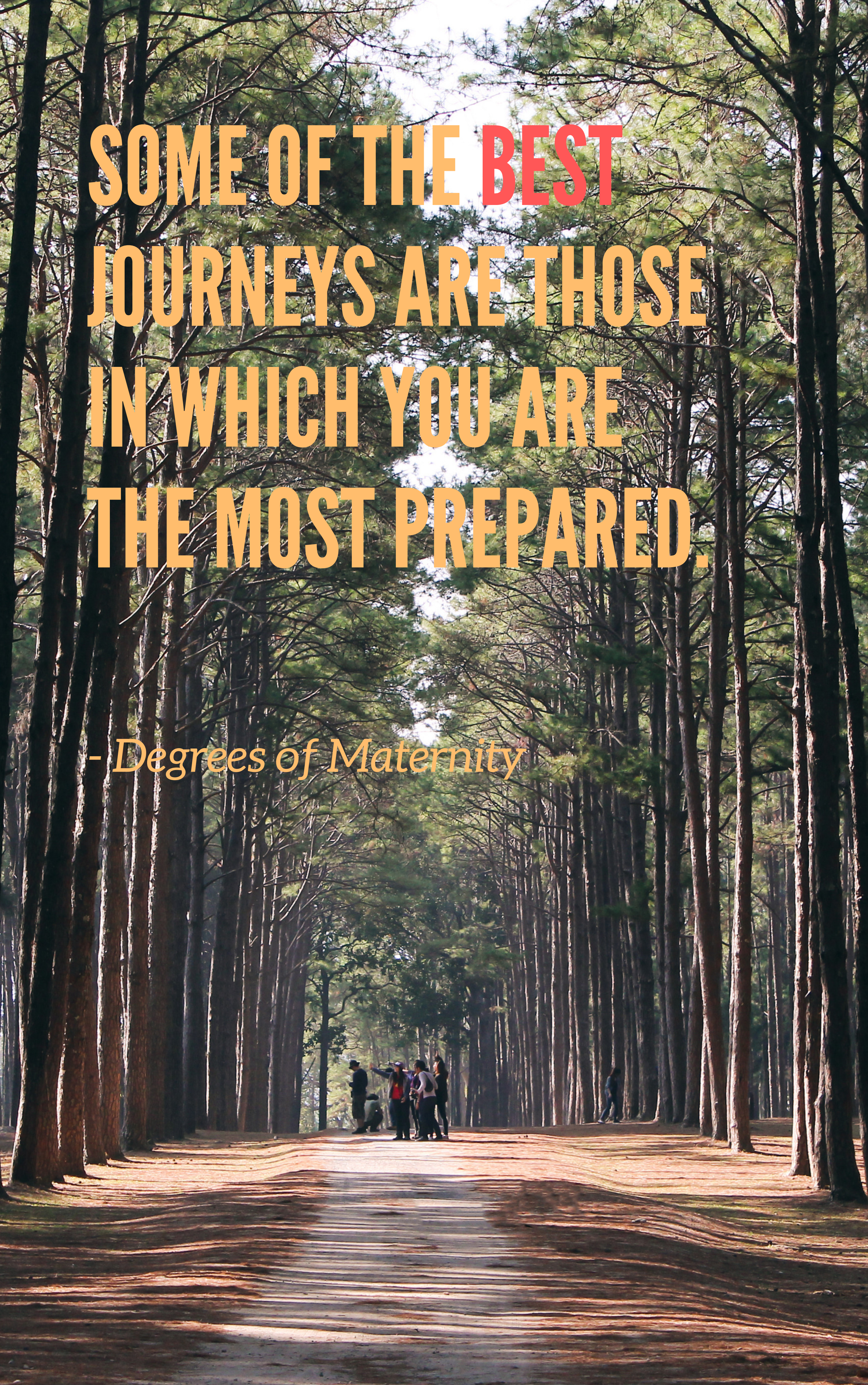


DEGREES OF MATERNITY TRAVEL PACK (GOAL-SETTING VERSION)

things to know before you go

<https://degreesofmaternity.wordpress.com>



A vertical photograph of a forest path. The path is covered in fallen pine needles and is flanked by tall, slender pine trees. Sunlight filters through the dense canopy, creating a dappled light effect on the ground. In the distance, a small group of people is walking along the path.

**SOME OF THE BEST
JOURNEYS ARE THOSE
IN WHICH YOU ARE
THE MOST PREPARED.**

- Degrees of Maternity

A GOAL SHOULD BE:



Specific: has a clearly defined expectation that is communicated.



Measurable: can be observed or compared and therefore assigned a number, value, amount, or estimation.



Achievable: is challenging yet attainable, where the necessary resources are accessible.



Realistic: has a relatable purpose and meaning to the desired outcome.



Timely: has a certain timeframe for completion or deadline attached to it.

GOAL TRANSFORMATION

(Taking a basic goal and making it **SMART**)

Basic Goal: I will exercise for my health.

SMART Goal: I will exercise to strengthen my heart by walking in the mornings (around my neighborhood or at the mall when the weather is bad) for at least 5 days out of the week for 45 minutes to 1 hour a day.

S

M

A

R

T

Exercise by
walking

5 mornings
per week
(Monday
thru
Friday)

Walk
around
neighborhood
or at mall
(when
weather is
uncooperative)

Walking
to
strengthen
heart

45 min. to 1
hour
daily

Take a look at the goal categories below. This list is meant to get your goal juices flowing. So take one or more categories and create a SMART goal that you intend to work toward achieving.



-Travel Stops (Goals)-

Eating and drinking healthier

Getting enough sleep

Being physically active

Destressing with relaxation techniques that increase mental and physical health

Cultivating family and friend relationships

Indulging in positive recreational activities that you enjoy

Learning something new that both interests and challenges you

Utilizing the assistance of reliable and encouraging support mechanisms

Utilizing organizational tools to help manage the daily workload

Developing a back-to-nature or natural alternatives perspective when considering health and household needs.

KEYS TO PRODUCTIVITY

(Unlock Your Potential)

KEY #1

Work first, play later.

KEY #2

Work the "undesirables" first.

KEY #3

Seek motivational sources to either jump start or help sustain activity.

KEY #4

Break down tasks into smaller activities to tackle.

KEY #5

Actively report to the Accountability Partners that will keep you moving forward.

EXAMPLES OF MOTIVATIONAL SOURCES THAT SERVE AS...

Pre-work motivators to **get** you in the work mood.

and/or

While-you-work motivators to **keep** you in the work mode.

(Use the following motivators, when you are in an inactive slump and need a little energy boost to get or keep moving. See Key #3 of the "KEYS TO PRODUCTIVITY").

Motivational Sources

inspirational tv shows and movies

inspirational books

inspirational books on audio

motivational speeches/presentations

motivational speeches/presentations on audio

real-life documentaries of success

music

encouragement from family and friends

Bible on audio

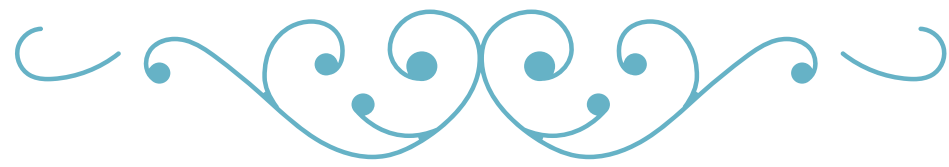
Bible

YouTube

Podcasts

DATE:

GOAL-PLANNING NOTE-TAKING



For simple note-taking or list-making, always be prepared to capture your goal-minded thoughts whenever or wherever they may strike.

[illegible]

GOAL-SETTING WORKSHEET

Overall Goal:

Key #4 of the "KEYS TO PRODUCTIVITY" requires that goals with multiple steps be broken down into bite-sized pieces for easier handling. Use this worksheet to create smaller goals, within the overall goal, to tackle. Assign as many tasks as you need in order to reflect all the pieces of the goal puzzle.

TASK 1:

TASK 2:

TASK 3:

TASK 4:

SPEND TIME ORGANIZING YOUR DAY

Goals Daily Schedule (Tweak to fit your ever-changing needs)

8:00a	
9:00a	
10:00a	
11:00a	
12:00p	
1:00p	
2:00p	
3:00p	
4:00p	
5:00p	
6:00p	
7:00p	

NOTES:

Use something like this daily schedule to plan out the timeframes for completing your goals. If the goal is a single task, then fit it into the appropriate timeslot(s) in your day (considering all other activities to be accomplished). If your goal is more complex, then break it down into mini tasks and assign them timeframes for completion within your day.

Once you’ve completed your daily schedule for each day of the week, move on to completing a comprehensive weekly schedule incorporating all tasks from your daily schedules. Always factor in flexibility within your day/week to accommodate unforeseen events that may occur.

Accountability Partners

= Support (Key #5)

You need Accountability Partners that run the gamut of the support spectrum. They may be those individuals or entities that will support you unconditionally. Or, they may be those individuals or entities, whose continued support depends on you putting in the necessary work to bring about positive life improvement changes & goal-oriented results.

Clubs

Boss

Charitable
Organizations

Memberships

Family

Teams

Friends

Support
Groups

Coworkers

Spiritual

God

Family/Church

The Bible

Degrees of Maternity
Friends

The 3 C's

COMMITMENT:

Demonstrated action with an "all in" attitude.

CONSISTENCY:

A willingness to work on a regular and continuous basis until a goal is completed.

CONFIDENCE:

The belief that you're capable of achieving what you've set out to do, and then going for it.