

SINGLE MOM BY DESIGN

THE GOAL SETTING WORKSHOP *for single moms*



WE SPEND SO MUCH TIME THINKING ABOUT OUR
STRUGGLES. THIS SESSION IS DESIGNED TO FOCUS YOU
ON WHERE YOU'RE GOING, NOT WHERE YOU'VE BEEN.

These aren't just words on a page mamas.

Everything you see around you, started off as a thought.

As single moms, we spend a lot of time “surviving” and running from our circumstances. If we were to ask ourselves what we don't want - we could write pages. But ask yourself what you DO want, and I bet you'll experience some resistance.

Consider this workshop your invitation to create a compelling future for you and your children.

It's the MAP I use; look at it every day to keep me on track towards the fulfillment of my dreams.

We get the life we focus on mamas, so let's be very **deliberate** on **where** we place that **focus**.

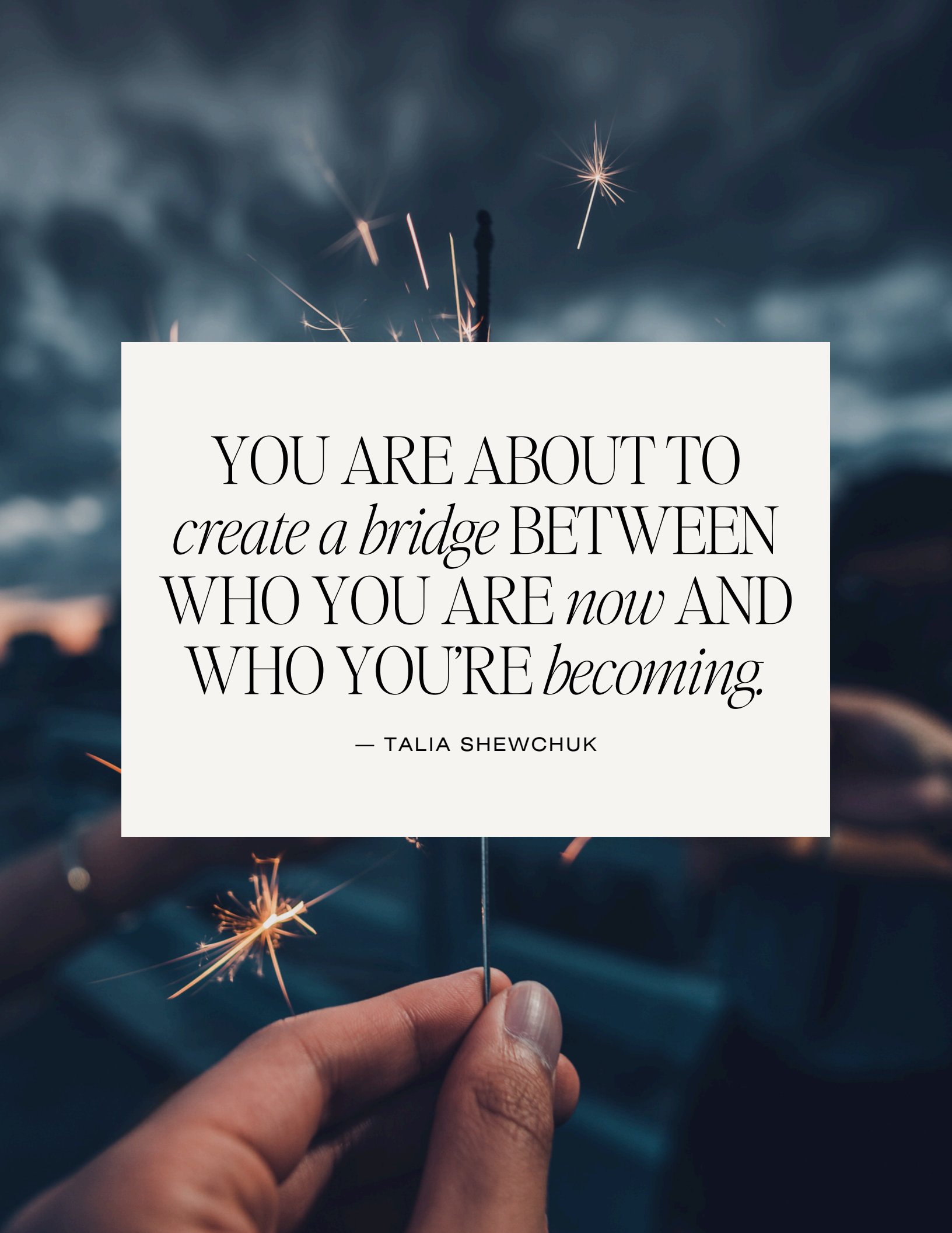


IMAGINE THIS:

Imagine someone said
*“Do this thing. Your kids
lives depend on it”.*

Do you think you'd
figure it out. *No doubt.*

APPROACH YOUR DREAMS WITH THIS LEVEL OF
IMPORTANCE. THERE'S LITERALLY NOTHING YOU CAN'T DO.

A hand is visible at the bottom, holding a thin metal stick with a small, bright sparkler at the end. The sparkler is lit, with several long, thin sparks trailing upwards into the air. The background is a dark, cloudy night sky, with some faint, out-of-focus lights visible. The overall mood is contemplative and hopeful.

YOU ARE ABOUT TO
create a bridge BETWEEN
WHO YOU ARE *now* AND
WHO YOU'RE *becoming*.

— TALIA SHEWCHUK

The PROCESS

01

GET INTO “STATE”

Imagine you're a kid asking Santa for Christmas presents. It's not a time to be reasonable. It's time to dream.

02

WRITE EVERYTHING DOWN. DON'T HOLD BACK

A dull pen is more useful than a sharp mind. The act of writing puts the wheels in motion. The goal is to look at this list daily, to keep it at the forefront of your mind.

03

DREAMS AND TIMELINES

You'll write a series of goals, for your personal life, things, experiences, wealth and contribution. Then, you'll scan them and include a timeline.

04

CHOOSE YOUR TOP 3 IN ALL CATEGORIES

Scanning your lists for 1 year or less, you'll write a few sentences about WHY you're committed to achieving them. This list is what you will be focusing on daily.

STEP ONE:

GET YOURSELF
INTO A GREAT
STATE.

Never
or
never



5 WAYS TO GET INTO CREATION STATE

01 **Deep breathing exercise.** Focus on your breath. Inhale for 4 seconds, exhale for 7 seconds.

02 **Cold water plunge.** I love creating an ice bath at home. It makes me feel like I can accomplish anything!

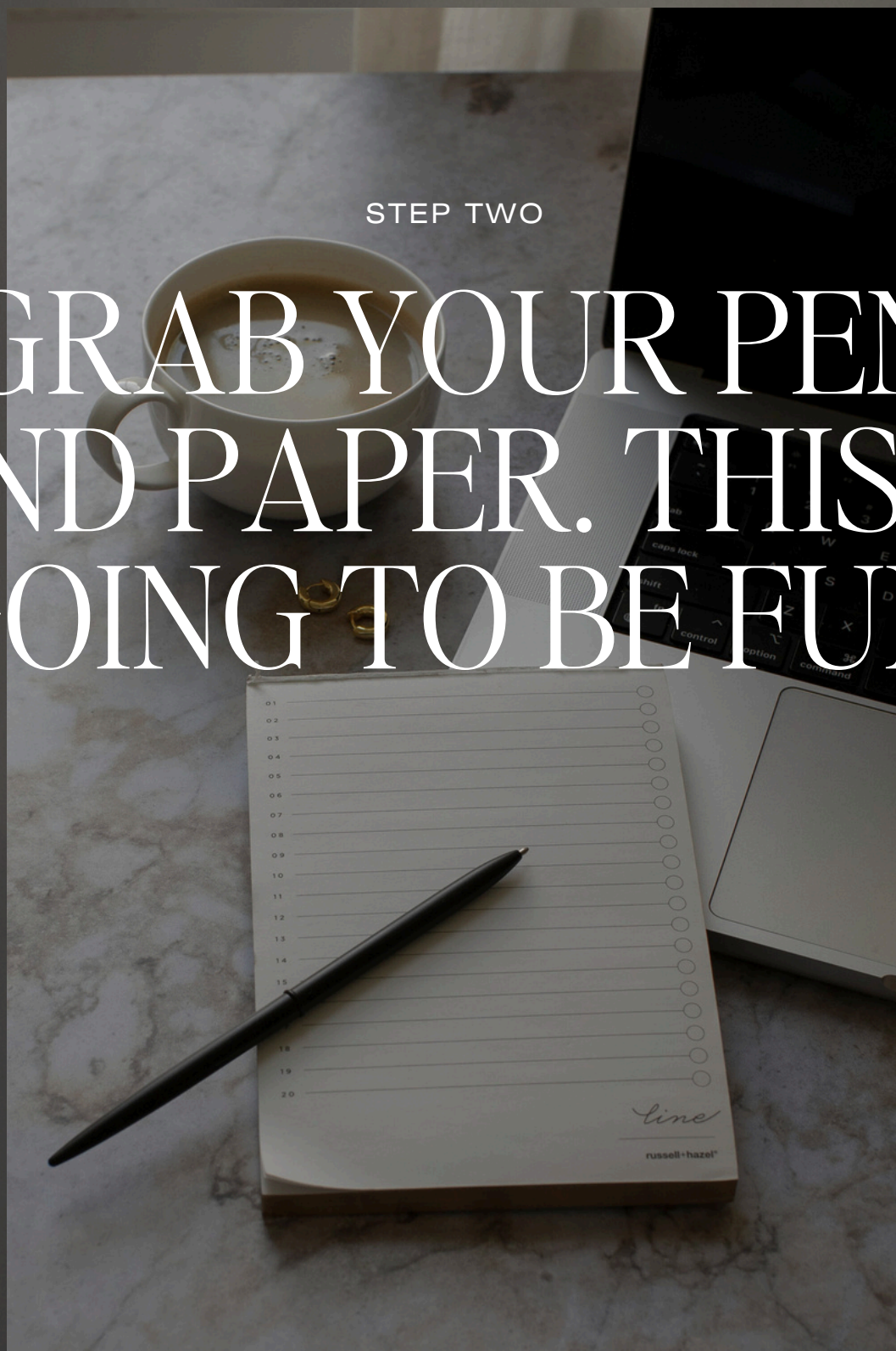
03 **Guided meditation.** There are so many great apps and videos out there. Just pick one. The goal is to take your mind off everything that is challenging.

04 **Dance like a crazy woman!** This is one of my favourites. I actually have a playlist called “creation state”. Sia, Pink, Lady Gaga are included.

05 **Read an inspiring book or podcast** on mindset, manifestation and resilience. The goal is to prime your mind for “dreaming”.

STEP TWO

GRAB YOUR PEN
AND PAPER. THIS IS
GOING TO BE FUN!



YOU'RE GOING TO HAVE 3 CATEGORIES OF GOALS

For each category, I want you to set a timer for 6 minutes and write.

Write without thinking.

PERSONAL DEVELOPMENT GOALS

This is all about who you're committed to becoming. Think in the areas of emotional, mental, social, spiritual, physical etc.

THINGS & EXPERIENCES GOALS

You're putting Santa's list together. If you could have and experience ANYTHING, what would it be? Do not hold back!

FINANCIAL, MONEY MACHINE & CONTRIBUTION GOALS

How much money will you make? What does freedom look like?
How much money will you donate? How will you create impact?

STEP THREE:

BEGIN!





PERSONAL DEVELOPMENT

01

This is you, as your best self. What does your future life look like?

Set your timer for 6 minutes and write. Don't stop until the timer is over. Consider the questions on the next page to get you started.

PERSONAL DEVELOPMENT

Ask yourself these questions:

Don't stop here. Let your mind go wild!

01 Who are you committed to becoming?

06 What does your career look like, day-to-day?

02 What skills will you master?

07 What does your social life look like?

03 What fears will you conquer?

08 What does your best relationship look like?

04 What do you need to do to feel amazing every day?

09 Who are the friends you surround yourself with?

05 What are some physical challenges you'd like to conquer?

10 Who would you like to meet?

NOW GO THROUGH EVERY GOAL AND
TAKE 2 MINUTES TO:

WRITE A TIMELINE BESIDE EACH ONE.

Examples are: 1, 3, 5, 10 and 20 years or less.

- ▶ START MY OWN BUSINESS AND
QUIT MY JOB (<1)
- ▶ BE IN A BEAUTIFUL AND
COMMITTED RELATIONSHIP (3)
- ▶ BE IN PEAK PHYSICAL HEALTH
AND RUN A MARATHON (5)
- ▶ COMPLETE MY SCREENPLAY AND
HAVE IT PRODUCED (10)
- ▶ RETIRE AND HAVE THE FREEDOM
TO TRAVEL THE WORLD (20)



THINGS AND EXPERIENCES

02

This is everything you want to have, be able to buy and to experience. There is nothing wrong with experiencing everything life has to offer.

Set your timer for 6 minutes and write. Don't stop until the timer is over. Consider the questions on the next page to get you started.

THINGS AND EXPERIENCES

Ask yourself these questions:

Don't stop here. Let your mind go wild!

01 Do you own a car? A home?
A boat?

06 What would you like to
experience with your kids?

02 Do you want to travel
around the world?

07 Do you enjoy weekly
massages? Facials?

03 Do you want to see
Broadway shows when
you feel like it?

08 Do you want a cottage on
the lake?

04 Would you like a closet full
of beautiful clothes and
shoes?

09 How would it FEEL if you
didn't even have to
consider money?

05 Do you have help at home?
A chef? Someone to
clean?

10 Do you want to have an art
collection?

NOW GO THROUGH EVERY GOAL AND
TAKE 2 MINUTES TO:

WRITE A TIMELINE BESIDE EACH ONE.

Examples are: 1, 3, 5, 10 and 20 years or less.

- ▶ I WILL MOVE INTO A HOME
WHERE MY KIDS HAVE THEIR
OWN ROOMS (<1)
- ▶ I HAVE A CLOSET FULL OF
DESIGNER CLOTHES AND
SHOES (3)
- ▶ I AM ABLE TO TRAVEL THE
WORLD WITH FREEDOM (5)
- ▶ I HAVE SEVERAL PROPERTIES ON
VARIOUS BEACHES (10)
- ▶ I TRAVEL PRIVATELY ON MY
OWN PLANE AND ON MY
FRIEND'S PLANES (20)



ECONOMIC GOALS

03

This is all about your money machine. What are you making? What are you donating? How many people are you impacting with your generosity?

Set your timer for 6 minutes and write. Don't stop until the timer is over. Consider the questions on the next page to get you started.

ECONOMIC GOALS

Ask yourself these questions:

Don't stop here. Let your mind go wild!

01 What is your income?

06 Is your debt completely paid off?

02 How much money are you setting aside every month?

07 Are your student loans paid off?

03 What are your real estate goals?

08 How much money are you retiring with?

04 Are you maximizing your RRSP and TFSA accounts?

09 How much money are you donating monthly?

05 Are you a knowledgeable investor and managing your own portfolio?

10 What organizations are you supporting? A children's hospital? Woman's shelter?

NOW GO THROUGH EVERY GOAL AND
TAKE 2 MINUTES TO:

WRITE A TIMELINE BESIDE EACH ONE.

Examples are: 1, 3, 5, 10 and 20 years or less.

- ▶ PAY OFF ALL CREDIT CARD DEBT
(**<1**)
- ▶ MAKE MY FIRST MILLION (**3**)
- ▶ FINANCE ALL MY CHILDREN'S
POST SECONDARY EDUCATION
(**5**)
- ▶ DONATE \$1M TO SICK KIDS
HOSPITAL (**10**)
- ▶ RETIRE WITH \$100,000,000 AND
DONATE IT ALL UPON MY DEATH
(**20**)

STEP FOUR:

CHOOSE YOUR TOP
3 GOALS IN EACH
SECTION IN THE
“1 YEAR OR LESS”
CATEGORY.



YOU'VE NOW GOT 9 GOALS IN TOTAL, ALL
IN THE 1 YEAR OR LESS CATEGORY

Write a paragraph
about EACH ONE.

HOW WILL YOU **FEEL** ABOUT THESE
THINGS WHEN YOU ACCOMPLISH
THEM?

WHY ARE YOU COMMITTED TO
ACCOMPLISHING THEM? WHO ARE
YOU DOING IT FOR? WHAT DOES IT
MEAN FOR YOUR FAMILY?

WRITE THEM DOWN - ALL 9 - AND
PUT THEM SOME PLACE YOU'LL SEE
THEM DAILY.

**AND NOW FOR THE MOST IMPORTANT
PART...**





WRITE DOWN 1 ACTIONABLE
STEP YOU CAN TAKE THIS WEEK

Towards the achievement of each one of your goals.

The most important thing about goal setting is
never leaving the site of a goal, a dream, a
desire - without taking an immediate step
towards it's fulfillment.

This could *look like*:

RESEARCH CAREER ADVANCEMENT OPPORTUNITIES.

CREATE AN ONLINE DATING PROFILE.

OPEN AN INVESTMENT ACCOUNT.

JOIN A GYM.

MEDITATE.

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