

OCTOBER

As we roll into these last few months of 2022, I want us to look backward in order to move forward. As you know, my hope is that you can take the knowledge and experience and wisdom you've gained into your lives in an ongoing and meaningful way.

My goal as a teacher and a coach has always been to give teachings that become yours, that you can carry forward into your life with or without me.

Last month, you journeyed a layer deeper with your "Whys," "Whats," and "Hows" by choosing a "hack" that would help you take action. This month, we will check in on what worked and what didn't and take a look at why.

We will then reflect back on our Peaks & Valleys exercise and use that as a launching point to look at what we want to continue to move toward and/or what we want to move away/forward from. This is a process of simple recalibration.

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Let's Talk About Barriers

If you have clearly defined and connected your “Why,” “Whats,” and “Hows” and tried out some “hacks” to ensure you follow through...but it's *still not working*. then it's time to look at barriers.

Only one barrier can keep us from achieving our OUTCOME goal(s), but many can keep us from achieving our PROCESS goals. We will chat more about that on our call this week.

Barriers can be internal or external and it's important to be able to tell the difference. This is where self-observation comes in handy.

The barrier that keeps me from reaching my OUTCOME goal(s) is: _____

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Next, identify specific things/situations/thoughts that are keeping you from following through with each of your PROCESS goals. Take a look at your "Hows" and your hacks: Is there a thought or belief that arises when you go to take the action? Do they need to be different/more actionable?

Goal (your "What"): _____

Barrier(s): _____

What can you do differently?: _____

[NOTE: Feel free to duplicate the following pages or use the space at the end of your October journal if you have more goals/barriers to workshop.]

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Goal (your "What"): _____

Barrier(s): _____

What can you do differently?: _____

Goal (your "What"): _____

Barrier(s): _____

What can you do differently?: _____

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Barrier(s): _____

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Goal (your "What"): _____

Barrier(s): _____

What can you do differently?: _____

Goal (your "What"): _____

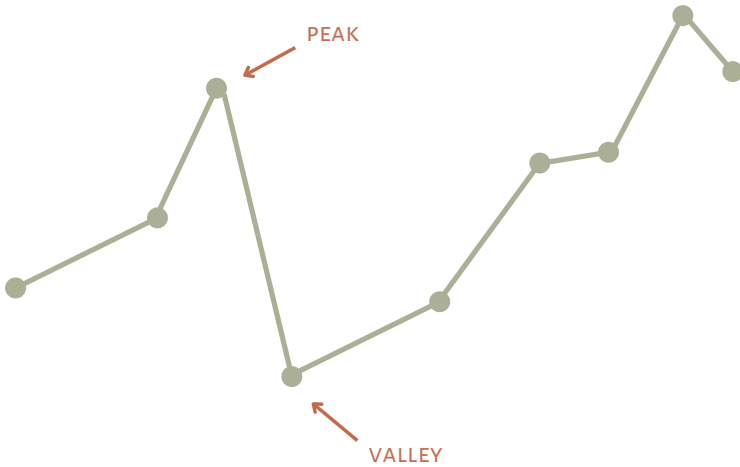
Barrier(s): _____

What can you do differently?: _____

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Peaks and Valleys of 2022

Reflecting back on the peaks & valleys of this past year...



What are some new things that you learned about yourself and your choices? _____

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Peaks and Valleys of 2022 (cont.)

How can you take this new understanding to refine or develop new goals—both outcome (macro) and process (micro)? _____

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How will you prioritize these things? (Be as specific and tangible as possible.)

What could get in the way of / act as barriers to your prioritization of those things?

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NOVEMBER

How will you prioritize these things? (Be as specific and tangible as possible.)

What could get in the way of / act as barriers to your prioritization of those things?

NOVEMBER

DECEMBER

WHAT are you choosing to prioritize this month?

WHY are you prioritizing those things?

DECEMBER

How will you prioritize these things? (Be as specific and tangible as possible.)

What could get in the way of / act as barriers to your prioritization of those things?

DECEMBER

ON TO 2022!

What I have discovered about myself / my life in 2021:

What I want to change about myself / my life in 2022:

What tools / strategies / practices help me the most when becoming more intentional in my life & what helped me to stay true to what matters most:
