

# GOALS TO ACTION

1. See it clearly
2. Believe it passionately
3. Pursue it ~~aggressively~~ .....?

Jeff Shore, entrepreneur.com

We want to create flow to achieve it...

**PRODUCTIVE FLOW** (with ease & grace)

# SMART GOALS

- **S**pecific
- **M**easurable
- **A**ttainable
- **R**elevant
- **T**imeframed
- **+ Inspiring**

# STICKY GOALS

- **S**pecific
- **T**imeframed
- **I**nspiring
- **C**hallenging
- **K**intsugi (nourishing)
- **Y**earning (for this!)



# OCEAN FLOW STICKY GOALS – LET'S DIVE!

On the next page you'll find a little 'grid' page that you can use to start working out which of your **STICKY GOALS** you are going to go on a voyage with this year. Just like a fishing net, we'll catch your top dreams and goals and figure out how to make them happen with ease & flow...

Choose the **top 6 goals** from your **Key Life Area** map that you think you'd like to work with first. You can repeat this for all your key life areas if you like, but start small to reduce overwhelm...

Follow the 'grid' across each line to complete the **STICKY** questions... make a note for each if you mark it up or down (1 being low, 5 being high). These initial thoughts can help us understand how to make these goals even more **STICKY!** Dive deep and you could just uncover the real treasure within your important dreams and goals as they come to life...

Good luck! And sing out if you'd like any help to get going... Happy diving!

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- Specific
  - Timeframed
  - Inspiring
  - Challenging
  - Kintsugi (nourishing)
  - Yearning (for this!)

# OCEAN FLOW STICKY GOALS<sup>©</sup> – MY TOP 6

Key Life Area	Specific Goal	Timeframe (when?)	Inspires me 1-5	Challenges me 1-5	Kintsugi - nourishes me 1-5	Yearning for this 1-5	Notes/ next step...
Business	Launch Ocean Flow 8w program	March 1 <sup>st</sup> 2021	5	5	3 (so much to do!)	5	Plan! And then get moving & delegate!
Intellectual/ community	Start Masters in Marine Science & Management	Feb 2021	5	5	3 (so much to do!)	4	Am I taking on too much?
Love & relationships	Make time for lovely moments with Bryce	All of 2021	5	3 (we're always tired!)	5	5	Fun ways to get us active, moving & talking...
Family	One-on-one time with my 'almost' adult kids	All of 2021	4	3 (easy when they are happy)	5	3 (moody/ needy kids!)	Limit to fun times that don't drain?
Health & Wellbeing	A body I love to put in sexy underwear!	By July 2021	3 (motivation lacking!)	5	4	4	So need a fitness plan and maybe a coach?
Business	Step out of McCain with a feeling of achievement & honour	By end March 2021	4	5	1	5 (yearning to finish)	On track and loving the idea of finishing

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