

Complete Your Goals With Ease

A mindful workbook that will help you see your goals come to light.

Yvette Stines

www.yveletestines.com

Complete Your Goals With Ease

1. Write your goal(s) below

2. Write your deadline(s) below

3. What is your action plan?

Yvette Stines

www.yvelettestines.com

Complete Your Goals With Ease

4. What are some blocks or fears that you have towards your goal(s)?

5. What makes you excited about completing your goal(s)?

Yvette Stines

www.yveletestines.com

Complete Your Goals With Ease

Free write for 5-10 minutes using the writing prompt.
Set your timer and let it flow.

If I complete this goal before the end of the year I will feel

Yvette Stines

www.yveletestines.com

Complete Your Goals With Ease

Free write for 5-10 minutes using the writing prompt.
Set your timer and let it flow.

**If I don't complete this goal before the
end of the year I will feel**

Yvette Stines

www.yvelettestines.com

Complete Your Goals With Ease

Fill in your daily tasks that will help you complete your goal(s) on this calendar.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTE:

Complete Your Goals With Ease

Affirmations

Pick an affirmation a day, or focus on one for the week. Repeat them daily. Write the affirmations on post-its and place them in your environment for positive reminders.

Everything is working out for me at this moment.

My thoughts create my reality and future.

Everyday is a blessing and I will be purposeful and productive to show gratitude.

I visualize the completion of my goals daily.

Happiness is my birthright.

I set and achieve challenging and worthwhile goals with ease.

I easily reach my goals on time.

I have the power and clarity to achieve my goals and dreams.

I am present when I am working on my goals

Yvette Stines

www.yvelettestines.com

Complete Your Goals With Ease

Reflections + Notes



Yvette Stines

www.yveletestines.com

Complete Your Goals With Ease

Thank you for checking out
Completing Your Goals With Ease

Visit yvelettestines.com for Mindful Mondays.

and

Visit calmingcorners.com for tips on living
a calm and healthy life.

Let's calmly play on social media.

@yvelettestines + @calmingcorners

Yvette Stines

www.yvelettestines.com

Complete Your Goals With Ease

Copyright © 2016 by Yvette Stines all rights reserved

You are welcome to print a copy of this document for your personal use. Other than that, no part of this publication may be reproduced, stored, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the author. Requests to the author and publisher for permission should be addressed to the following email: yvette@yveletestines.com

Limitation of liability/disclaimer of warranty: While the publisher and author have used their best efforts in preparing this guide and workbook, they make no representations or warranties with respect to the accuracy or completeness of the contents of this document and specifically disclaim any implied warranties of merchantability or fitness for particular purpose.

No warranty may be created or extended by sales representatives, promoters, or written sales materials. The advice and strategies contained herein may not be suitable for your situation. You should consult with a professional where appropriate. Neither the publisher nor author shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages. Due to the dynamic nature of the Internet, certain links and website information contained in this publication may have changed. The author and publisher make no representations to the current accuracy of the web information shared.


www.yveletestines.com