

## #2 You've been overlooking this when goal setting. Here's how to do it.

Hi there. Welcome to the first episode of From Stuck to Unstoppable podcast. I hope you're having a wonderful day wherever you may be listening from. I'm so excited to start this podcast with a topic that is so perfect at this time. The new year is here, It's a time for renewal. It's a time to reset, set new year's resolutions, and kick old habits into new healthy ones, form new goals.

I thought how perfect it would be for me to share some nuggets that I learned in a goal-setting workshop that I recently attended. The workshop was in Nashville, Tennessee, with Mary Hyatt, who is a soul strategist. There were ten of us. If you're wondering what is a soul strategist? Mary helps high achievers and business owners design a business that's connected to their heart and their soul.

She helps them get in touch with their emotions, their body, and their internal wisdom. I found Mary's goal-setting different from what most of us are familiar with, or at least from what I am familiar with because she uses a framework that aligns with one's highest self which is so important.

What that means is that it's important to not only have goals that look good on paper but have goals that will leave you feeling fulfilled and inspired. You see, goals should not just be for the sake of achievement, but they must create a sense of fulfilment and inspiration. The first thing that we did at the workshop was to reflect on 2022 and how things went. What our professional and personal goals were and the major life lessons that we learned in 2022.

Mary then introduced us to what I would call a four-step framework when setting goals. You can actually use this framework when you are about to take on a new assignment, like starting a business or a new career. Now she calls this framework being in alignment and we did an exercise on what it is to be out of alignment.

We explored ways that zapped our energy. Mary says that when we are out of alignment, it leaves us feeling exhausted. It just drains us and it makes us reactive emotionally. Can you relate? She then gave us a list of warning signs, which included a lack of energy avoidance, moodiness, anger, and stress.

It was a host of physical pain symptoms that are related to your energy being zapped. The first alignment is with your energy while setting goals. Make sure that

your goals are aligned with your energy, and you don't want a goal that just sounds good on paper. Ask yourself, am I doing this because of what others say that I should be doing?

Does this goal light me up? Ask yourself, is this goal connected to my calling or purpose? How do I feel? Do I feel constricted? When you feel constricted, you're going to feel some resistance. You're going to feel low energy. Do you feel expansive? When you feel expansive, you're going to feel joy, and abundance, you're going to feel freedom and power.

When you're out of alignment, that goal is going to drain your energy. The second piece to this alignment is always asking yourself, is there a physical alignment for me with this goal or in this situation that I'm in? One of the things that I learned is that our bodies hold 80% of the wisdom that we have. Our bodies are always speaking to us. It's good to write down, the negative symptoms that you feel or you have felt and find out what was going on at that time. Ask yourself, when I had these negative physical symptoms, was I doing something that drained me that was not in line with my physical body?

Last year, there was a time when I was experiencing panic attacks and palpitations. This was due to a job that I had. As soon as I left it and got into a different work environment, with a team that appreciates me, where there's partnership and teamwork, I felt expansive. I started feeling joyful. I started feeling a sense of belonging, confidence and balanced. Listen to your body, and get the wisdom it's giving you.

The third piece of this framework is to ask yourself, is the goal aligned with my values? To me, this is the first thing that you should always consider when you're setting goals. Write down your values. What do you hold dear? Ask yourself, is this goal or this thing that you want to do in alignment with what you hold dear in your life? My values are freedom, connection, harmony, and impact. Anything that's outside my values is not something that I want to create.

The fourth step of the framework is to ask yourself, is this goal in the right season of my life? For instance, you have a new baby, taking care of your parents, or need to go back to school or wherever you are at this time; ask yourself, is the goal or thing you want to do, in divine timing at this season of your life? Are you going to commit to it and neglect the season of life that you're in?

These are four things that we should always ask ourselves. Whether that goal is aligned with your energy. Is it aligned with you physically? Is it in line with your values? Is it at the right season of your life?

The other thing that I learned was to ask, how do I want to feel in each area of my life? You're creating goals in each area of your life, right? You wanna ask yourself, how do I want to feel? Mary gave us a host of adjectives of what she calls core desired feelings. She says they're the qualities of the heart. They are your most preferred state of being.

They are life-affirming, they're positive, they are expansive. Some of the words that she gave us are balance, luxury, sensual, expansive, belonging, and generous. There were a host of adjectives for these core desired feelings. What I would like you to do is take a moment and do these four simple steps. Please make sure you don't skip any of them and then write down what's not working.

What's weighing you down? What is burdensome? What you're tired of feeling and work to change it. When you let go of what's not working, you get this new surge of energy that just allows you to create what lights you up. Moving right along, after you have written your goals, it's time to make a plan to make it happen, right? Because otherwise, you're going to have a list of goals on paper that you're just looking at and we don't want that.

The biggest obstacle that gets in the way of us accomplishing our goals is procrastination and the way to beat procrastination is to chunk those goals into bite-size pieces. That you can do in a day or two at the most. You're gonna notice that you have a lot of confidence when you start taking action because taking action gives you that momentum and confidence.

It's gonna get tough. As you take on this journey of accomplishing your goals, you're gonna reach what's called a messy middle. This is a term I learned from Michael Hyatt, who happens to be Mary's dad. He's a productivity and goal-setting guru. Michael says that we reach that messy middle when our goals are not compelling enough.

That's why I want you to use Mary's framework to determine whether your goals are in alignment with your soul. But if you do reach this messy middle, which Michael says most often happens in the middle of the year, you're going to need a mindset change and you're going to believe in yourself. You're going to have to tell yourself, I can do hard things. It's really not about the goal, it's about the process, and it's about the person you become.

The other thing that I suggest is to write down your why. Write down the reason why you want to go after a specific goal. Put it somewhere where you can see it every day. One of my goals is to run two miles a day, and sometimes when I'm running, I just

want to quit. But I ask myself, why am I running? And then I tell myself, it keeps me physically fit and keeps my blood pressure at bay. It helps me with my mental health. I get a surge of dopamine; that feel-good hormone and this helps me persevere through that messy middle. So for you, there could be a number of reasons why you want to reach a certain goal.

I suggest asking yourself why you're doing, what you're doing, and the answer will keep you going. In the next 48 hours, I want you to get crystal clear on your most important priorities. Write your goals in all areas of your life, including your core desired feelings. You can borrow some of the words that I gave you.

Write your goals in the following areas of your life. Money and finance, career and work, health and fitness, environment and community, family and friends, partners and love, growth and learning, essence and spirituality. Just choose two or three to focus on in each quarter.

Thank you so much for being here with me. I hope this episode was helpful. Until next time, take care.

To Mary, thank you so much for guiding me. I'm truly grateful for this new insight, and I can't wait to see what 2023 holds for all of us.