

An underwater scene featuring a large, translucent jellyfish with a brownish-orange center and a school of small, colorful fish swimming around it. The background is a deep blue water.

2024 Visioning & Goals eBook

- Create an inspiring Vision
- Set Goals that are **STICKY**
- Find your Flow...!

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YAY!
YOU'RE HERE...

LET'S *Flow* ...



“Flow is about clarity & ease...”

Hey gorgeous! How are you?

As we start the New Year, it's the perfect time to reflect back on how we've been doing (in our business, our life, our self-care...) and then decide where we want to head moving forward...

Letting go of 'old baggage', finding the gold in the lessons of the previous year and setting up some clear ideas for the future can help you find ease and grace, and move into the New Year feeling planned and purposeful.

Here is my 5 step process for creating an inspiring Vision (with Vision Board) and STICKY Goals that you can't help but get excited by to kick off the year ahead...

Have fun! (and let me know what you find...)

Julie



DREAM DEFINE DO WITH FLOW...

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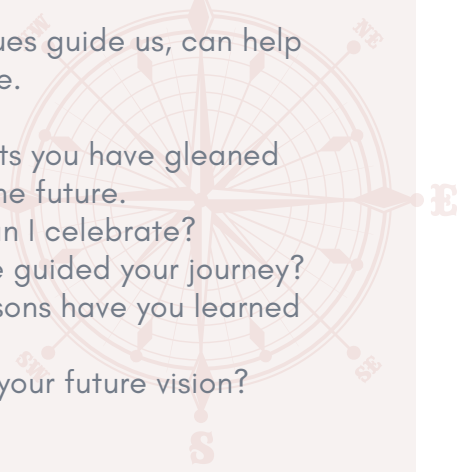
5

STEPS TO SETTING AN INSPIRING VISION AND CREATING GOALS THAT 'STICK'

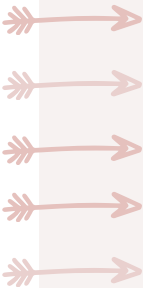
1 Explore your 'life' lessons and use your **VALUES** + your **PURPOSE** to guide you...

Exploring where we came from, what shaped us and what values guide us, can help us to be really clear on what we want our future life to look like.

- Spend an hour being inquisitive: gather & reflect on insights you have gleaned from the past and use these to help guide your vision for the future.
- **Reflect on the last 12 months...** what did I learn? what can I celebrate?
- And if you want to dig deeper, what major life events have guided your journey? What are your key **achievements & successes**? What lessons have you learned from your **challenges**?
- What **values** do you hold most dear? How do these guide your future vision?
- What **purpose** will your future life have...?



MY TOP 5 VALUES



MY PURPOSE:

MY LIFE JOURNEY SO FAR...



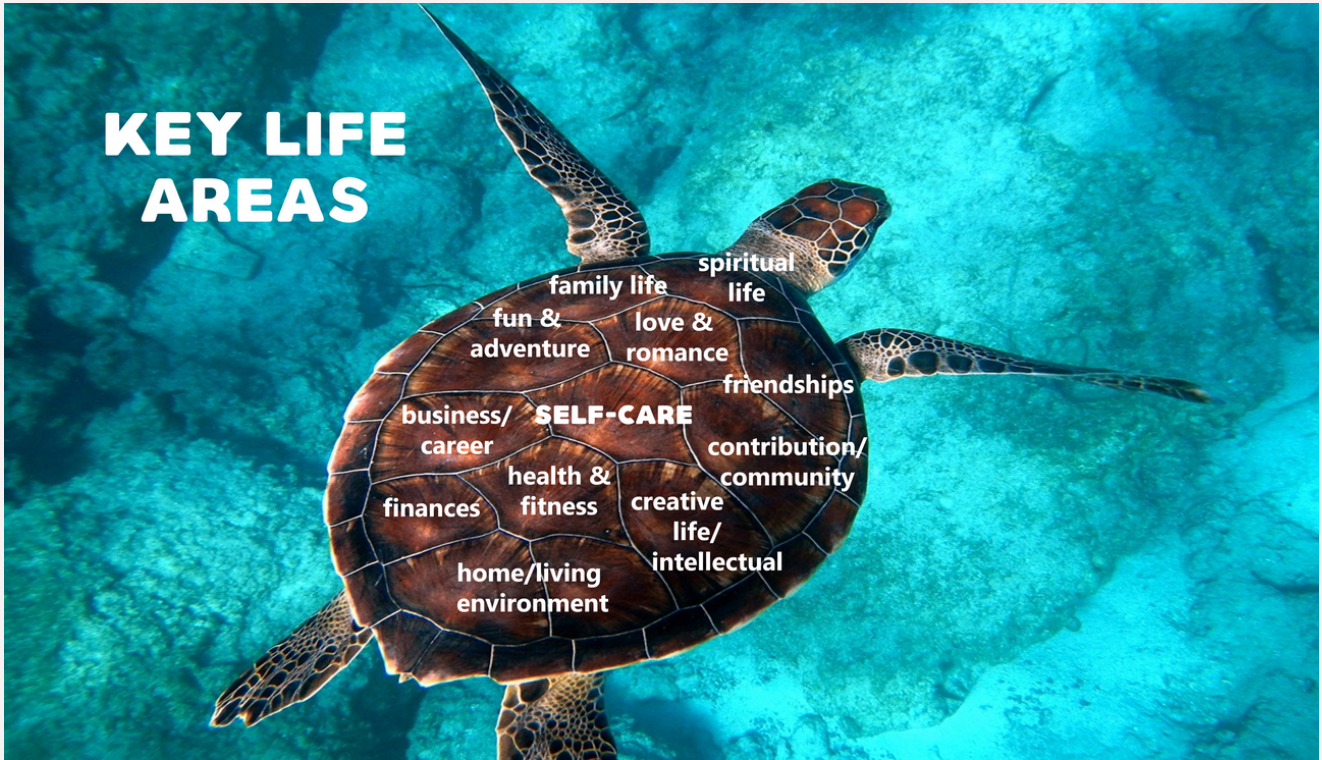
2 Dream BIG!

Now take some time to **dream**... and I encourage you to start by **dreaming BIG!** Vishen Lakhiani, founder of Mind Valley, tells us that we often under-estimate how much we can achieve in 3 years and over-estimate what we can achieve in 1 year. So, if you're keen to stretch your dream horizons, give dreaming BIG a go... and open up your mind to possibilities (we can get more specific about the next 12 months in a little while...)

- **Be unconstrained** - let your day dreams be wild and fanciful for a while...
- **Do you have a bucket list?** Outstanding goals you'd like to explore? Consider all of these too as you dream and see which are still relevant and what new ideas appear...
- **Try Vishen's 20 minute 6-phase meditation** to help you dream BIG...

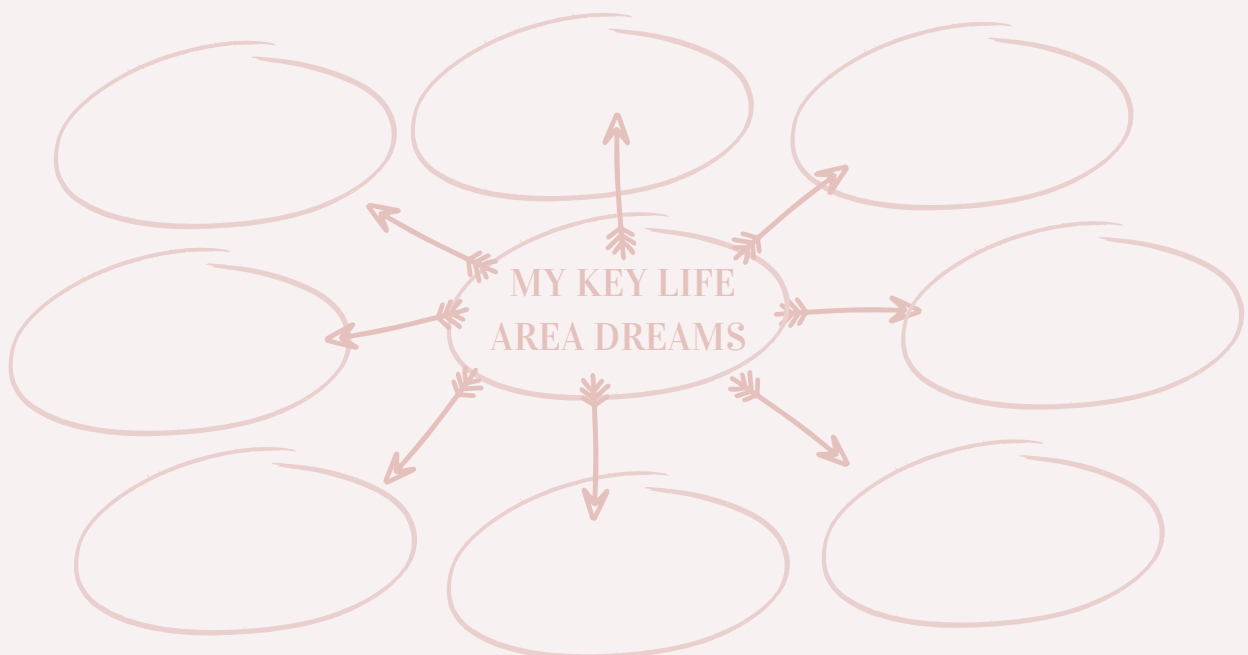
<http://bit.ly/oceanflowdreambig>

➤ dream ➤



3 Dream around KEY LIFE Areas

If the dreaming BIG is a bit scary or you can't quite see that longer term vision yet, try dreaming around KEY LIFE Areas. And these are great to help us focus around shorter, 12 month goals too. You don't have to have dreams and/or goals in every one of these areas, just explore those that resonate for you right now and note down which dreams/intentions/goals are feeling right... gut feel is good here, just feel into them and breathe... we're just exploring...





4

Create a VISION BOARD you LOVE

Creating a vision board can be easy and fun with a few simple steps! Collect images, words, treasures, things that inspire you and that are in alignment with your dreams and goals for the future and place them 'lightly' on a board (don't stick them down yet!) just play... Arrange them into groups to reflect Key Life areas if that feels right for you. Remember, there are no rules, this is totally YOURS! Your place to have fun & create...

- Dream... play... explore... enjoy the process! Give yourself time to choose the right images & words - don't rush...
- Add key words, phrases & favourite quotes to articulate your dreams, goals & intentions - all are valid to include.
- Put your Vision Board where you will see it first thing in the morning & at end of each day, add a photo of it as your phone screen saver, put as as the wallpaper on your laptop...
- If you're struggling to get specific or it feels a bit scary, try starting with an **Inspiration Board**... include things that inspire and excite you... feel your way into it... (or be like me, create both!)



CREATE A VISION BOARD THAT HAS YOU SO EXCITED YOU CAN'T STOP STARING AT IT!



5

Let's deep dive into STICKY Goals

To bring our vision to life, we now need to begin to plan so we can get moving forward. This starts with creating clarity around each key area we want to focus on. So I created STICKY Goals to help us get excited rather than fearful around goal setting!

- Play with creating a STICKY Goal for the key life areas that you chose (maybe start with 3) or just select those that fit best with your vision for the next 12 months or so.
- Focus on those that will give you a sense of joy, accomplishment, financial advantage, make a big impact on your business, etc. AND make sure they are connected your purpose!
- Meaningful, STICKY Goals are more likely to be achieved with Flow... with ease!



Example of a STICKY Goal:

Specific: Write my Flow Getter Productivity Book

Timeframe: ready to publish Dec 2024

Inspiring: So inspired to birth this to the world

Challenge: Is high! I've never done this before

Kintsugi*: Will this nourish me? Hell yeah!

Yearning: I've been wanting this for the last 3 years!

*kintsugi is a Japanese concept that I use to ensure that I always consider how my goals will affect my wellbeing

LET'S PLAY... WRITE 3 OR 4 STICKY GOALS...



Specific:
Timeframe:
Inspiring:
Challenging:
Kintsugi (nourishing):
Yearning:



Specific:
Timeframe:
Inspiring:
Challenging:
Kintsugi (nourishing):
Yearning:



Specific:
Timeframe:
Inspiring:
Challenging:
Kintsugi (nourishing):
Yearning:



Specific:
Timeframe:
Inspiring:
Challenging:
Kintsugi (nourishing):
Yearning:

believe →



"After two encounters with cancer, I know the importance of self-care and reducing stress, whilst still being able to function, run my business, take care of my family... One of my main acts of self-care revolves around the water. I love diving and underwater photography and it's become an increasing passion. One I indulge in every week. So, now I set my STICKY goals around my passion and I schedule time every week to do what I love most. It's the way to live a full and happy life, to de-stress and achieve with ease & Flow."



NOW YOU HAVE THE VISION, IT'S TIME
TO MAKE IT HAPPEN... WITH FLOW!

Care for your *INNER MERMAID*
(or merman!)



Ok, so you've done it! You've created (or have started to create) a fabulous, inspiring vision and you've started to frame up some STICKY Goals...

As we go after these exciting dreams and goals, self-care is critical to help us stay focused and productive. And ensure we can sustain our energy and passion as we get going. Without self-care rituals, we won't achieve our goals and we can end up back at stress, overwhelm and burn out. **Prioritising self-care every single day is key to your success!**

- Find self-care rituals that suit your personal Flow, your lifestyle and your lifestage: I highly recommend a daily gratitude practice, mindfulness and breathing.
- Immersion in blue and green spaces has been shown to impact our wellbeing and can reset our focus and sense of calm. Build in time outside in nature to your daily schedule for a focus and well-being boost.
- Morning rituals that include even a few minutes of time just for you can make a big difference to staying on track and to finding our Flow. This can be challenging with young children in the house but even a short 3 minute shower can be used to focus your attention and reset (see the water meditation in the bonus resources on the next page).
- You can find more Mermaid self-care resources on the next page too...



BONUS RESOURCES:

Want more? Tap into other Ocean Flow resources here:

- Grab a free copy of the [Daily Flow Process Card](#)
- Take the [Flow Archetype Quiz](#) to find out which Flow Productivity tools and techniques best suit your style
- Book a [Flow Getter or Vision Boarding workshop](#)
- [Grab the Ocean Flow Weekly Planner](#)
- One-on-one mentoring & coaching: [Book a discovery call with Julie](#)
- Check out the free [Morning Rituals card](#)
- Try the [Ocean Flow water meditation](#)
- My [favourite reading list](#) if you'd like to dive deeper into Flow...

Flow Getter techniques help us to achieve our to do lists each day. Our STICKY Goals are easy to achieve when we make things happens with Flow...



NEED HELP WITH MORE TIPS AND TECHNIQUES ?

If you'd like to learn more about Ocean Flow Getter techniques and workshops, I'd love to chat. We run regular workshops and programs to help you achieve your dreams and goals with ease and flow. And you'll find more useful tips and ideas on our website blog, facebook and instagram feeds.



DREAM THEN DO WITH FLOW...
www.juliejones.com.au

