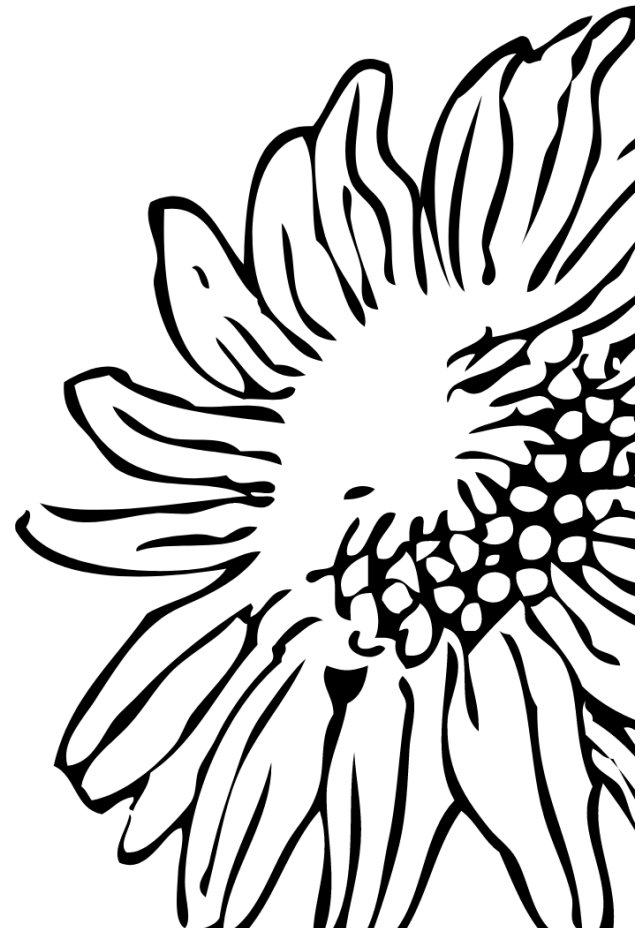


Day 12

*Goals, Strategies
and Behaviors*

With: Dr. Crystal D. Gifford

GET YOUR
MONEY \$HIT
TOGETHER
30-Day Challenge





Get Your Money \$hit Together Day 12 Activity

Goals, Strategies and Behaviors

Today, we are building from the intentions you have for what you want to create in your life and directing those intentions into specific goals that help bring about the results we desire. More specifically, you begin today to identify which types of strategies would best serve your desired outcomes, and what tasks and behaviors are required of you to bring those intentions into form.

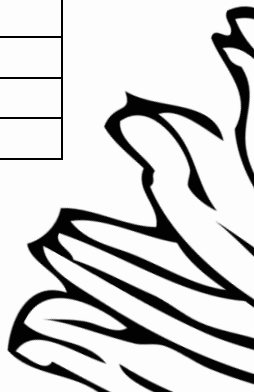
Begin with the intentions below. Once you have connected with and are clear on your desired outcomes, use the FAST formula (Focused Action Success Template) attached in this activity sheet to help you determine where to focus your efforts first.

This document will likely become a working document for you, so I recommend you save it to your files, print and place it in a binder, or find another organized way that you can revisit the contents from this module often. You will find that if you come back to this on a regular basis, you may adjust, change, and modify its parts at any time you have new information or your process changes.

INTENTIONS

List the intended shifts you wish to create in your life and/or with your financial circumstances.

SHIFT I AM CREATING	HOW I FEEL WHEN SHIFTED	HOW MY LIFE IS DIFFERENT



GOALS

Please write your top ten goals below.	When would you like to complete this goal?	How important is this goal to you on a scale of 1-10? 10=Life or Death 1=Not Very Important
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Goals: Focused Achievement Success Template

Now rank your goals in the order that you would like to achieve them, by date. Then place them in the chart below and fill in the remaining details. Once you complete this, look at the data and decide which of these ten goals is the most important to work on next.

Goal	Urgency for completion	Excitement about achieving	Effort level required	Belief that this is possible	Costs to achieve	Cost in Time to achieve	Reward for achieving the goal
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							



STRATEGIES

Review the strategies you have in front of you. List them here and number them. You will also use the worksheet below to help you assess the strategies to see which is the best fit for you.

Choose ONE that you will carry out to completion. (Use the template below to help you make a clear, informed decision.)

Strategy Selection Template

For your goal, take your top 1 strategy at a time and compare your favorite 3 using this template. Choose “yes” or “no” and then rank your level of “yes” or “no” on a scale of 1-10 with 10 being “Absolutely” and 1 being “Not at all.”

Goal: Strategy:

Checklist Items	YES/NO	HOW MUCH (1-10)	Details
Does this strategy help me reach my goal?			
Will I know when I am successful with this strategy?			How?
Can I clearly identify expected outcomes?			What are they?
Can I commit fully to this strategy and all it requires of me?			
Will I take action and FINISH?			
Will the benefit be worth the costs to me (time, money, effort)?			
Will I enjoy my life while I am using this strategy?			
Does this strategy feel right?			
Do I believe I will get my expected outcome?			
Do I believe I can success with this strategy?			

More questions you may ask yourself:



What is the expected timeline to completion and is this acceptable to me?

Do I have the resources to do this strategy successfully? (i.e. time, finances, team, etc.?)

Do I have a plan for implementing the parts of this strategy I know I will not enjoy?

TASKS AND BEHAVIORS

The rest is easy. Simply list for the strategy you have selected the tasks and behaviors you will need to do daily, weekly, monthly in order to move toward your intentions and begin the act of doing and being that. I recommend you break the tasks into time blocks for when you will complete. By simply working through your tasks, you will move closer and closer to the goal.

For behaviors, consider the behavior you wish to add to your life and implement positive reinforcement. My favorite approach for this is represented in a book called “Tiny Habits” and in another called “The Compound Effect.” In short, it is the small things in life that we do consistently over time that lead to the greatest results. The table below is designed to help you track your progress, or you may choose your own. Keep in mind, one intention may have more than one goal. A goal may have more than one strategy. Most importantly, most strategies are likely to contain many tasks and behavior shifts. Let’s get it!!

INTENTION	GOAL	STRATEGIY	TASK	BEHAVIOR
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Prepare your space so you will not be interrupted. Use your favorite scents, sounds, and temperature so you will feel supported by your environment. Set a timer and write for an amount of time that feels good to you. I usually choose 27 minutes because I love that number. Don't feel compelled to answer everything in that time. Just write. You can set the timer as many times as you need to finish. At any time you feel tired or like you do not want to keep writing, take a break for now. Decide when you will return to writing, and keep that small promise to yourself when that time comes. That's it. You are ready to complete this activity. Enjoy!!

Trigger Warning

Sometimes when you begin to imagine your dream life, you may find some blocks coming up that limit you from believing what you want is possible. For now, allow yourself to dream. Don't worry about "how." Funding your dream starts with opening to all possibility before we judge any options. Pretend that anything you can imagine is possible, and go all in imaging all the ways you could fund your dream. If you find you need support in this, reach out and our team will help direct you to the best support for your needs we know.

support@askprofessorg.com

Additional Resources



When working through this lesson, you may wish to have a bit more on the subject.

I recommend chapter 12 of my book [“The Money Shot”](#) called “Diversify your income” for a longer read on this topic.

If you are looking for the specific strategies for increasing income, check out [“The Money Makeover”](#) a simple read with lots of value.

You may also check out Robert Allen’s book “Multiple Streams of Income” for even more.

[Download the worksheet here.](#)

For more support using the worksheets provided, you can check out the tutorial in our library.

<https://askprofessorg.com/library/>

Tips for ways to complete this exercise



1. **Solo**—doing this alone and with plenty of space is preferred, at least in the first round. Spending time with yourself can offer you some deep insight into what you want when there is no one else to please with your choices. I recommend doing this solo as a first pass, and then getting into some activities you enjoy with people you love and see what else comes up for you that you didn't think of before. Maybe you discover you love roller blading and want to live where there is a place to go near you home. That would be a great wealth component to add.
2. **Partnered**—once you have given this some thought by yourself, you may wish to engage someone to share your vision with. For some, the vision is too delicate to share, and that is okay. Share it with your mirror. There is value in sharing what you want out loud and receiving support from those who listen. Be sure to set the stage for success, however. Choose someone who will support your vision and dreams, and not someone who will judge you or try to insert their idea of your dream. This is a listening exercise...and just maybe you can dive in together and do a bit of crazy dreaming together if you want to expand your ideas a bit.
3. **Group**—again, after some personal reflection, it can be powerful to bring your vision before a small group and receive love and support for what it is you are creating. Doing this exercise with a group holds the power to create collective energy for your dream life. Keep in mind, as with partners, it is critical that all members of the group are there to support only. This is your vision. Allowing a group to expand your ideas is awesome. Letting a group tell you what is best for you is not. Hold to your own feelings and decision about your dream as you step deeper into your wealthy life. You've got this!!!

Remember to come share you insights, wins, questions, and breakthrough on Instagram and tag us @thegypsyprofessor using #moneychallenge so we can find you.

