



HOW TO SET GOALS THAT LIGHT YOU UP IN 2020

and design a career that feels true to you

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PART ONE : REFLECTION



Reflection allows us to assess and evaluate something.

When done honestly, with love and compassion, we give honest feedback to ourselves, partners or colleagues or boss on a single project, event or year.

When you finish a goal you can use this process to celebrate the “space between” - pause, take a deep breath in and out before you go again.

It's likely you've downloaded this PDF because you're ready to invest some serious time in growing your side hustle, business or your career next year. Hell yes! then this process is a must!

I find this particularly powerful for self-motivation and momentum, especially when you're a one-woman band or you are the one driving your career path.

Reflection is a great technique for learning to flex your agility muscle too. With feedback you can decide on your next move, whether you need to pivot or make it better.

PART ONE : REFLECTION

Grab your journal and let's begin to reflect and review the year together.

Q1 - When was I being guided by my spirit? These could be actions, moments, memories or goals you set

Q2 - When was I being guided by my wound or by fear? These could be actions, moments, memories or goals you set

Q3 - What did I learn about myself this year?

Q4 - What can I do to convert this learning into growth?

Q5 - What were the specific highlights of this year?



PART TWO : ZONE OF GENIUS

Your “Zone of Genius” is where the magic happens.

When you live in the zone you are so excited by your mission, you can't wait to get out of bed in the morning.

To be in the zone, means you create a career or business that is uniquely expressing your true gifts and the majority of your work is spent playing in this space.

If you look at your work or business, and observe all the things you do (tasks, type of work, interactions, type of client etc) you'll notice they fall into one of these categories - 1. not good at, 2. competent, 3. excellent and then finally there's those things that fall into 4. your zone of genius.

For someone who trained as an Architect like myself, essentially I became a generalist. Practical and the go-to problem solver.

This has skill set had served me well, however, for a long time I wasn't very clear on what my zone of genius was.

Now days, to really show up powerfully in my business and create the success and financial abundance I want, playing more and more in my zone of genius is the biggest investment I can make.

BUT of course, as a solo business-owner or a side-hustler, you're often learning all the moving parts. So, it's not always possible financially to outsource everything you're not good at - just so you can work solely in your zone of genius.

First and foremost, getting clear around when you are playing in your zone of genius now, will serve you really well when new opportunities arise and beginning to position yourself as an expert.

PART TWO : ZONE OF GENIUS

Finally, playing in or out of your zone of genius has a huge impact on your energy.

When you're not doing at least one task in your zone of genius regularly, you may quickly feel exhaustion, boredom and feeling burned out.

To discover what your zone of genius is, here's four questions you can ask yourself:

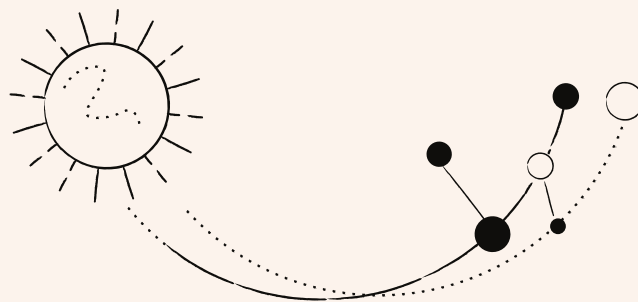
What do I love to do most?

What work doesn't feel like work?

What work creates a feeling of abundance and satisfaction?

What is my unique ability?

Note: as your career or business evolves, you'll want to come back to these questions regularly.



PART THREE : GOALS

This is the fun part.

How do you take these two parts to filter your goals for 2020?

1. First thing you do is look for patterns between your zone of genius questions and your reflection piece - specifically questions like: when was I being guided by my heart? and what were the highlights of this year?

2. Secondly, take these specific things and decide on two large metrics or goals for your career, side-hustle or business that would incorporate the answers to these two.

For example - if I had a speaking goal for 2020 and reaching a specific number of times I speak, then I know I will be playing in my zone of genius.

Of course, you might have some fears you need to work through in order to achieve this goal - zone of genius does not mean you'll be exempt from fear but you can be confident knowing that each comfort zone you bust through gets you closer to that sweet spot.

3. The third thing is to write a list of short activities that allow you to experience being in my zone of genius on a daily or weekly basis. Some of these may be repeats of highlights from the year just been.

Your goal here is to do one thing for at least 10mins a day.

This is about expressing your true genius to the world whatever that looks like for you.

Perhaps it's a creative act like writing, dancing, singing or painting or maybe it's sharing a learning on your instagram stories!