



Goal Smashing

LIKE A #BOSSBABE

THE MASTERCLASS FOR INGRAINING
YOUR GOALS INTO YOUR
SUBCONSCIOUS MIND SO THAT
THEY CAN'T HELP BUT MANIFEST

The Worksheet Cheatsheet

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Manifestation Babe™



What is your 1 year outcome?

What are you going to see, hear & feel when you finally have your goal? How do you KNOW you have it?

What resources do you need to achieve this goal? If you know someone who HAS already achieved it, what resources did they have to make it happen?




At which date and what time will
you have achieved this goal?

IMPORTANT:

Remember the Manifestation Babe version of the **SMART**
acronym when goal setting!

Fill in the blanks below. Use my example as a guide to help you.

It is NOW/ ___(date)___ at ___(time)___ and I have achieved ___(goal)___.
I know this because I see____. I hear _____. I feel _____. I achieved this
because ___(resources)_____.



On a scale of 1-10, how excited and compelled are you to reach your goal?! If it's anything less than a 9, please think of a better goal.

CHUNKING IT DOWN:

What must you achieve by 9 months, 6 months, 3 months, 1 month, and 1 week in order to stay on track with your goal?

Create a chunked down action plan for each time period.

Integrate the goal into your timeline, and you are SET! Remember to take MASSIVE MESSY ACTION every single day.