

Stepladder Goals

Finding Success by Breaking Down Your
Amazing & Audacious Goals Into Manageable Steps



Written by Missy Blackmer

Hi friend.

Are you tired of setting ambitious goals only to feel overwhelmed and unsure where to begin? Unleash your full potential and turn your dreams into reality with the "Stepladder Goals" worksheet – your personal blueprint for turning dreams into reality.

Remember, the journey of a thousand miles begins with a single step – and your first step starts here. This comprehensive worksheet is your ultimate companion on the journey towards your dreams. I hope you'll find this valuable on your journey towards balance!

I am so, so excited that you are investing in yourself and your future! Let's go!

With love & grace,

Missy Jane

Founder & CEO



So glad you're here!

Stepladder Goals

EXAMPLE

Overcome your barriers to success one step at a time

My goal is: To find a better work-life balance

My end reward is: More time with my family while still enjoying a successful career

Steps to success

Take action! Use that plan.
Consider coaching if you need assistance creating or fulfilling your plan of action.

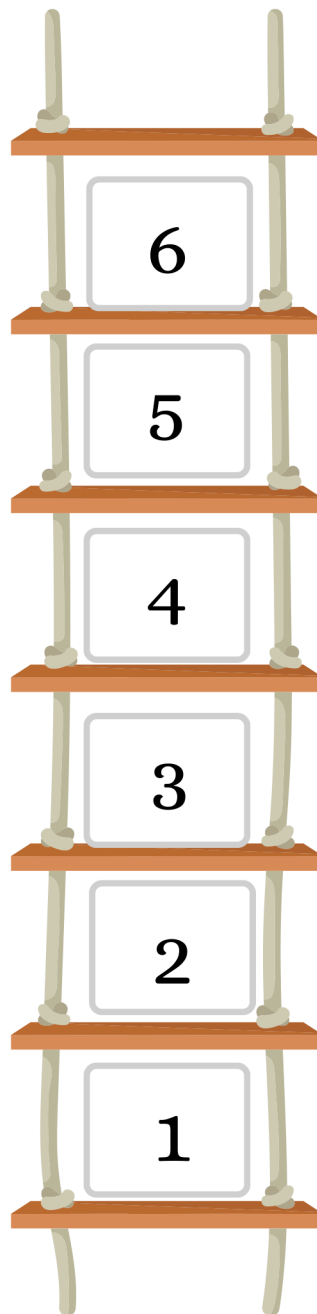
Create a plan of action using behaviors you identified that worked in step 4

Identify what/when you were doing things that worked well

Acknowledge what you have learned from self & others

Talk with significant other/family

Personal reflection & inventory



Reward for success

Balance & Joy

Plan of Action

Viable Solutions

Acknowledgement

Understanding

Knowledge of Self

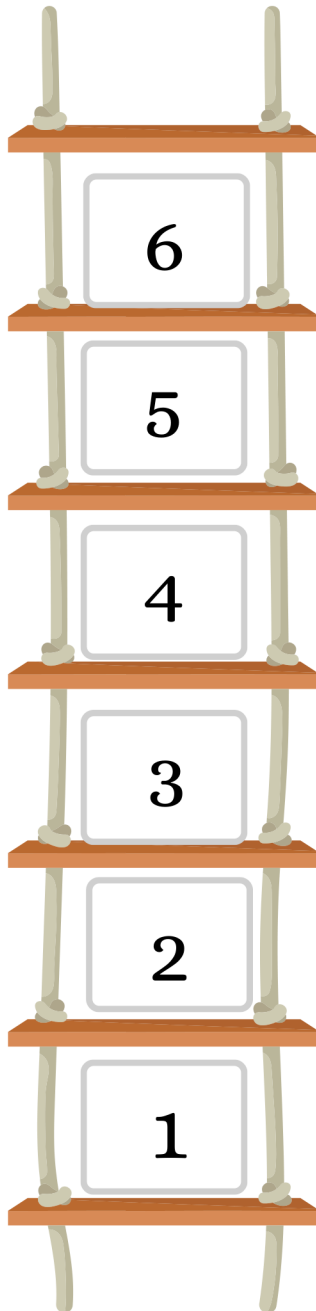
Stepladder Goals

Overcome your barriers to success one step at a time. Start at the bottom and work your way up the ladder as you brainstorm ways to meet your goals!

My goal is:

My end reward is:

Steps to success



Reward for success

Next Steps

I am so proud of you for walking through this mini-training on how to set goals

I know that life is busy and goals can seem elusive. One of the best ways to accomplish a goal is having a community that supports you!

That being said, I would love to invite you to my FREE Facebook Group AND offer you a FREE 30 minute clarity conversation. Scan the QR code to connect or visit <https://thementalhealthchick.com>

I'd love to help you on your journey to becoming anchored in your values and purpose. Let's do this!

♥ Missy Jane

SCAN ME!

