



Goal Getter Playbook

A STEP BY STEP PLAN OF ACTION TO HELP YOU ACHIEVE
YOUR GOALS AND STOP PLACING YOUR PRIORITIES AND
WELL-BEING ON THE BACKBURNER.



BY
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-Shaina



hey,
it's Shaina

life coach & creative entrepreneur

I want you to look back 1 year from today and smile. Smile at your courage. Smile at your commitment. Smile at your resiliency, growth, and unrelenting drive.

You should be proud that you downloaded this playbook and made the decision to say YES to your goals and dreams. I know without a doubt that there is magic inside of you. I know you are destined for greatness and I hope you know that as well.

This playbook will give you motivation and tangible steps to *start* piecing the puzzle together. It's time to stop feeling unfulfilled defeated, or confused. It's time for **clarity, consistency, and commitment**. Let's get to it...

It Starts With You....

You downloaded this playbook because you have goals that you desire to achieve. Goals are integral to our success because they give us direction, but we also need implementation.

Once you know where you want to go, even if it's not a crystal clear vision and instead it's blurry fragments, the question is where to begin? It starts with you.

Primarily, It starts with how you see yourself and what you believe you are capable of. ***It starts with your thoughts.*** I challenge you for the next week to get hyper-aware of what you're thinking, how you speak to yourself, and what you are taking in with your eyes and ears on a daily basis. Even better I want you to write them down.

Get curious, how do you feel about what you see? How are your thoughts influencing how you show up? How true are they?

Is that the person you desire to be?

Sometimes we are in misalignment with our own values without even realizing it. I first want to help you step into your power and greatness, so you can become the best version of yourself AND achieve your goals.



5 WAYS TO STEP INTO YOUR POWER

01 RAISE YOUR CONSCIOUSNESS AND SELF-AWARENESS

Self-awareness is being aware of who you are and how you show up. It's being aware of your thoughts, feelings, actions, behaviors, even environment and how it shapes you in every moment. It's also connected to personal agency. The more aware you are of yourself, your triggers, your actions, the more you can take responsibility for them.

02 BELIEVE IN YOURSELF AND OWN YOUR GIFTS

I want you to get brutally honest with yourself right now. Do you believe in yourself? Do you believe in your mission and vision and that YOU are capable of leading it?

If the answer is no, I want you to start there.

Every new level and season in your life will challenge you. Self-doubt and your inner critic might start to whisper or scream in your ear, yet part of your bounce back will be rooted in how you see yourself.

So, let's ACT on it!

Acknowledge your greatness &
accomplishments
Commit to believing it
Talk nicely to yourself

This might seem small, but I promise committing to **ACT** will shift how you see yourself. If you struggle with acknowledging your greatness, accomplishments, or talking nicely to yourself get curious where this comes from. I believe wholeheartedly that doing the inner work is life-changing because your happiness, peace, and sense of self are *priceless*.

If your desires are disconnected from your beliefs, your mind will find ways to keep you small and move in fear. You might feel the pressure to live to your fullest potential, but feel stuck in your thoughts that are holding you back.

"I'm not good enough." "I'm not capable of that." If you believe those thoughts to be true, chances are you will take actions in line with it. You might even hesitate to go after your dreams.

If the answer is yes, keep believing and doing the work!

WAKE UP EVERYDAY WITH A PURPOSE AND GRATITUDE

Shift your focus to what you have and not what you lack. Starting every day with gratitude can boost your mood, well-being, and sense of self. Make it a daily practice to write down 3-5 things that you are grateful for. **You have purpose and your life has a purpose.** I encourage you to find more moments of pause to breath, sit still, and journal.

REMAIN OPEN AND CURIOUS

When you have an open mind and heart you are much more willing to receive and see blessings and opportunities that are around you. It's understandable if experiences in your life have deterred you from being open and closed off your heart or mind, but be mindful of how that is affecting how you show up and what you welcome into your life.

Plus, I believe curiosity is the root of success. We are always learning, growing, and evolving from what we have learned. Continue to be curious about yourself, curious about the world, and keep remaining a student at every level you reach.

TAKE ACTION

05

Lastly, take action on the previous 4 steps. Tiny shifts and incremental changes over time can compound and create sustainable change and big results.

Think about the daily habits that you can start now that will help you become the person you desire to be. Start with 1-2 shifts (i.e. waking up earlier or going for a 10-minute walk every day) and once those become routine add another one or increase the intensity.

“

Let go of perfection and master the art of showing up.

What else can you do to take action?

Grab your notebook for the next part, I want to share tangible steps to make your goals a reality.

8 Steps to Take Action on Your Goals

01

Ask Yourself- What do I want?

First, get curious, honest, and vulnerable.

What do you really want? It's a simple but effective question.

02

Visualize and Vision

This may help you with the first step, close your eyes (optional) and visualize what you desire. Create a vision of your goal and make it as vivid as possible. Really SEE what you want.

03

Write it Down

Get it out of your head and onto paper. Maybe it's one specific goal or you want to write down 5-10. Write them without judgment!!

04

Know Your Why

Why is achieving this goal(s) important to you? How would it benefit your life if you achieved it? What would change?

05

Make A Plan

One way to make a plan on your goals is the **SMART method**. After you write down your goal take these steps

- **(S)- Specific:** Be clear and specific on what your goal is
- **(M)- Measurable:** How can you measure the success of this goal? When will you know you have been successful?
- **(A)- Achievable:** How realistic is this goal?
- **(R)- Relevant:** How does this goal align with your values?
- **(T)- Time-Oriented:** By when would you like to have achieved this goal? Add a date or a timeline for when you would like to achieve it.

Another option is to research others who have also achieved the goals you desire. What was their journey? What steps did they take?



We don't always have to reinvent the wheel. Many times what we want has been done before, maybe in a different way, and we can bring our creativity and nuances to the table to make it unique. Once you see their journey, what is one step you can take forward?

06

Accountability

How can you hold yourself accountable for doing the work? Who can you share your goals with so they can also hold you accountable?

07

Check-In

Depending on your timeline, give yourself check-ins. If you're having trouble with following through, be curious. Why is this happening? What can you re-evaluate and shift. What habits are you creating along the way to help you reach this goal?

08

Celebrate

Celebrate your milestones and victories along the way. Give yourself little rewards for hitting different milestones.

*8 STEPS INCLUDED IN EBOOK "[FROM SELF-DOUBT TO FULFILLING SUCCESS](#)"

The 3 C's

clarity, consistency, commitment

Clarity on what you want. Without clarity, you lose direction, focus, and it's harder to be intentional. Don't be afraid to slow down and take time to get clear if things feel a bit murky.

Consistency in showing up daily for yourself. Be consistent in building daily habits that help you become the person you desire to be.

Commitment to yourself, your vision and dreams, and your WHY.

Every time you feel a bit lost, ask yourself-

- Am I clear on what I want?
- Am I being consistent and showing up?
- Am I fully committed to the process and myself?



Once again, use these tools and **take action**. Don't sit idle on your goals. Idle on your dreams. If you're like many of my clients and you have SO many goals and things you want to do-**prioritize**. Write everything down so you don't forget but then start with what's important. If you made a list of more than 2 goals for step # 3, pick 2 that are either urgent, most exciting, or most important.

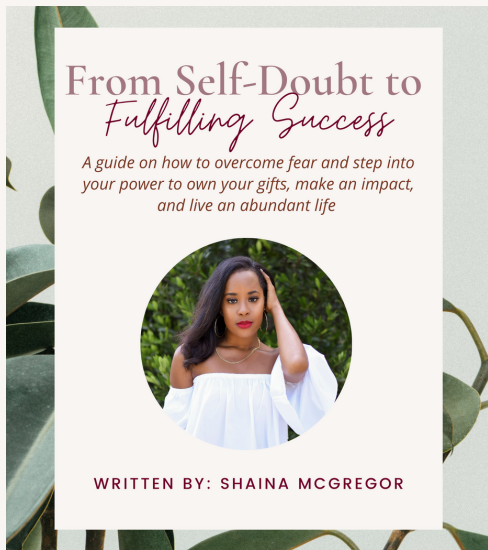
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**If everything is a priority,
then nothing is a priority.**

It's hard to give 100% when your energy is spilt many different ways. **Goal-getters are clear and action-oriented.**

Now, get to work!

How to continue learning, growing, and working together?



EBOOK

"From Self-Doubt to Fulfilling Success"

An eBook/ workbook to help you work through your limiting beliefs and self-doubt, prioritize what truly matters, and redefine what success means to you. It includes over 15 fillable journal prompts.

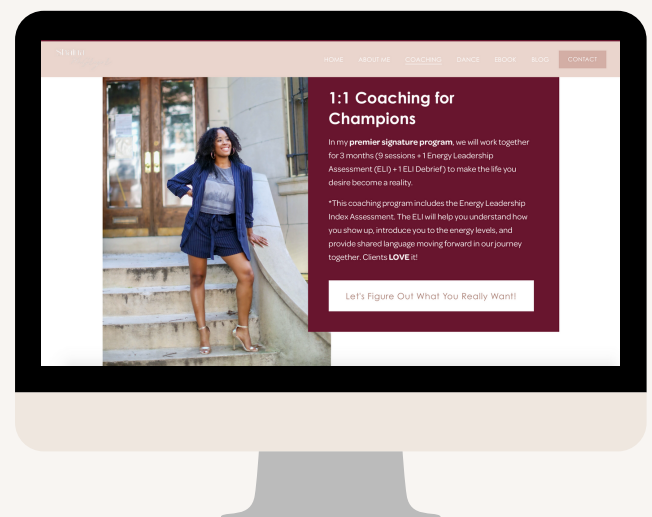
[GRAB THE EBOOK!](#)

LIFE & MINDSET COACHING

1:1 Coaching

If you're looking to dive deeper into some of your inner blocks or create an action plan for your outer goals together, feel free to check out my [Signature 1 on 1 Coaching Program](#) & schedule a complimentary discovery call with me below.

[SCHEDULE A FREE CALL](#)





Testimonials

I have struggled with feelings of imposter syndrome for so many years that have left me feeling like a complete failure, even when I was “succeeding” by the standards

I set for myself! Through coaching with Shaina, I was able to gain powerful clarity around how a different area of my life has been impacting my ability to see myself as successful.

-SARAH B.



I feel like since starting coaching I have a heightened awareness around challenging how truthful my thoughts are. I appreciate how Shaina held space for me and challenged me to dig deeper. Plus, she's a great listener and accountability partner.

-JAMIE C.



I have gained a lot more clarity in my life after working with Shaina. I'm more aware of my ability to respond differently based on what energy profile I tap into. That's really been the game changer because it introduced more choice and freedom.

-OLIVE D.

Thank You!

*I hope you take something from this goal-getter
playbook and you go **BE** a goal-getter. You have
everything you need to succeed!*

-Shaina



let's stay connected...



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