

How To Crush Your Goals



Hey, My name is Yashica, the founder of www.yashicasintuition.com. I am a life coach and spiritual consultant that has been helping my clients find truth & light and crush their goals for over 8 years! You can check out what i do over at my website
-->YashicasIntuition.com

Thanks for downloading your goal crushing worksheet/video combo for 2018.

The video can be found here
--> Goal Crushing Video

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Yashica's Intuition

Where are you now?

Where are you now? Write down how you feel in these various areas of your life and why. Decide on the top 3 that make you the most uncomfortable & circle them

Love _____

Career _____

Family _____

Finances _____

Health _____



Where would you like to be?

Take a moment and think about how, in a dream world, you would like your life to look like in the top 3 areas you picked

Area and

dream _____

Area and

Dream _____

Area and

Dream _____



A dream within a dream

What are 7 things per area that would you could do that could help you accomplish your dream

Area _____

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Area _____

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Area _____

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



Now Set Smart Goals

Time to set 3 Specific, Measurable, Actionable, Measurable things that you can accomplish DAILY based off your 7 things you identified on the previous page

Area _____

- 1.
- 2.
- 3.

Area _____

- 1.
- 2.
- 3.

Area _____

- 1.
- 2.
- 3.



Now take action!!!

Of the these areas, remember which one made you uncomfortable.... for that goal you will do 2-3 of your actions daily

Area_____

- 1.
- 2.

For the other 2 areas, you will pick one of those actions to do daily

Area_____

- 1.

Area_____

- 1.

Transfer these 3 goals to the last page, print it out, put it somewhere visible, get ready to crush your goals



Promise To Yourself'

For a period of _____(Pick at least 3 months). I promise that I will take the following 4 daily steps towards my goal in order of priority that I have identified through. If, for some reason, I cannot complete all 4 steps daily, I will always focus on doing goal #1 or goal #2 daily

- 1.
- 2.
- 3.
- 4.

Signature _____



If you find that you struggle to be that self starter.... you set goals but never accomplish them.... you are so overwhelmed that you don't even know where to start..... Contact me.

Coaching sessions are great because they provide you with an unbiased, safe place where you get to focus on yourself and have someone there for you to help you gain clarity and focus but also have me there holding you accountable to your goals, but cheering you on at the same time.

Consultations for coaching are no obligation. So click the website below to schedule your complementary consultation and fill out the form at the bottom of the page NOW.

www.YashicasIntuition.com/energyhealing

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