

VisualizeHER

2024

DREAM. PLAN. ACHIEVE.

BY SHANA WASHINGTON





INTRODUCTION

Setting Intentional Goals

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We scroll on our social media, tune into podcast, and read books from those who inspire us. The downside is many of us either get intimidated or begin imitating what we see thinking it is the way to bring our vision to life. That will not get you any closer to YOUR purpose.

Let' focus on the life we want to create for ourselves and setting intentional goals to fulfilling our purpose.

Being Intentional

ABUNDANCE

What do you want more of?
What is missing?

ESSENTIALS

What do you want to get rid of?
What isn't adding value that you can
remove from your life?

PURPOSE

What are you passionate about?
If nothing was stopping you, what would
you be doing in life?

LEGACY

What do you want to be remembered for?
What do you want to do that will live
beyond you?



Life Goals

For each of the categories below, write down things you are doing well and where you need improvement. Then take a moment to reflect on a goal you want to achieve in each area.

CATEGORY	SOMETHING I DO WELL	SOMETHING I CAN IMPROVE	SOMETHING I CAN ACHIEVE
FAMILY			
FRIENDS			
PROFESSIONAL			
PHYSICAL			
MENTAL HEALTH			
SPIRITUAL			

INTENTIONAL GOAL #1

WHAT IS MY GOAL?

Blank space for writing the goal.

WHY DO I WANT TO ACHIEVE THIS?

WHAT STEPS WILL I TAKE?

Blank space for writing steps, divided into seven horizontal sections.

Three horizontal lines for additional notes or reflections.

INTENTIONAL GOAL #3

WHAT IS MY GOAL?

WHY DO I WANT TO ACHIEVE THIS?

WHAT STEPS WILL I TAKE?

Food For Thought

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Don't allow fear to keep you in chains when you have the key to set yourself free.



Next Steps

Alright, sis, what's the move?

Self-empowerment is like sculpting those gains; the more you hustle, the mightier you become. Moving forward, I'm urging you to consistently manifest your goals and dreams in your daily grind. If you're prepared to delve into the grind, let's map out the journey to your dream life together through a 1:1 Breakthrough session and/or within our Community. It's high time to step into your purpose and gifts, chasing after that best life of yours.



**READY TO LIVE LIFE ON PURPOSE?
JOIN OUR WOMEN'S COMMUNITY TODAY!**

WWW.SHANASPEAKSLIFE.COM