

# me 1st!

OWN YOUR POWER!

New Year, New Me!  
**LIVIN' MY LIFE LIKE  
IT'S GOLDEN**

LOOKING BACK ON 2024  
GOAL SETTING FOR  
SUCCESS IN 2025

Loving Me 1st



OUR ON-CAMPUS PROGRAM GETS A NEW OUTLET  
WELCOME TO THE ZINE DESIGNED TO EMPOWER AND SUPPORT GIRLS AND  
YOUNG LADIES AGED 12 TO 18 ON THEIR JOURNEY TOWARD PERSONAL  
GROWTH, SELF-DISCOVERY, AND SUCCESS



# Goal Setting

## AFFIRMATIONS

I am in control of my life.

I am aligned with my highest purpose.

I am fearless in pursuing my goals.

I am capable of achieving my goals and fulfilling my dreams.

I embrace challenges as opportunities for growth and success.

I have clarity about my goals.


I am committed to positive change in my life.

I am thankful for my skills and talents.

I am grateful for all the blessings in my life.

I am determined to improve myself and my circumstances.





*“Failing is a crucial part of success. Every time you fail and get back up, you practice perseverance, which is the key to life. Your strength comes in your ability to recover.”*

*- Michelle Obama | Former FLOTUS*





# Editor's Note

**Happy holidays to our readers – the girls, young ladies, and the families that support them.**

**Thank you for your support, patronage, and care for our girls and young ladies. In today's environment, our girls and young ladies need our support, more than ever before.**

**Thank you for seeing the value in the Loving Me 1st mission, and vision.**



In this zine edition, we move through how we can look back at the year past and evaluate where we are, and plan for where we want to be. We know that 2025 will bring a very unique environment for girls and young ladies. As we bring our best to the situation, this zine has the goal to help all of us keep on shining

*Tatyana Afford*

Creator & Editor  
Loving Me 1st Consultant/Volunteer





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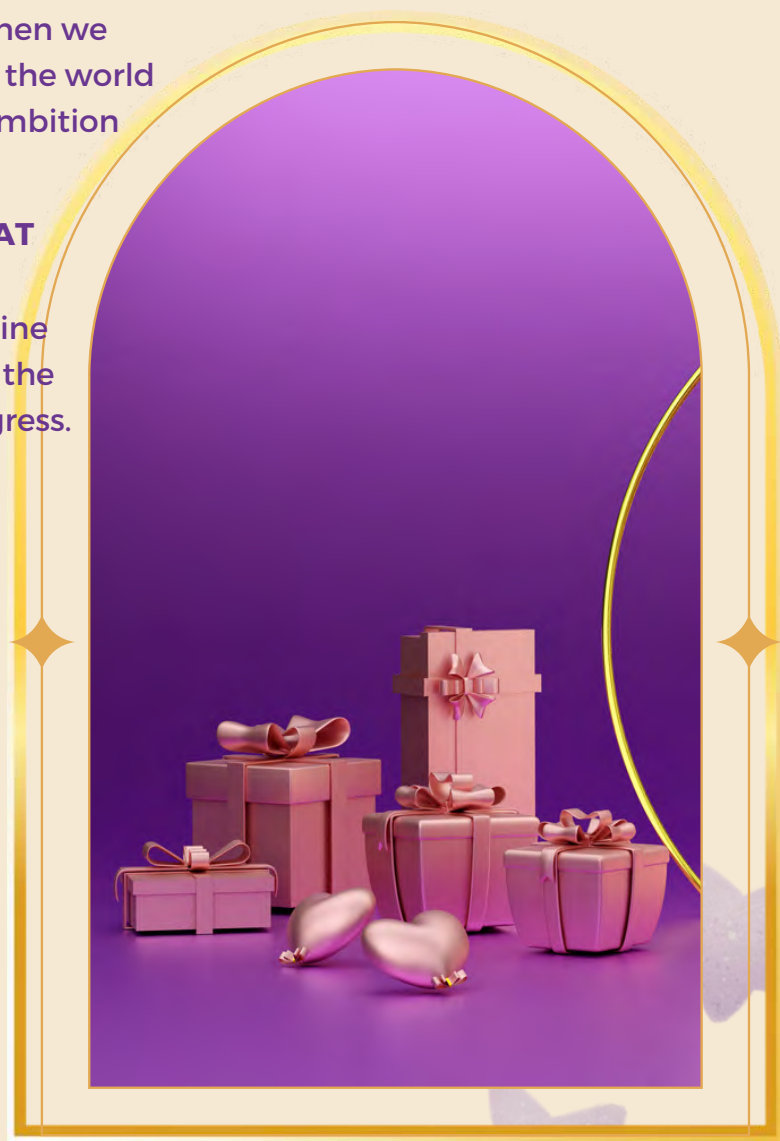
Desires can get mixed up from the things seen, heard, and interacted with everyday. Let's make it easy to see yours - the desires and ambitions that belong to you, and not to external influences!

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Now you have all the tools and information. This workbook will help you put everything learned into practice. Let's go!







Looking in the rear-view:

# 2024 wrapped

**Reflect, Celebrate, &  
Grow**  
Evaluating the Lessons  
and Celebrating the Wins

**“Success reinforces the belief that you are capable and resilient, which fuels motivation for the future.”**

The end of the year is a natural time for reflection—a moment to pause and consider all that 2024 brought into your life. Whether the past year has been one of major accomplishments, unexpected challenges, or quiet moments of personal growth, every experience has something to teach.

This guide will help you reflect on your year by celebrating successes, learning from challenges, and identifying trends in your personal growth. Together, we’ll ensure you step into 2025 with clarity, confidence, and purpose.

## **Celebrate Successes**

Celebrating your achievements, no matter how small, is a vital step in reflection. Success reinforces the belief that you are capable and resilient, which fuels motivation for the future. Start by identifying three moments in 2024 that made you proud. These could be related to academics, hobbies, relationships, or even personal breakthroughs.

### *Steps to Celebrate Your Wins:*

1. **List Your Achievements:** Write down three things that went well for you this year. These don’t have to be monumental—a small victory, like keeping a plant alive for the first time, counts!
2. **Reflect on the Impact:** Consider how these successes made you feel and what they taught you about your strengths.
3. **Share Your Wins:** Sharing your accomplishments with friends or family not only reinforces them but also spreads positivity.



# "Every setback holds a lesson, whether it's about perseverance, adaptability, or the value of seeking help."

**Example:** Mia, a high school senior, had always admired the soccer team but felt too intimidated to try out. In 2024, she finally mustered the courage and joined. Her win wasn't just making the team—it was overcoming self-doubt and believing in herself. This confidence carried over into other areas of her life, including academics and friendships.

## Learn from Challenges

Challenges are unavoidable, but they're also powerful teachers. Every setback holds a lesson, whether it's about perseverance, adaptability, or the value of seeking help. Reflecting on these moments helps you develop strategies for future obstacles.

### Steps to Analyze Challenges:

1. Pinpoint a Challenge: Think of a moment when things didn't go as planned—whether it was a missed goal, a difficult relationship, or a personal struggle.
2. Examine Your Response: Ask yourself how you reacted. Did you face it head-on or avoid it? What worked, and what didn't?
3. Extract the Lesson: Identify one thing you learned about yourself or your circumstances.
4. Plan for Next Time: Think about how you can apply this insight in 2025.

**Example:** Sarah, a first-year college student, struggled with time management. Her grades suffered because she didn't prioritize tasks or set boundaries for socializing. Recognizing the problem, Sarah started using a planner and set weekly goals. By the end of the year, her grades improved, and she felt more in control of her time.

## Spot Trends in Personal Growth

Beyond individual moments, patterns often emerge over the course of a year. Maybe you've become more confident, discovered a new passion, or improved a key skill. These trends are valuable signposts that can guide your goals for the coming year.



### Questions to Identify Trends:

- What brought you the most joy this year? (A hobby? Spending time with certain people?)
- Which relationships grew stronger, and why?
- Did you develop any habits or routines that made a difference in your life?

**Tip:** Use these insights to refine your focus for 2025. For instance, if journaling helped you process your thoughts in 2024, consider deepening that habit by exploring creative writing or gratitude journaling.

## Looking Ahead to 2025

Reflection isn't just about looking back—it's about using those insights to move forward with intention. As you wrap up your reflections on 2024, take a moment to think about what you want to carry into the new year. Are there habits you want to maintain? Relationships you want to nurture? Skills you want to build?

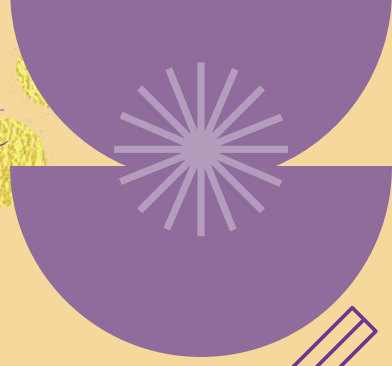
### Set Yourself Up for Success:

- Create Goals Aligned with Your Insights: Use what you learned in 2024 to set meaningful goals for 2025.
- Celebrate Along the Way: Success isn't only about the end result; it's about the journey. Celebrate every milestone, no matter how small.
- Stay Flexible: Life is unpredictable. Be ready to adjust your goals as circumstances change, and remember that growth comes in many forms.

**Motivational Thought:** You've made it through another year of challenges and triumphs, and that's worth celebrating. Reflecting on your experiences will help you step into 2025 with clarity, resilience, and a renewed sense of purpose. **You've got this!**



# 2024 wrapped | the worksheet



## **Celebrating Successes**

1. *What are three wins from 2024 that you're proud of?*



2. *How did these wins make you feel?*

3. *What strengths or skill did you use to achieve them?*

## **Learning from Challenges**

1. *What was one challenge you faced in 2024?*

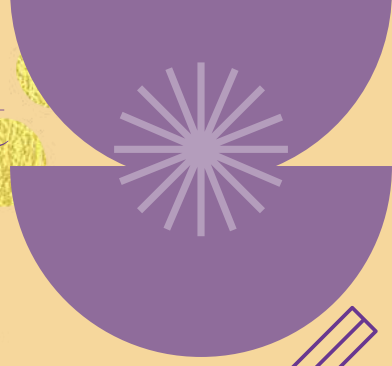
2. *How did you respond to the challenge?*

3. *What did you learn from this experience?*

4. *How will you approach similar challenges in the future?*



# 2024 wrapped | the worksheet



## **Trends in Personal Growth**

1. *What habits or activities brought you joy in 2024?*

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2. *Which relationships grew stronger this year?*

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3. *What new skills or hobbies did you develop?*

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## **Setting Intentions for 2025**

1. *What's one area of your life you'd like to focus on next year?*

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2. *What's one habit you'd like to continue or build in 2025?*

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3. *How can you celebrate your progress along the way?*

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# IS BEING DELU-LU REALLY THE SOLU-LU?

In the era of TikTok trends and self-help mantras, one idea has captured imaginations everywhere: being "delulu" (short for delusional) about your goals. The concept is simple yet powerful: believing wholeheartedly in your dreams, even when reality suggests otherwise. While "delulu" positivity can create the spark of ambition, turning that spark into success requires more than daydreams. Let's explore how to balance the magic of belief with the practicality of action to cross the finish lines of your goals.

## ***The Power of Believing in Magic***

At its core, being "delulu" is about daring to dream big. It's about ignoring self-doubt, societal limitations, or the fear of failure to embrace the possibility of a brighter future. Psychologists call this "positive visualization," and research shows it can improve motivation, focus, and even performance.

## ***Why Delulu Works:***

- **Boosts Confidence:** Believing in your potential helps you overcome fear and hesitation.
- **Inspires Action:** A strong vision can push you to start taking steps toward your goals.
- **Creates Resilience:** When you deeply believe in something, setbacks feel temporary rather than permanent.

**Example:** Serena Williams, one of the greatest athletes of all time, famously stated that she envisioned herself as a champion long before she ever won a title. That "delulu" belief fueled her rigorous training and incredible career.

## ***Grounding Your Delulu Positivity***

While dreaming big is important, staying grounded ensures those dreams don't drift into wishful thinking. Here's how to anchor your belief in actionable strategies:

1. **Define Your Goal Clearly:** The first step is knowing exactly what you're aiming for. Replace vague ideas like "I want to be successful" with specific, measurable goals like "I want to start a successful Etsy shop by selling 100 handmade items by December."





## Is Being Delulu Really the Solulu? continued

1. **Break It Down:** Large goals can feel overwhelming. Divide them into smaller, manageable steps. For instance, launching an Etsy shop could start with designing five products, creating an online profile, and planning a marketing strategy.
2. **Set Timelines:** A goal without a timeline is just a dream. Assign deadlines to your action steps to stay on track.

**Example:** Lucy wanted to write a novel but kept getting stuck. By breaking her goal into smaller steps—writing 500 words a day—she completed her first draft in six months.

### ***Staying Flexible Along the Journey***

Even the best-laid plans can encounter roadblocks. Flexibility allows you to adapt without losing sight of your dreams.

### ***Strategies for Flexibility:***

- **Reframe Failures:** View setbacks as lessons rather than signs of defeat.
- **Reevaluate Your Goals:** If your original plan isn't working, it's okay to adjust your approach.
- **Celebrate Progress:** Even small wins deserve recognition. They're proof that you're moving forward.

**Example:** When Maya's college application to her dream school was rejected, she used the opportunity to research alternative programs. She ultimately found a university that was an even better fit for her goals.

### ***The Role of Action in Manifestation***

Being "delulu" without action is like planting seeds without watering them. To turn your dreams into reality, you need consistent effort.

### ***Tips for Taking Action:***

1. **Stay Accountable:** Share your goals with a trusted friend or mentor who can encourage you to keep going.
2. **Build Habits:** Incorporate small, consistent actions into your daily routine that align with your goals.
3. **Seek Support:** Don't hesitate to reach out for help or resources. Whether it's joining a study group, hiring a coach, or learning from online tutorials, collaboration can propel you forward.

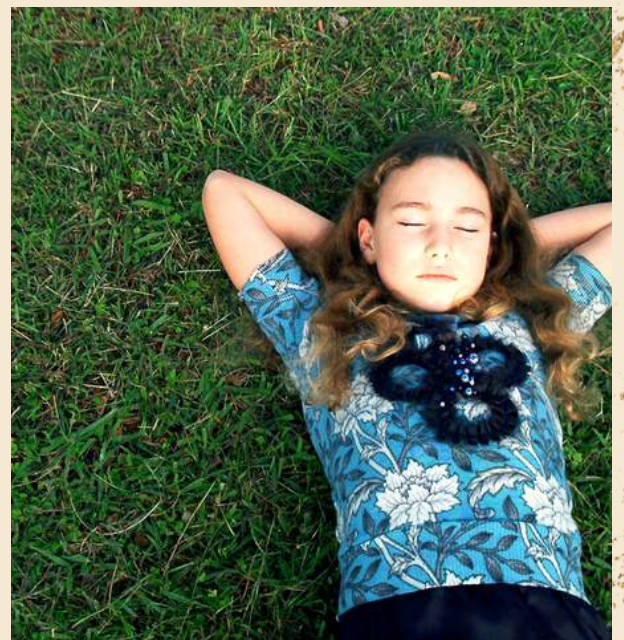
**Motivational Thought:** Belief gets you to the starting line, but action takes you to the finish line.

### ***Finding Balance: The Magic + The Grind***

Success lies in combining the "delulu" belief in yourself with actionable, grounded steps. One fuels your hope, and the other drives your progress. When the magic of dreaming feels overwhelming or unrealistic, remind yourself that every step counts, no matter how small.

### ***Example Thought Exercise:***

Ask yourself: "If I truly believed in my dream, what action would I take today?" Then take that step, no matter how small.







# Is Being Delulu Really the Solulu? continued



## The Real Magic of Belief and Effort

Being "delulu" can be the key to unlocking your potential, but the secret sauce lies in pairing that belief with action. As you chase your dreams, remember to stay flexible, celebrate your progress, and adapt to challenges. Whether you're building a business, chasing an artistic dream, or excelling academically, the magic isn't just in believing—it's in doing.

**So, is being "delulu" the solulu? Absolutely, as long as you're willing to put in the work. Dream big, act boldly, and trust the process. The finish line is closer than you think.**

## Dream Big, Act Boldly: Grounding the Delulu Exercise

### Step 1: Dream Big

What's your "delulu" dream? Write down one big, bold goal you're dreaming of achieving. Don't hold back! Imagine what you'd do if there were no limitations.

**Example:** I want to start my own podcast and have 1,000 listeners by the end of the year.

### Your Dream:

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### Step 2: Get Specific

Turn your dream into a clear, actionable goal. Ask yourself:

- What exactly do I want to achieve?
- How will I measure success?
- When do I want to achieve it by?

**Example:** I will launch my podcast by March 1 and release weekly episodes, aiming for 1,000 listeners by December 31.

### Your Specific Goal:

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### Step 3: Break It Down

Divide your goal into smaller, manageable steps. What needs to happen first? Then what?

### Example:

1. Research podcast equipment and platforms.
2. Create a content plan for the first 10 episodes.
3. Record and edit the first three episodes.

### Your Steps:

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### Step 4: Take Action

What's one small step you can take today to move closer to your goal?

**Example:** I will watch a tutorial on podcast editing this evening.

### Your Action Step Today:

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# The Goal-Getters Toolkit

## Building Your Arsenal for Success

### Every great journey starts with the right tools.

Whether you're scaling a mountain, building a business, or smashing a personal milestone, having the right equipment can make all the difference. For goal-getters like you, the toolkit isn't just physical; it's also mental, emotional, and social. Let's unpack what you need to succeed and help you create your personalized goal-getter's toolkit.

#### **The Foundation: Clarity and Vision**

Why it matters: Success begins with knowing what you want and why you want it. A clear vision serves as your North Star, guiding your actions and keeping you motivated during challenges.

Tools to include:

- **Vision Board:** Create a physical or digital collage of images, quotes, and symbols representing your goals.
- **Goal Journal:** Dedicate a notebook to your ambitions. Write down your goals, progress, and reflections regularly.
- **SMART Goals Framework:** Ensure your goals are Specific, Measurable, Achievable, Relevant, and Time-bound.

*Pro Tip:* Revisit your vision board and journal weekly to stay aligned with your aspirations.

#### **Family and Environment**

Why it matters: Your surroundings and family play a crucial role in shaping your mindset and habits. A supportive environment fuels growth.

Actionable Steps:

- **Create a Safe Space:** Dedicate a corner of your home for planning, working, and reflecting.
- **Involve Your Family:** Share your goals with loved ones so they can cheer you on or even join you.
- **Set Boundaries:** Ensure your environment minimizes distractions and supports focus.

*Pro Tip:* Have regular family discussions about goals and growth to create mutual support and accountability.



## **The People Factor: Building Your Support Network**

Why it matters: Great achievements are rarely solo efforts. Surround yourself with people who uplift and inspire you.

Actionable Steps:

- Mentors: Identify someone who has walked a similar path and can offer guidance.
- Cheerleaders: Engage with friends and family who genuinely celebrate your progress.
- Peer Groups: Join communities or clubs aligned with your aspirations.

Specific Resources:

- Podcasts: How I Built This by Guy Raz
- Books: Tribes by Seth Godin
- Online communities: Reddit's r/goalsetting or local Meetup groups

*Pro Tip:* Schedule regular catch-ups with your mentor or accountability partner to reflect on progress and recalibrate goals.

## **Emotional and Mental Resilience**

Why it matters: Staying strong through setbacks builds character and keeps you on track.

Actionable Steps:

- Mindfulness Practices: Use apps like Calm or Headspace to build resilience.
- Journaling: Write down frustrations, lessons, and victories daily.
- Seek Support: Consider therapy or coaching if challenges feel overwhelming.

*Pro Tip:* Start each day with an affirmation to set the tone for positivity and progress.

## **Continuous Learning and Inspiration**

Why it matters: Growth requires constant curiosity and the courage to keep learning.

Actionable Steps:

- Books: Dive into Atomic Habits by James Clear or The Slight Edge by Jeff Olson.
- Podcasts: Follow The Goal Digger Podcast by Jenna Kutcher.
- Courses: Platforms like Coursera and Skillshare offer relevant skill-building courses.

*Pro Tip:* Dedicate 15 minutes daily to expanding your knowledge, whether it's reading or listening.

## **Physical Health and Well-Being**

Why it matters: A healthy body powers a healthy mind.

Actionable Steps:

- Exercise: Choose activities you enjoy, like dancing, yoga, or hiking.
- Nutrition: Stock up on brain-boosting snacks such as almonds, berries, and dark chocolate.
- Sleep Hygiene: Set a bedtime routine to improve quality of rest.

*Pro Tip:* Use tools like fitness trackers or hydration apps to maintain consistency.

## **Rewards and Reflection**

Why it matters: Celebrating milestones keeps you motivated and builds momentum.

Actionable Steps:

- Reward Jar: Assign a treat or experience for every milestone achieved.
- Monthly Reflection: Dedicate time to journal successes, challenges, and learnings.
- Celebration Rituals: Plan meaningful activities, like a self-care day or an outing with friends.

*Pro Tip:* Make celebrations intentional by linking them to specific achievements.

## **Putting It All Together: A Personalized Toolkit**

To build your roadmap to success:

1. Start by evaluating your environment and support network.
2. Add resources and habits that align with your goals.
3. Regularly reflect on progress and make adjustments as needed.

Remember, success is an ongoing journey. Your toolkit and roadmap will evolve with you. By focusing on the essentials—family, community, and continual growth—you're already on the path to achieving your dreams. What's your next step?

**Your journey is unique, and your toolkit should reflect that.** Start today by selecting one area to strengthen—family connections, resilience, or learning—and watch how the pieces come together for success.





# The 12 Week Year | Goal Smashing by the Season

When it comes to goal setting, most of us default to the traditional annual plan: setting lofty ambitions every January and hoping to see them materialize by December. But here's a truth bomb—annual goals can feel overwhelming, with too much time to procrastinate and too little urgency to act. That's where the 12-Week Year comes in: a revolutionary strategy to turn your yearly goals into bite-sized seasonal successes.

## ***What is the 12-Week Year?***

The 12-Week Year, popularized by Brian Moran and Michael Lennington, is based on a simple concept: treat every 12 weeks as though it's a full year. By focusing on shorter timeframes, you create a sense of urgency, sharpen your priorities, and accelerate your progress.

Think of it as breaking your year into four powerful sprints rather than a sluggish marathon. The result? Greater focus, faster wins, and sustained momentum.

## ***Why 12 Weeks Works Better Than 12 Months***

1. **Clear Deadlines:** Shorter timelines force you to stay on task and avoid delays.
2. **Increased Focus:** With fewer goals to juggle, you can dedicate your energy to what matters most.
3. **Frequent Wins:** Celebrating success every three months keeps motivation high.
4. **Flexibility:** Adjustments can be made quarterly, so you stay adaptable without derailing your progress.

## ***How to Plan Your 12-Week Year***

### ***Step 1: Define Your Vision***

Start by identifying your long-term goals and dreams. Ask yourself:

- What do I want to achieve this year?
- Why does it matter to me?

Write these down as your "big picture" aspirations.

### ***Step 2: Break It Down***

Divide your annual goals into quarterly targets. Focus on one to three major objectives for each 12-week cycle. Examples:

- Annual Goal: Lose 20 pounds.
  - Q1 Goal: Lose 5 pounds by March 31.
- Annual Goal: Launch a small business.
  - Q1 Goal: Finalize business plan and secure funding.

### ***Step 3: Create Weekly Tactics***

For each quarterly goal, list the actions you'll take weekly. These tactics are the small, manageable steps that drive consistent progress.

Example Weekly Tactics:

- Fitness: Work out for 30 minutes, five days a week.
- Business: Reach out to three potential clients.

### ***Step 4: Set Time for Reflection***

At the end of each week, evaluate your progress. Did you stick to your plan? If not, identify obstacles and adjust your tactics.

# The 12 Week Year | Goal Smashing by the Season

## Track Your Success

Tracking is the secret sauce of the 12-Week Year. Use a journal, app, or worksheet to monitor:

- Weekly accomplishments
- Challenges faced
- Lessons learned

A visual tracker (like a habit tracker or calendar) helps you stay accountable and motivated.

## Stay Motivated and Celebrate Wins

Success isn't just about reaching the finish line; it's also about acknowledging the progress along the way. By celebrating your small and big wins, you reinforce positive habits and maintain your motivation for the next cycle.

## Actionable Ideas for Celebration:

- **Reward Yourself:** Tie a specific reward to achieving each goal. For example:
  - Completing a fitness goal? Treat yourself to a new workout outfit or a spa day.
  - Achieving a career milestone? Go out for a celebratory dinner with friends or purchase that item you've been eyeing.
- **Reflect on Your Growth:** Set aside time at the end of the 12 weeks to reflect on how far you've come. Journal about:
  - What you accomplished.
  - The challenges you overcame.
  - How you've grown as a person.
- **Share Your Wins:** Share your success with friends, family, or a community that supports you. Posting about your journey or talking about it can inspire others while reinforcing your commitment.

## How to Put Rewards and Reflection into Action:

- **Schedule Your Celebrations:** Don't leave it to chance—put your reward day or reflection time on your calendar. Treat it as a non-negotiable appointment.
- **Create a Celebration Jar:** Write down small rewards (e.g., "movie night," "ice cream treat") on slips of paper and pull one out when you hit a milestone. For bigger goals, keep a specific reward in mind.
- **Make Reflection a Ritual:** Dedicate the last day of your 12-week cycle to a quiet, reflective activity like journaling or creating a vision board for the next quarter.

By celebrating your wins and reflecting on your journey, you cultivate a sense of pride and gratitude that propels you forward. Remember, success is a series of small victories—so enjoy the process!

## Real-Life Success Story: Maria's Quarterly Breakthrough

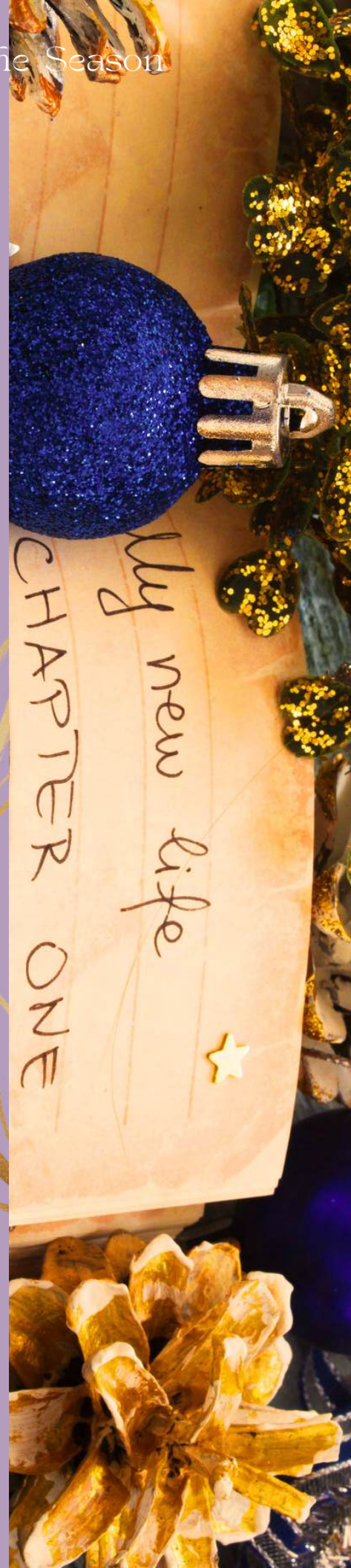
Maria, a college student with big dreams, used the 12-Week Year to balance her academics and fitness goals. In her first quarter, she:

- Improved her grades by dedicating two hours weekly to focused study.
- Ran her first 5K after consistent training.
- Her secret? Weekly accountability check-ins with her friend and adjusting her plan as needed.

## Take the Leap

The 12-Week Year isn't about working harder—it's about working smarter. By committing to shorter, more focused cycles, you'll see your goals transform from distant dreams into tangible realities.

**So why wait until next year to make progress? Start your first 12-week sprint today and see what you can accomplish by the season.**





# Learning from Women Who Dream Big

## What Can We Learn from the Inspiring Lives of High-Achieving Women?

Throughout history, women have led change, broken barriers, and defied the odds to create lasting impact. By examining their journeys, we can uncover essential lessons on resilience, creativity, and the power of big dreams. Let's look at the lives of some extraordinary women, learn from their challenges and triumphs, and discover actionable ways to apply their wisdom.

### *Defying the Odds: Women Who Lead Change*

#### **Malala Yousafzai:**

The youngest-ever Nobel laureate, Malala's advocacy for girls' education became global news after she survived an assassination attempt by the Taliban at age 15. Despite the trauma and threats to her life, she continued her fight for education, founding the Malala Fund to advocate for girls' education worldwide.

#### **Lesson from Malala:**

Even in the face of life-threatening adversity, stand firm in your beliefs and continue advocating for what's right.

#### **Actionable Ideas:**

- Support organizations like the Malala Fund.
- Get involved in educational campaigns or research issues around gender equality.

### *Innovation and Determination: Breaking Boundaries*

#### **Mae Jemison:**

Mae Jemison made history as the first African-American woman in space. As a physician and an engineer, Jemison proved that dreams of space exploration are not just for those with traditional backgrounds in science. She overcame systemic barriers to become an astronaut, inspiring generations to push beyond what they thought possible.

#### **Lesson from Mae:**

Pursue your passions and believe that your unique perspective can pave the way for innovation.

#### **Actionable Ideas:**

- Enroll in STEM courses that excite you.
- Create a vision board to help you visualize the steps to achieve your dreams.

### *Collaboration and Community: The Power of Support Networks*

#### **Oprah Winfrey:**

From a troubled childhood to becoming a media mogul, Oprah's rise is a testament to the power of resilience, determination, and the importance of uplifting others.



# Learning from Women Who Dream Big continued

Oprah's success is not just about personal achievement; it's about sharing knowledge and resources to build a better community.

## **Lesson from Oprah:**

Build strong networks and support systems—help others, and they will help you in return.

## **Actionable Ideas:**

- Join mentorship programs or create your own network of friends who share your values.
- Volunteer for causes that inspire you.

## **Greta Thunberg:**

Greta Thunberg, at just 15 years old, sparked a global climate movement, using social media to rally millions of young people for environmental change. Her school strike for the climate began as a solo protest, but soon, it became a worldwide effort. Greta's courage to stand alone for a cause led to significant international awareness about climate change.

## **Lesson from Greta:**

Sometimes, one voice can ignite an entire movement. Speak up, even when others don't understand or support you.

## **Actionable Ideas:**

- Take action for causes you care about, whether through social media or community outreach.
- Connect with like-minded individuals or groups to multiply your impact.

## **Resilience Through Challenges: Turning Setbacks into Strength**

## **Serena Williams:**

Serena Williams, a global icon in tennis, faced criticism and blatant disrespect throughout her career, including an infamous 2018 U.S. Open match where a referee questioned her sportsmanship. Despite being penalized, she stood her ground, defending her integrity and advocating for women in sports. Her resilience in such moments is a powerful reminder that confidence and self-belief are paramount in the face of adversity.

## **Lesson from Serena:**

Confidence in yourself can carry you through even the toughest challenges. Stand up for your rights and keep pushing forward.

## **Actionable Ideas:**

- Start a resilience journal to document your own challenges and how you overcame them.
- Watch interviews or read biographies of athletes or figures who've faced public adversity and gained strength from it.

## **Chimamanda Ngozi Adichie:**

Chimamanda Ngozi Adichie, a celebrated Nigerian author, overcame significant barriers to make her mark in the literary world. With works like *Americanah* and *Half of a Yellow Sun*, she has addressed gender inequality, racism, and the immigrant experience. Her writing and public speeches have ignited powerful conversations about identity, empowerment, and the importance of women's voices in global discourse.

## **Lesson from Chimamanda:**

The challenges you face can serve as a powerful platform for change. Share your voice and use your experiences to amplify others.

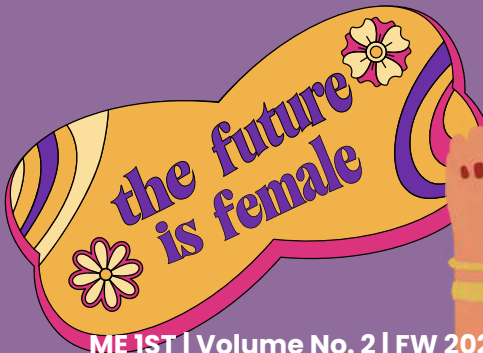
## **Actionable Ideas:**

- Read books that challenge your thinking and broaden your understanding of social issues.
- Get involved in platforms that encourage women's voices and perspectives in all industries.





# Learning from Women Who Dream Big continued



## **Your Action Plan: Learning from Their Lives**

### **Practical Steps to Take:**

- Identify a Role Model: Choose one or more women whose lives and achievements inspire you.
- Study Their Stories: Read their books, watch interviews, or follow their work to understand how they overcame challenges.
- Apply What You Learn: Take actionable steps based on their strategies. Whether it's adopting a morning routine, joining a cause, or networking with like-minded individuals, put what you've learned into practice.

### **Resource Recommendations:**

#### • **Books:**

Becoming by Michelle Obama  
Lean In by Sheryl Sandberg  
Americanah by Chimamanda Ngozi Adichie  
Women Who Run with the Wolves by Dr. Clarissa Pinkola Estes  
Our Time is Now by Stacy Abrams  
All About Love by bell hooks  
A Room of One's Own by Virginia Woolf  
Feminism is for Everybody by bell hooks  
The Gift of Fear by Gavin de Becker

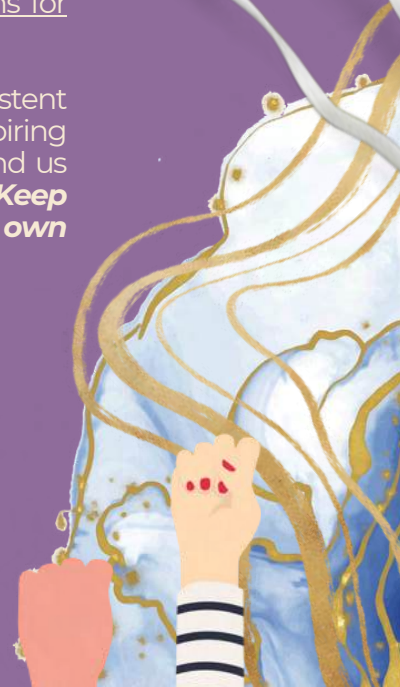
#### • **Podcasts:**

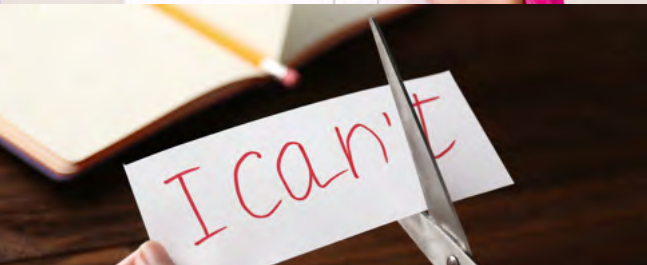
The Michelle Obama Podcast  
Goal Digger Podcast  
Black Girl in Om  
Teenage Therapy  
Women of Impact  
What it Takes  
The Seen and the Unseen

#### • **Online Courses:**

Case Western Reserve: [Women in Leadership: Inspiring Positive Change](#)  
Stanford: [International Women's Health and Human Rights](#)  
UC Santa Cruz: [Feminism and Social Justice](#)  
ColumbiaX: [Seeking Women's Rights: Colonial Period to the Civil War](#)  
Harvard: [Women Making History: Ten Objects, Many Stories](#)  
Smith College: [Psychology of Political Activism: Women Changing the World](#)  
John Hopkins: [Confronting Gender Based Violence: Global Lessons for Healthcare Workers](#)

Dreaming big is not just about ambition—it's about taking consistent action, learning from those who've come before you, and inspiring others along the way. The women highlighted in this article remind us that success is rooted in resilience, collaboration, and courage. **Keep pushing forward, and let their journeys guide you to your own remarkable path**





# Big Fails for Big Success

## Why Failure is a Stepping Stone to Achieving Your Dreams

Failure is often feared as the end of the road, the moment when dreams are dashed and progress stops. But what if failure isn't the end at all? What if it's actually the beginning of something greater? Let's explore how failure can be an essential part of success and how it often becomes the catalyst for growth, resilience, and ultimate achievement.

### The Reality of Failure: It's Not the End, It's a Step Forward

Failure is a normal part of life, and it happens to everyone—no matter how successful they are. Many of the most celebrated women in history have faced failure and used it to push themselves even further. Failure is not a dead end; it's a stepping stone.

### The Difference Between Setbacks and Dead Ends

A setback is a temporary obstacle, something that you can overcome. A dead end, on the other hand, means there is no way forward. The key difference lies in how you respond. If you view failure as a setback, you can learn from it, adjust, and keep going. If you see it as a dead end, it can stop you in your tracks. The key is to see failure as part of the process of achieving your dreams, not the end.

### Why Failure is Essential for Success

**Failure Teaches You Valuable Lessons:** Failure offers some of the most important lessons in life. It provides the opportunity to reflect, learn, and improve. The most successful women in history failed many times, but each failure brought them closer to their goals.

### Example: Michaela DePrince

Michaela DePrince, a renowned ballet dancer, was orphaned in Sierra Leone and faced unimaginable obstacles, including prejudice and hardship. Early in her career, she was told that she was too dark-skinned and lacked the ideal body type for ballet. Despite these setbacks, Michaela pushed through the barriers, refusing to give up on her dream. She is now one of the most successful and admired ballerinas in the world. Her journey shows us that failure is often just the beginning of a powerful transformation.

**Failure Builds Resilience:** Resilience is the ability to keep going after setbacks. It's the ability to face challenges, learn from them, and keep moving forward. Failure builds this mental strength, which is crucial for long-term success.

### Example: Sara Blakely

Sara Blakely, founder of Spanx, faced multiple rejections when trying to get her product into stores. She was turned down by countless manufacturers and investors who didn't believe in her idea.



## Learning from Women Who Dream Big continued

However, she persisted, and today Spanx is a multi-billion-dollar company. Sara Blakely's story teaches us that resilience—keeping going despite setbacks—is key to success.

**Failure Forces You to Innovate:** When things don't go as planned, failure pushes you to think creatively and find new ways forward. It encourages you to innovate and adapt, often leading to breakthroughs.

### Example: Vera Wang

Vera Wang, now a leading designer known for her bridal gowns, initially pursued a career as a figure skater and later as a journalist. She didn't enter the fashion industry until she was 40 years old. When her first bridal collection was rejected by a major store, she didn't give up; instead, she innovated, designed new collections, and eventually built a brand that redefined the wedding dress market. Vera's story shows that failure doesn't mean you're not cut out for success—it just means you need to adapt and keep trying new things.

### Turning Failure into a Stepping Stone: Practical Steps

**1. Embrace Failure as Part of the Process:** Instead of fearing failure, embrace it as part of your journey. Every woman who has achieved greatness has faced rejection, failure, or adversity, but they didn't let it stop them—they learned from it and kept going.

**Actionable Idea:** Next time you face failure, reflect on it and ask yourself: What can I learn from this? What could I do differently next time? Use failure as a lesson and let it fuel your next steps.

**2. Stay Committed to Your Goals:** Failure doesn't mean it's time to quit; it means it's time to keep going. Stay focused on your bigger picture, and don't let setbacks make you lose sight of your dreams.

**Actionable Idea:** Write down your goals and review them often. When you encounter failure, revisit why your goals matter to you and use that as motivation to keep pursuing them.

**3. Learn from Others Who've Failed:** Many successful women have experienced failure on their journey. By learning about their setbacks, you can gain insight into how to overcome your own.

**Actionable Idea:** Read stories of women who inspire you, and pay attention to how they handled failure. What did they learn from their mistakes? How did they bounce back? Use their stories to help guide your own journey.

### Your Action Plan: Fail Forward

- 1. Shift Your Perspective on Failure:** Instead of seeing failure as an obstacle, try to see it as an essential part of your journey. Every time you fail, you are one step closer to success.
- 2. Practice Resilience:** When challenges arise, keep moving forward. Every time you rise after a failure, you build resilience and mental strength that will carry you toward your ultimate goals.
- 3. Innovate:** When failure forces you to pivot, think outside the box. Use your creative energy to find new ways to approach your dreams.

### Final Words

Failure isn't something to be afraid of—it's something to embrace. Every failure brings valuable lessons and opportunities for growth. The next time you face a setback, remember that it's not the end of your journey—it's just a stepping stone toward success. By failing big, you set yourself up for even bigger successes in the future.

What's your next big dream? Don't let the fear of failure hold you back. Keep pushing forward, because every failure brings you closer to achieving your greatest goals.

NEVER  
Give up

It Gets Better

Prove THEM wrong

GOOD things ARE COMING

# Ambition | A Community's Wish for Their Daughters

Ambition is the spark that drives change. It's the determination to dream big, set goals, and work toward a better future. For generations, communities have thrived on the ambition of their daughters—pioneers, educators, scientists, and caregivers who dared to make a difference. But as the world changes, ambition can feel elusive. With global challenges like climate change, economic uncertainty, and mental health crises, how can we ensure the next generation keeps the flame of ambition alive?

Let's explore how we can nurture ambition and hope in an ever-changing world.

## The Challenges to Ambition Today

In today's world, it's no surprise that ambition can feel harder to come by.

- **Environmental Concerns:** Climate change is not just a physical crisis; it's a mental one too. Research by the American Psychological Association shows that eco-anxiety—a fear of environmental doom—disproportionately affects young people. When the future feels uncertain, long-term goals can seem out of reach.
- **Social Pressures:** Cultural and societal expectations often place young women in a tug-of-war. Should they pursue traditional roles, break barriers, or do both? This balancing act can create stress and stifle ambition.
- **Digital Overload:** Social media has amplified the pressure to succeed, with constant comparisons to curated versions of other people's lives.



Studies have shown that excessive social media use correlates with reduced self-esteem and heightened anxiety, making it harder for young women to confidently pursue their dreams.

Despite these challenges, ambition isn't lost—it simply needs new ways to thrive.

## Building Resilience and Sustaining Ambition

Ambition flourishes when it's anchored in resilience and purpose. Here's how individuals and communities can help foster determination and hope:

- **Anchor Ambition in Purpose**

To nurture ambition, it's important to define a "why."

*continued on next page.*



Goals rooted in personal values or a greater purpose are more likely to withstand external pressures. For instance, if a young woman is passionate about combating climate change, framing her ambition as part of a larger movement can provide motivation and a sense of belonging.

Communities can support this by showcasing role models—both local and global—who have persevered through adversity. Highlighting these stories reminds young women that ambition isn't about perfection; it's about persistence.

- **Promote Positive Narratives**

It's easy to feel overwhelmed by bad news, but focusing on progress can sustain hope. Share stories of women and girls leading change, from scientists advancing renewable energy to activists fighting for gender equality. Celebrating these successes can inspire young women to envision themselves as agents of change.

- **Use Adaptive Goal-Setting**

Flexibility is key in a world that's constantly shifting. Encourage young women to set both short-term and long-term goals. For example, a short-term goal might be mastering a new skill, while a long-term goal could involve a career path or community impact. Teaching them to revisit and revise their goals as circumstances change ensures that ambition remains resilient, not rigid.

### **A Community's Role in Fostering Ambition**

While ambition is often seen as a personal trait, it's deeply influenced by community. Families, schools, and social networks play a crucial role in shaping how young women view their potential.

#### **Mentorship and Support**

- Research shows that mentorship increases confidence and success rates. Local programs can connect girls with mentors who inspire them to dream big. Whether it's a teacher, neighbor, or professional in their field of interest, these relationships can provide guidance and encouragement.

#### **Building Safe Spaces**

- Ambition thrives in environments where young women feel safe to explore their ideas. Families can create this by listening without judgment and celebrating diverse interests.



Schools can offer clubs, workshops, or forums that empower girls to voice their dreams (perfect place to mention that Loving Me 1st Girl's Club is offered in MVUSD schools!).

### ***Celebrating Diverse Paths***

- Success looks different for everyone. Communities must move beyond narrow definitions of achievement to celebrate contributions in fields like caregiving, innovation, and sustainability. This inclusivity ensures every girl feels her ambition is valid and valued.

### **The Power of Collective Ambition**

Ambition doesn't just drive individual success; it fuels collective progress. Young women worldwide are proving this through movements that address some of the world's greatest challenges.

Take Greta Thunberg, for example. Her climate activism sparked a global conversation about environmental justice. Or consider Malala Yousafzai, who turned her personal fight for education into a worldwide mission. These stories show that when ambition is channeled into collective action, it has the power to transform communities and inspire others.

### **A Renewed Vision for Ambition**

Ambition is a gift—a community's wish for its daughters. It's the belief that with courage and support, young women can overcome challenges and create a better world.

So, how do we ensure ambition remains a guiding light in uncertain times? By anchoring it in purpose, building resilience, and fostering supportive communities, we can help the next generation dream boldly and act decisively.

To every young woman reading this: The world may be changing, but your potential is limitless. ***What ambition will you nurture today?***







# Habit Stacking: Building New Habits that Support Your Dreams

What if achieving your dreams wasn't about overhauling your life but about making small, consistent changes? Habit stacking is a transformative yet simple approach to building habits that stick. It allows you to anchor new behaviors to existing ones, creating a chain of positive routines that support your goals.

The concept is backed by science. Behavioral psychologist B.J. Fogg and author James Clear emphasize that habits are more likely to stick when they're tied to something familiar. This method isn't just about discipline—it's about strategy. Let's dive into how you can make habit stacking a part of your life.

## ***The Power of Anchors***

Think of your existing habits as anchors: they're stable, consistent, and already part of your routine. Habit stacking leverages these anchors by attaching new habits to them. For example, if you want to start journaling, you might pair it with your morning coffee ritual.

### ***Why It Works:***

1. **Cues Drive Action:** Anchoring new habits to existing ones creates automatic triggers.
2. **Consistency Wins:** When habits are tied to a stable routine, they become reliable.
3. **Energy Efficiency:** You're not creating a habit from scratch—you're piggybacking on one you already have.

## ***Building Your Habit Stack***

1. **Start Small:** Identify a simple habit you want to add to your life. For instance, "I want to practice gratitude daily."
2. **Find an Anchor:** Pair it with an established habit. Example: "After brushing my teeth, I will write down one thing I'm grateful for."
3. **Be Specific:** Define exactly when and where you'll perform the habit. Clarity increases follow-through.
4. **Track Progress:** Keep a habit tracker to celebrate consistency.

Example Stack for a Busy Morning:

- Brush teeth → Write one gratitude note → Drink water → Stretch for two minutes

Key Insight: Start with one habit, master it, then add another. Growth is exponential.

## ***Evaluating Progress and Adjusting***

New habits often need tweaks to succeed. If something isn't working, evaluate the timing, context, or complexity. Ask yourself:

- Is my new habit too ambitious? (Scale it down to make it manageable.)
- Is the anchor habit reliable? (Choose one that happens daily without fail.)
- Is the habit rewarding? (Make it enjoyable or tie it to a reward.)

Example Adjustment: If your goal to meditate after breakfast keeps failing, try shifting it to after lunch or a quieter time in your day.

# Habit Stacking: Building New Habits that Support Your Dreams

## **The Courage to Dream Small**

In a world obsessed with instant gratification, habit stacking teaches us to value small wins. Each tiny habit you build is a step toward the life you dream of. It's a practice of patience and trust in the process.

Consider the story of Olympic swimmer Michael Phelps. His gold medals didn't come from one grand habit but a series of small, consistent ones. He visualized success before every race, anchored by the habit of calming breathing exercises.

## **Habit Stacking in Action**

Here are some real-world examples to inspire your journey:

### 1. For Students:

- After opening your laptop → Review your to-do list
- After finishing a class → Organize your notes for 5 minutes

### 2. For Fitness Enthusiasts:

- After putting on your sneakers → Do 10 jumping jacks
- After filling your water bottle → Stretch for 30 seconds

### 3. For Self-Care:

- After turning off your alarm → Take three deep breaths
- After your evening shower → Journal three positive moments from your day

## **Why Habit Stacking is a Game-Changer**

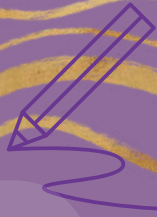
Habit stacking isn't just about building habits—it's about building a life. Each small action compounds over time, creating massive impact. It teaches you resilience, patience, and the art of showing up.

The journey to achieving your dreams starts with a single habit. Let habit stacking be your guide. **Anchor your ambitions to your everyday routines and watch as those small, consistent actions turn into extraordinary results.**





# Habit Stacking Worksheet: Build Your Habit Stack



## Step 1: Define Your New Habit

*What habit would you like to build? Be specific about what you want to do and why it matters to you.*

New habit:

Why is this habit important to you?

## Step 2: Choose Your Anchor Habit

*Think about habits you already do daily. These will serve as triggers for your new habit. Examples of Anchor Habits: Brushing your teeth, making your bed, drinking your morning coffee, packing your bag for school/work, etc.*

1.

Anchor habit:

Stack Example: "After I \_\_\_\_\_ (anchor habit), I will \_\_\_\_\_ (new habit)."

## Step 3: Make Your Habit Specific and Simple

*Break down your new habit into a clear, actionable step. The smaller and more specific, the easier it will be to follow through.*

Simplified Habit:

Example: Instead of "I will exercise daily," write "I will do five squats after brushing my teeth."

## Step 4: Plan Your Habit Stack

*Combine your anchor habit and new habit into a habit stack.*

Write Your Habit Stack Here:

Example: After brushing my teeth, I will write one thing I'm grateful for in my journal.

# Habit Stacking Worksheet: Build Your Habit Stack

## Step 5: Track Your Progress

*Consistency is key. Use the table below to track your new habit every day for a week.*

Day of the Week	Habit Completed ( / <input checked="" type="checkbox"/> )	Reflection/Notes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

## Step 6: Reward Yourself

*Celebrate your small wins to stay motivated. Choose a reward for completing your new habit consistently for one week, one month, and one year.*

My Rewards:

## Step 7: Reflect and Adjust

*At the end of the week, review your progress and make adjustments if needed.*

What went well?

What can you improve?

Will you add another habit to your stack? If so, what?

## Tips & Final Thought:

*To see more movement in your goals, complete this sheet for every habit that you would like to adopt in the coming year. It will add a greater sense of certainty and support as you move closer to the life you desire to live.*

**Remember**, every small habit you build brings you closer to your goals. Trust the process, stay consistent, and celebrate your growth.



# Don't Let Burnout Create a Crash Out

**Burnout is more than just feeling tired—it's a state of emotional, mental, and physical exhaustion that can take a toll on every area of your life. When we push ourselves too hard without prioritizing rest, the consequences can include poor health, strained relationships, and diminished performance in school or work. The key to avoiding burnout isn't just taking breaks but learning how to rest effectively for both your body and mind.**

## Why Rest Matters

Rest isn't a luxury—it's a necessity. Science backs this up: adequate rest improves memory, concentration, creativity, and overall well-being. Yet, with packed schedules and constant pressure to achieve, it's easy to view rest as unproductive. This mindset can lead to burnout, where even simple tasks feel overwhelming.

Signs of Burnout to Watch For:

1. Constant fatigue or lack of energy
2. Irritability or emotional outbursts
3. Difficulty concentrating
4. Loss of interest in activities you used to enjoy
5. Physical symptoms like headaches, insomnia, or stomach issues

## Types of Rest You Need

Rest isn't just about sleep—there are multiple types of rest your body and mind need to recharge:

1. **Physical Rest:** This includes both passive rest (like sleep) and active rest (like gentle yoga or stretching). Physical rest helps repair your body and restore energy.

*Tip:* Create a consistent sleep schedule and prioritize movement that feels good, not just strenuous workouts.

2. **Mental Rest:** Overthinking or constant problem-solving can drain your mental energy. Taking breaks from intense focus helps recharge your mind.

*Tip:* Schedule short mental breaks during the day. Try techniques like the Pomodoro method (25 minutes of focus followed by a 5-minute break).

3. **Emotional Rest:** Constantly supporting others or suppressing your feelings can leave you emotionally drained.

*Tip:* Talk to someone you trust about your emotions or journal your thoughts to release pent-up feelings.

4. **Sensory Rest:** The constant buzz of notifications, screens, and noise can overwhelm your senses.

*Tip:* Disconnect from screens for at least an hour before bed and find quiet moments in your day.

Stop  
BREATHE  
& THINK



keep  
CALM  
& be  
KIND

# Don't Let Burnout Create a Crash Out continued

## **Social Rest:**

While some relationships energize you, others may drain you. Social rest means setting boundaries and spending time with people who uplift you.

*Tip:* Balance social obligations with alone time to recharge.

## **How to Rest for Your Body and Mind**

Effective rest requires intention. Here's how you can build rest into your routine:

1. **Plan Downtime:** Treat rest as a non-negotiable part of your schedule. Just as you plan time for work or school, plan time for rest.
2. **Practice Mindfulness:** Activities like meditation, deep breathing, or even mindful coloring can calm your mind and reduce stress.
3. **Switch Gears:** If your day involves intense mental activity, try physical activities to rest your mind. If your day is physically demanding, engage in calming, mentally stimulating activities like reading.
4. **Say No Without Guilt:** It's okay to decline invitations or responsibilities that will overwhelm you. Protecting your energy is part of self-care.

## **When Rest Isn't Enough**

Sometimes, rest alone isn't enough to overcome burnout. If you're feeling stuck or your symptoms persist, consider seeking help from a trusted adult, counselor, or medical professional.

## **Small Steps, Big Impact**

Remember, rest isn't selfish—it's a necessary foundation for achieving your goals. By understanding the different types of rest and integrating them into your life, you can prevent burnout and stay balanced.

Start small: take a short walk, schedule 30 minutes of quiet time, or unplug from social media for an evening. These simple actions can have a big impact on your health and happiness.

## **RECHARGE SUPPORT | Explore Rest Activities**

Here are activities for each type of rest. Choose at least one for each category:

Physical Rest:

- Take a short nap (10–20 minutes).
- Stretch or do restorative yoga.
- Create a consistent bedtime routine.

Mental Rest:

- Take a 5-minute break for deep breathing.
- Do a calming puzzle or coloring activity.
- Write a to-do list to offload mental clutter.

Emotional Rest:

- Journal your feelings.
- Share your thoughts with someone you trust.
- Spend time doing something you love.

Sensory Rest:

- Unplug from screens for an hour.
- Dim the lights or sit in silence.
- Spend time in nature.

Social Rest:

- Spend time with uplifting friends or family.
- Politely decline a social invitation to recharge.
- Plan a quiet day for yourself.

Looking at the big picture, a crash out should always be avoided if possible, through rest and the tactics discussed here. *You deserve to rest. It is necessary for a good life and good health. Your dreams are important, but so are you. When you prioritize rest, you give yourself the energy and clarity to succeed in every area of your life.*





# Your Goals - Your Way

We all deserve to achieve our true goals, the ones that align with our personal values, passions, and dreams, rather than societal, familial influences

It's easy to get swept up in the noise of what others expect from you. Family members may have opinions about your future, friends might pressure you to follow trends, and social media can set unrealistic standards.



But when your goals reflect external expectations instead of your inner truth, it's like trying to wear someone else's shoes—uncomfortable and unsustainable.

So, how can you distill your goals to reflect your authentic self? *Start by understanding what lights you up.* Spend time journaling: “What activities make me lose track of time?” or “What kind of future excites me?” These reflections help you uncover your true passions. List your values—perhaps creativity, adventure, or kindness. Authentic goals should align with these core beliefs.

The next step is filtering. *For each goal, ask, “Why do I want this? Does it reflect who I am, or am I trying to meet someone else's expectations?”* Authentic goals feel meaningful and energizing. If you notice resistance, it may be time to let go of that goal or reshape it to better align with your truth.

Fear of disappointing others often holds us back. But remember, your journey is yours to define. *Respect others' opinions, but stand firm in your choices.* Find support from mentors or friends who value your unique path.

***Take one small step toward a goal this week that feels true to you. As you practice listening to yourself, your confidence in leading an authentic life will grow.***

## Your Goals Distilled



# Balancing DREAMS & REALITY: Chasing Your Dreams Without Losing What Matters

## **The Juggle Is Real**

Balancing personal dreams and responsibilities can feel like walking a tightrope. Whether you're pursuing academic success, creative passions, or career milestones, it's natural to wonder if you're leaving family or friendships behind. But with intention and flexibility, you can achieve your goals while staying connected to what matters most.

## **Consistency Over Perfection**

Achieving goals doesn't mean perfect execution every day—it's about showing up consistently. Small, regular efforts create lasting progress:

- Start Small: Break goals into bite-sized steps you can manage even on hectic days.
- Visualize Progress: Use tools like habit trackers or sticky notes to celebrate every step forward.
- Leverage Routines: Add your goals to existing habits—practice gratitude while brushing your teeth or journal during morning coffee.

## **Flexibility and Mindfulness**

- Life happens, and that's okay. Flexibility ensures you adapt to changes without losing sight of your goals:
- Embrace mindfulness to stay calm during setbacks. Ground yourself with deep breathing or gratitude exercises.
- Reassess priorities when needed. Some delays might serve your long-term success better than immediate action.

## **Celebrate Small Wins**

Small wins lead to big results. Make it a habit to honor your progress:

- Write down weekly victories in a journal.
- Treat yourself with simple rewards (a favorite snack, extra rest).
- Share milestones with loved ones—they're often your biggest cheerleaders!



## **Growing Together, Not Apart**

Your support system matters. Instead of viewing relationships as competing with your goals, invite them in:

- Share your dreams openly, allowing others to cheer you on or offer input.
- Find shared activities that foster connection (a family walk or project).
- Set boundaries, but reassure loved ones of their value in your life.

## **A Balanced Path Forward**

Dream big, but remember: no one succeeds alone. By balancing consistent action, flexibility, and love for those around you, you can achieve greatness without losing the connections that make life meaningful.





# Balancing DREAMS & REALITY:

## Personal Support Sheet

TRY THIS EXERCISE FOR 1 MONTH. USE A PIECE OF PAPER OR YOUR JOURNAL.

REPEAT DAILY TO BUILD CONSISTENCY & DISCIPLINE!

### Daily Reflection

IN THE MORNING, WRITE DOWN THREE ACTIONS YOU WILL TAKE TOWARD YOUR GOALS AND ONE ACTION YOU CAN TAKE TOWARD YOUR GROUNDING & PERSONAL PEACE TODAY

example

Action 1 | Today I am spending 30 minutes on my SQL homework.

Action 2 | Today I am practicing voice work and singing for 20 minutes.

Action 3 | Today I am practicing Mandarin for 15 minutes.

Personal Peace | Today I am meditating for five minutes, and journaling for ten minutes.



### Small Wins Tracker

AT THE END OF YOUR DAY, CELEBRATE PROGRESS BY RECORDING YOUR ACHIEVEMENTS, NO MATTER HOW SMALL

example

Today, I completed my water-drinking habit.

Today I helped dad with dinner by making cilantro lime rice, and everyone enjoyed it.

Today I completed my SQL homework, my voicework, and Mandarin practice.

### Connection Plan

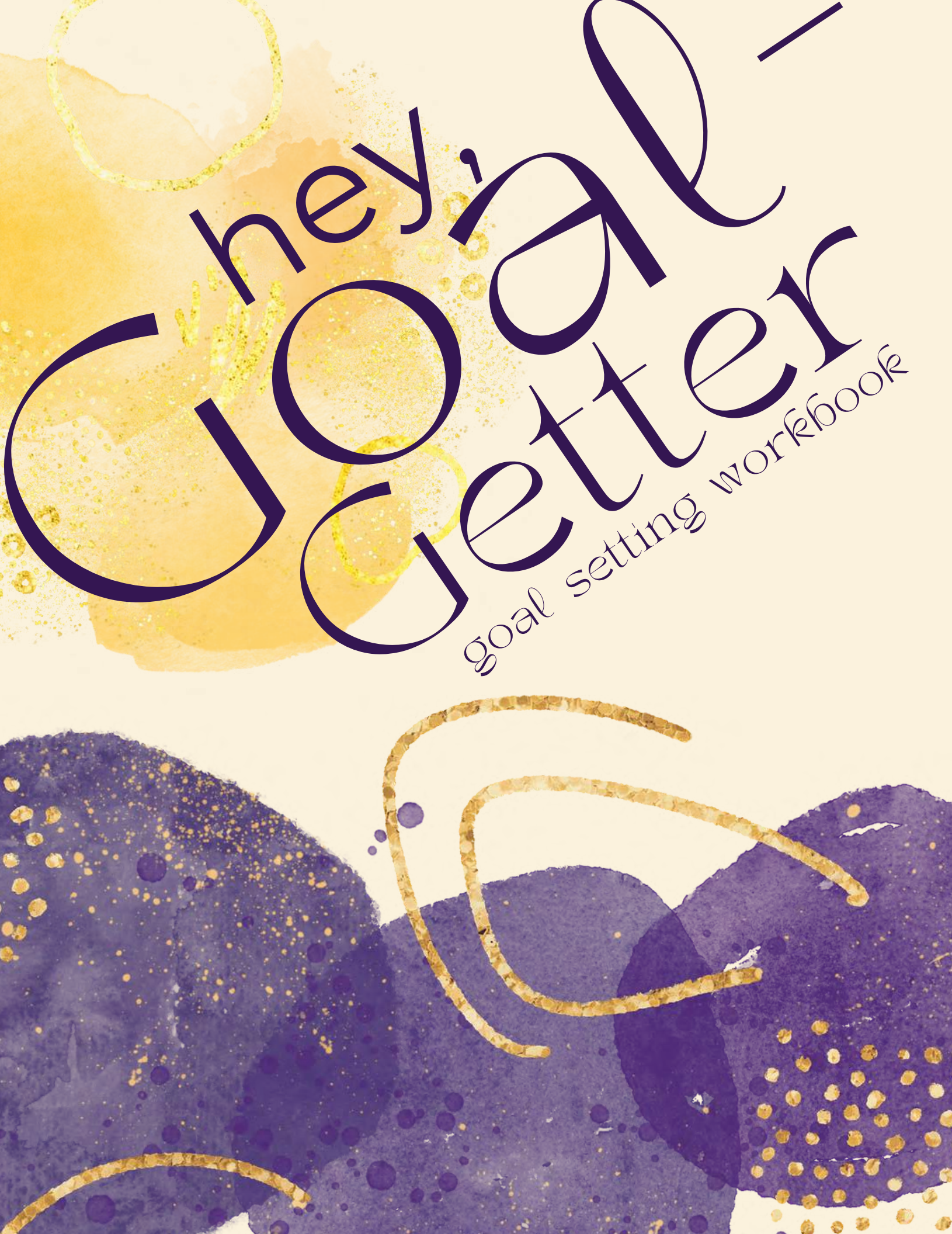
THINK ABOUT WAYS TO SHARE YOUR DREAMS AND PROGRESS WITH LOVED ONES. USE THIS SPACE TO BRAINSTORM SHARED ACTIVITIES OR CONVERSATIONS:

example

I figured out that I want go to school to learn about engineering.

I'm a little worried about telling my family about my change of goals, so I'll talk it over with my dad first. I trust him to be levelheaded and encouraging, and I trust that he'll help me gain confidence!






# Hey, Goal-Getter!

goal setting workbook





Hey Goal-Getter -  
No matter how 2025 looks big-  
picture, this year is *yours*. Be sure to  
grab it with both hands and find  
your flow in it.

This goal setting workbook can be  
configured to match your unique  
needs. You can download and fill it  
in digitally, or print it out and fill in  
with you favorite pen/pencil. You  
need more pages? Duplicate or  
print more of the page.

Include friends, and family (or  
don't!), and get ready to succeed in  
2025.

# tools included

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# *Vision*Board

Where do I see myself at the end of 2025?

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

What are my top priorities for 2025?

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

What goals do I want to achieve this year?

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

How do I want to feel in 2025?

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

# Habitcreator

☐ New habit

☐ How often



Reasons for new habit:

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☐ Action steps:



- ☐
- ☐
- ☐
- ☐

- ☐
- ☐
- ☐
- ☐

Challenges:

Solutions:



# — ✨ YEARLY ✨ — goal tracker

— ✨ WEALTH GOAL ✨ —

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— ✨ HEALTH GOAL ✨ —

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— ✨ FAMILY ✨ —

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— ✨ LOVE ✨ —

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— ✨ CAREER ✨ —

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— ✨ SPIRITUALITY ✨ —

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— ✨ PERSONAL DEVELOPMENT ✨ —

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# GOAL SETTING WORKSHEET

**My name:**

**Date:**

***My goal for this year***

***Why I want to achieve this***

***Problems that may appear***

***Possible solutions***

***What will I do to achieve my goals?***

***How will I monitor my process?***

***Tasks that will lead to my goal***

***Date***

***Tasks***





# GOAL SETTING WORKSHEET

**My name:**

**Date:**

***My goal for this year***

--

### Why I want to achieve this

### Problems that may appear

## Possible solutions

[illegible]


### ***What will I do to achieve my goals?***

### How will I monitor my process?

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### Tasks that will lead to my goal

**Date**

## Tasks



\_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

11/11/2019

\_\_\_\_\_

\_\_\_\_\_

11/11/2019

\_\_\_\_\_

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Page 10

\_\_\_\_\_

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# GOAL SETTING WORKSHEET

**My name:**

**Date:**

***My goal for this year***

### Why I want to achieve this

### Problems that may appear

## Possible solutions

### ***What will I do to achieve my goals?***

### How will I monitor my process?

### Tasks that will lead to my goal

Date \_\_\_\_\_

## Tasks

[illegible]



# Goal Tracker

the goal: \_\_\_\_\_

specific: describe your goal in detail

measurable: list the measures you will use to track your goal

attainable: list the actions you need to take to reach your goal

relevant: describe why this goal is worth achieving for you

timed: write the date you will achieve this goal by

# Goal Tracker

the goal: \_\_\_\_\_

specific: describe your goal in detail

measurable: list the measures you will use to track your goal

attainable: list the actions you need to take to reach your goal

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# Goal Tracker

the goal: \_\_\_\_\_

specific: describe your goal in detail

measurable: list the measures you will use to track your goal

attainable: list the actions you need to take to reach your goal

relevant: describe why this goal is worth achieving for you

timed: write the date you will achieve this goal by

[illegible]

[illegible]



[illegible]

# Weekly Reflections

Today's Date: \_\_\_\_\_

five things that made me happy this week:

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five things I achieved this week:

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five things i was grateful for this week:

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# Daily Focus Planner

major project goal

dump zone for ideas  
(to deal with later)

Today's must-do tasks

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

Notes:

today's could-do tasks

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

Notes:

focus on today's tasks and dump the rest for later!



# Daily Focus Planner

major project goal

dump zone for ideas  
(to deal with later)

Today's must-do tasks

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Notes:

today's could-do tasks

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Notes:

focus on today's tasks and dump the rest for later!

# Daily Focus Planner

major project goal

dump zone for ideas  
(to deal with later)

Today's must-do tasks

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

Notes:

today's could-do tasks

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

Notes:

focus on today's tasks and dump the rest for later!

# Daily Planner



TODAY'S GOAL

S M T W T F S

## SCHEDULE

6:00

6:30

7:00

7:30

8:00

8:30

9:00

9:30

10:00

10:30

11:00

11:30

12:00

12:30

1:00

1:30

2:00

2:30

3:00

3:30

4:00

4:30

5:00

5:30

6:00

6:30

7:00

7:30

8:00

8:30

9:00

9:30

## TOP PRIORITIES

1

2

3

## WORK TO-DO LIST

## PERSONAL TO-DO LIST

## SELF-CARE

## WATER INTAKE

## HABIT TRACKER

## MEAL PLAN

## NOTES



# Daily Planner



TODAY'S GOAL

S M T W T F S

## SCHEDULE

6:00

6:30

7:00

7:30

8:00

8:30

9:00

9:30

10:00

10:30

11:00

11:30

12:00

12:30

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4:00

4:30

5:00

5:30

6:00

6:30

7:00

7:30

8:00

8:30

9:00

9:30

## TOP PRIORITIES

1

2

3

## WORK TO-DO LIST

## PERSONAL TO-DO LIST

## SELF-CARE

## WATER INTAKE

## HABIT TRACKER

## MEAL PLAN

## NOTES

# Daily Planner



TODAY'S GOAL

S M T W T F S

## SCHEDULE

6:00

6:30

7:00

7:30

8:00

8:30

9:00

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10:00

10:30

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6:00

6:30

7:00

7:30

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8:30

9:00

9:30

## TOP PRIORITIES

1

2

3

## WORK TO-DO LIST

## PERSONAL TO-DO LIST

## SELF-CARE

## WATER INTAKE

## HABIT TRACKER

## MEAL PLAN

## NOTES

# Weekly Planner

SUNDAY

Date: \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

MONDAY

Date: \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

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TUESDAY

Date: \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

WEDNESDAY

Date: \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

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THURSDAY

Date: \_\_\_\_\_

○ \_\_\_\_\_

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FRIDAY

Date: \_\_\_\_\_

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○ \_\_\_\_\_

SATURDAY

Date: \_\_\_\_\_

## PRIORITIES

[illegible]

## REMINDER

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NEXT WEEK

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## Notes

[illegible]



# Weekly Planner

SUNDAY

Date: \_\_\_\_\_

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○ \_\_\_\_\_

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MONDAY

Date: \_\_\_\_\_

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TUESDAY

Date: \_\_\_\_\_

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WEDNESDAY

Date: \_\_\_\_\_

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THURSDAY

Date: \_\_\_\_\_

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FRIDAY

Date: \_\_\_\_\_

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○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

SATURDAY

Date: \_\_\_\_\_



## PRIORITIES

[illegible]

## REMINDER

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NEXT WEEK

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## Notes

[illegible]

# Weekly Planner

SUNDAY

Date: \_\_\_\_\_

○ \_\_\_\_\_

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MONDAY

Date: \_\_\_\_\_

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TUESDAY

Date: \_\_\_\_\_

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WEDNESDAY

Date: \_\_\_\_\_

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THURSDAY

Date: \_\_\_\_\_

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○ \_\_\_\_\_

FRIDAY

Date: \_\_\_\_\_

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○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

SATURDAY

Date: \_\_\_\_\_

## PRIORITIES

○	_____
○	_____
○	_____
○	_____
○	_____
○	_____

## REMINDER

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NEXT WEEK

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## Notes

[illegible]

# *I can & I will*

*Get in touch*



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