



GOAL-SETTING PLANNER

Your planner to reach big goals

Business & Dreams Members' Club

**Business
& Dreams**



THANK YOU

Dear Business & Dreamers,

We are so grateful that you are reading this and that you're a member in Business & Dreams.

This is a community where we encourage each other to dream bigger than ever before and where we set goals that make us excited about life.

This is also a community where we can be our genuine selves, a place where we can be vulnerable. Going after our dreams is usually not a straight line. There will be ups and downs and it's all just part of the process. We really hope that you will remember that you always have the most supportive tribe of women behind you, supporting and cheering on you.

We created this planner to make it easier for you to dream big, find clarity on your vision and set goals that match the future that you dream of.

We truly hope that you will enjoy spending time with this planner. Most of all, we truly hope that all of your big dreams will soon become your reality.

With love,

Camilla & Vendela

**Business
& Dreams**



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In this part, we will set monthly goals. You will find 12 sections for each of the coming 12 months.

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In the final part, we have made space for your reflections.

Part 1

DREAM BIG

We will start by dreaming big.

What is one dream that you have in your life?

Allow yourself to dream without limitations. Your dream should make you feel really excited about life.

To get your mind started, here are some dreams other members have:

Earning EUR 10 000 per month

Working full-time with my company

Never stop learning and improving the quality of my life

Empowering other women within investing

Finding balance in life

Building an international platform for myself

Becoming financially independent

Working abroad

Becoming confident

Creating passive income sources

Part 1

DREAM BIG

We will continue with your goals in your career.
What is one career goal you have for the 12 coming months?

Here are some goals that other members have:

Sending my book to a publisher

Registering my own company

Finding someone to run my
company with

Be able to go from part-time to
full-time with my company

Increasing my monthly income
with EUR 200 per month

Getting three new clients to work
with

Posting weekly on social media

Living abroad for one month

Part 1

DREAM BIG

We will continue with some reflection.

If there is anything that stops you from achieving what you want to achieve in life,
what could it be?

Here are some common things our members have mentioned:

Lack of confidence

Perfectionism

Fears around what other people
will say and think about me

Fear of failure

I want to improve my selling skills

Fear to lose stability

Financial insecurities

Lack of clients

Lack of knowledge

My negative thoughts about
myself

Part 1

DREAM BIG

We will continue with your intention for Business & Dreams Members' Club.
What do you wish to gain as a member?

Here are some common answers from our members:

Inspiration

Taking steps forward

Connecting with like-minded women

To learn how to run a business

Gain trust in myself

Feeling empowered and worthy

Develop a powerful money mindset

To have a community to celebrate with

Know how to get more customers

To find both balance and success

Part 1

DREAM BIG

We will continue with actions steps for Business & Dreams Members' Club.
What steps can you take in the club to reach your goal in the coming 12 months?

Here are some common actions steps by our members:

Watch the Growth Mindset video

Do the challenge each month

Connect with a member from the
Member Overview

Take the Masterclass Quiz

Post about a win in the Facebook
group

Complete the 6-step formula
workbook

Join the monthly goal-setting
workshop

Complete the Fear-setting
workbook

Listen to the monthly audio message
boost on the Home page

Part 2

VISION BOARD



Here are the steps on how to create a vision board.

1. You can either make a physical or a digital vision board. If you create a physical one, you can simply find a piece of paper, some glue and scissors. If you create a digital one, you can create an album on your phone, computer or one in an editing tool such as Canva.
2. Add pictures that fill you with positive emotions. If you create a physical one, you can find pictures in e.g. magazines. If you create a digital one, you can find pictures on e.g. Pinterest.

You can find our tutorial on how to create a vision board on Canva under "Resources" on our platform.

Part 3

FUTURE YOU



We will continue this planner with doing an exercise we love - meeting the future version of you!

You will in this exercise imagine meeting the happiest and most fulfilled version of future you, one year from now.

You will imagine her and what her life looks like. You will also get to imagine what advice she would give you.

After that some reflections questions will follow.

Imagine walking in an area you love. All of a sudden you a woman who is absolutely glowing. She looks so happy. After a while you realize who she is. She is your future self, one year from now.



Part 3

MEETING FUTURE YOU

Imagine meeting yourself one year from now.
Imagine meeting a woman who is so happy
with her life and who is feeling so fulfilled.

If you got a chance to talk with her, what
would you ask her and what would she tell you?

Imagine her telling you everything about her
life and how she got there.

Close your eyes for a few minutes and imagine
that conversation.

When you feel ready, we are so excited for you
to do an exercise we love - writing a letter
from your future self to your current self.

On the pages below, feel free to write down
what the future you tells you about her dream
life and her advice to you on how to get there.

Month: _____

Part 4

MONTHLY GOALS

What were your wins during the previous month? (big och small)

What are your insights/lessons from the previous month?

What are your goals for next month?

What is your affirmation for the month?

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Lastly THANK YOU

Thank you for doing this workbook!

We are so proud of you.

Imagine meeting your five year old younger self. Imagine all the things you now have in life and within yourself that she dreamed of. She would be so proud of you!

Now imagine meeting your future self five years from now. Imagine how proud you would be of the amazing woman you have become. Keep voting for her with your actions everyday. You got this.

And remember: strong women never give up. We might need a coffee, we might need a day in bed, we might need a good cry. But we never give up.

With love,

Camilla & Vendela

