan.

My Strategies & Steps, in the order I need to do them:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____



The regular time slot when I'll work on these each week is:

Add this to your digital calendar now, and set a reminder.

MY ROAD MAP





MY COURSES:

* Want help quitting your procrastination habit and taking regular, daily action towards your goals? Check out my 3-month daily prompt program, '15 Minute Magic' at meandorla.co.uk/magic

* My bestselling class for Instagram, The Insta Retreat, next enrolls this September: meandorla.co.uk/the~insta-retreat~2~0/

* I also send out monthly hashtag newsletters for folks looking to grow their Insta. Sign up for free, forever, as meandorla.co.uk

MY PODCASTS:

* Hashtag Authentic, for creatives and business owners online, and
* Letters From A Hopeful Creative, with my co-host Jen Carrington.

FIND ME:

* Instagram: [@me_and_orla](https://www.instagram.com/me_and_orla)
* Twitter: [@meandorla](https://twitter.com/meandorla)
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