

the

GOAL SETTING

crash course

MANIFEST WHAT YOU WANT,
CREATE A PLAN & GET
ACCOUNTABLE WITH MY PROVEN
GOAL SETTING SYSTEM.



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PART 1

W H A T D O Y O U
W A N T ?

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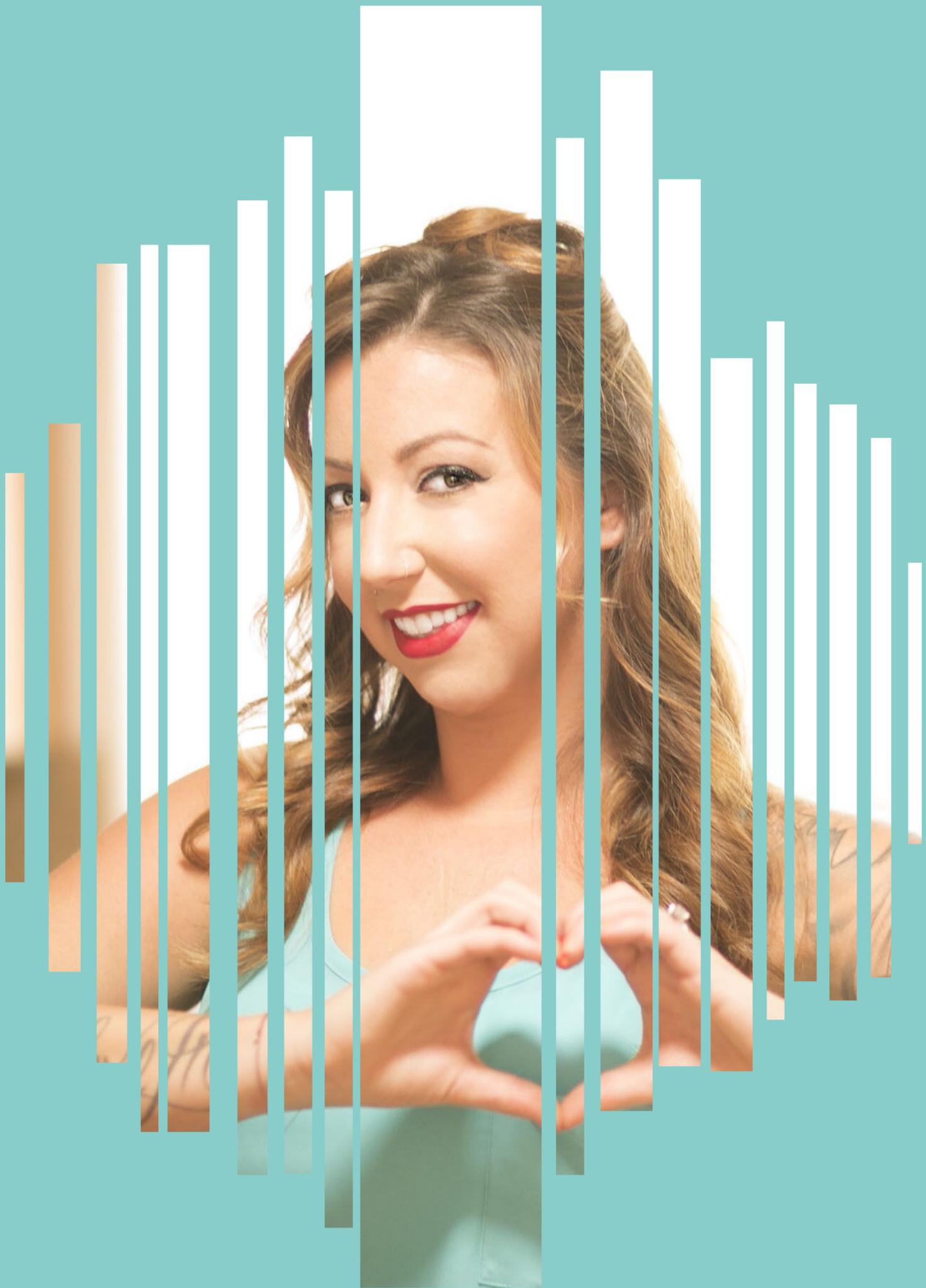
H O W T O G E T I T

PART 3

H O W T O G E T
T O W O R K

hello darling!

I'M LAUREN



I teach women how get what they want
(and deserve) through the art of goal
setting.

Hi There Stunner!!

Welcome! I'm STOKED you're here. I love a gal who's into learning and making FORWARD PROGRESS! Real quick, can I just share a few things about me so we're not such strangers?! Okay, cool!

Let's see, I'm a goal setting guru, a meal planning nerd, a salad junkie, a manifestation ninja, an eyelash extension addict, a tequila lover, a part-time Paleo eater, I'm a closet gamer, an essential oil nerd, a succulent mama, I believe cuss words are the shit, I think sandwiches are the perfect, I'm a wannabe chef, 10pm is WAY past my bedtime, I run on EDM and lemon water, I'm an only child, I love stretchy pants, my favorite naughty snack is flaming hot Cheetos and I'M PASSIONATE ABOUT TEACHING YOU HOW TO ACHIEVE YOUR GOALS!

K you ready to rock this shit?!

First things first, get out your journal and pen and let's set about 20 minutes of quiet time to work on YOU. Okie dokey?! I have some questions for you:

+Are you ready finally possess and achieve what you've been working on for months, or even years?

+Are you ready to experience that awesome feeling of accomplishment? You know, the kind when people NOTICE and COMPLIMENT your work?

+ Is there an area of your life that feels super out of balance? Like keep-you-up-at-night out of balance?

The first step of this guide is to figure out what you really want to achieve.

01

W H A T D O Y O U
W A N T ?

01

There are typically two scenarios when it comes to goal setting: those who know exactly what they want and those who struggle to make a decision because the outcome feels so unclear. Even if you know exactly what you want, still answer these three journal prompts for clarity (JOURNALS OUT!):

- + Write down one thing that feels super out of balance right now. Next, write down what you could or should do to remedy each of the imbalance.

- + Take a moment to do a "brain dump" of all the things you want within the next year.

- + Write down your PERFECT DAY in 10 years (at least 10 minutes!). Consider the 5 senses (see, touch, hear, smell, taste) and walk me through from the moment you wake to when you go to bed. How old are you? Who's with you? What are you doing?

Now that you've worked through a few exercises (I have SOO many more but I can't make this thing a novel lol), it's time to choose ONE GOAL that you'd like to work on. What ONE THING would have the biggest impact on your health and happiness?

You can repeat these exercises as many times as you like and with different goals in mind, but right now, just PICK ONE.

Remember, this is PLAY TIME for you!

What you write in your journal is not going to be tattooed on your ass! Goal setting is an evolving practice so PICK ONE for today okay (can you tell my clients struggle with step a bit?!).

Are you ready to improve your sleep?

Work toward something that you

envisioned in your Perfect Day in 10 years?

What came up in your "Brain Dump"

exercise that fired you up?

02

H O W T O
G E T I T

02

- Simply apply these 6 steps to what you determined was most important in phase 1. Write these down in your journal and don't skip any of the steps!
-
- 1. Goal verbiage: "I _____ by M/D/Y."
- 2. Why do you want to accomplish this goal?
- 3. How will you celebrate when you accomplish this goal?
- 4. Set your action plans: What baby steps **MUST** you take to accomplish this goal?
- 4. Schedule: Your action plans need dates too and all dates should be entered into your phone calendar or your paper planner.
- 5. Maintain: Now that you've written down your goals, they **DO NOT** get to die in your journal! Print them out, snap a pic, check in at the end of every month!
- 6. Get accountability: Someone **MUST KNOW** what you're up to! Share your

03

GET

A C C O U N T -

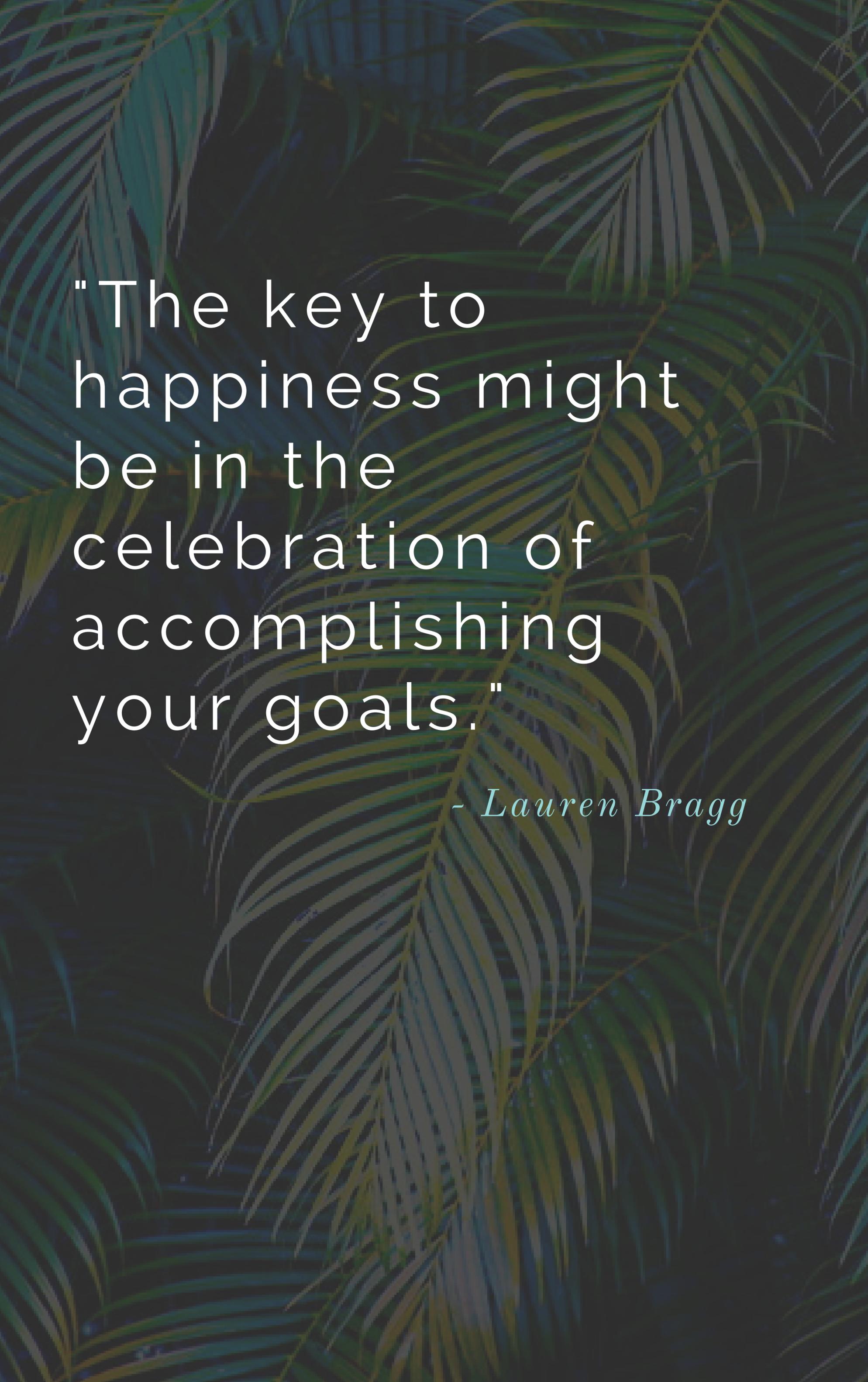
A B L E

03

YAY!!! You did it!! How do you feel? Does your goal feel attainable!? Are you terrified? Ecstatic?

I want to make one thing VERY CLEAR sister, phase 3 (where you're at right now), is where the true work begins.

There's a BIG DIFFERENCE between writing/setting your goals and actually ACCOMPLISHING THEM. You need a support system, someone who holds you to your highest self and you should have a set time to check in. You must understand that what you need from this point forward is DISCIPLINE around your NEW HABITS. If your "why" is strong you shouldn't have any trouble staying on track. Sure, your goals will change as your life does but the system should not. Just think of how amazing you'll feel when you've accomplished what you set out to do!



"The key to
happiness might
be in the
celebration of
accomplishing
your goals."

- *Lauren Bragg*

- Also, it just so happens my love, that I'm launching my 5 week Accountability Academy on October 1st, 2018. Yes, it's a bit far off but let's be real, I'd rather have you fulfill your best life during the Summer months so we can buckle down and kick some ass in the Fall!
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- Here's the deal though, you have to promise me two things:
 - 1. That you'll put a "save the date" for the program in your phone right now for September 1st when enrollment opens.
 - 2. That if you're SO FREAKING FIRED UP about your goals and are ready to hire me as your personal accountability buddy, you'll reply to this email.
-
- Ta-ta for now, Sweet Vixen

[Learn More](#)

The Vixen Credo

We are fierce but we are kind.

We are curious and compassionate. We TAKE NO SHIT but we DO NO HARM. We protect Mother Earth and we endlessly support our fellow Sister Vixens. We know we look damn good in the mirror and spread compliments like wildfire. We're a wealth of information and we always have a solution to lift each other up. We're excellent listeners and even better lovers. We live charmed, joyous, purpose driven lives. We set and accomplish our most challenging goals. We practice radical self care. We love to live and we live to love.