



# GOAL-SETTING PLANNER

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Your planner to reach big goals

Business & Dreams Members' Club

**Business  
& Dreams**



# THANK YOU

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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**

# Introduction

## HOW TO USE THIS PLANNER

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We want you to really take your time with this planner. Some of the answers might come directly, such as your goals for the month, while others might take a while, such as creating your vision board. Remember that there are no right or wrong answers. Simply let your inner voice guide you.

The more time you spend with yourself, the better you will understand what it is that you actually want in life. The relationship you have with yourself is just like any other relationship - the more time you spend getting to know someone, the more you'll understand what they truly love and what they are passionate about.

The planner is divided into two parts.

In the first part we will start by dreaming bigger than ever before.

In the second part we will get more hands-on and set annual and monthly goals.

The planner doesn't have to be done in chronological order and you can simply focus on the parts that feel important to you.





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We are so excited for you to create a powerful vision board for your beautiful year ahead.

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After setting annual goals, we will continue to set monthly goals.

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

# Introduction

# VISION BOARD

2023



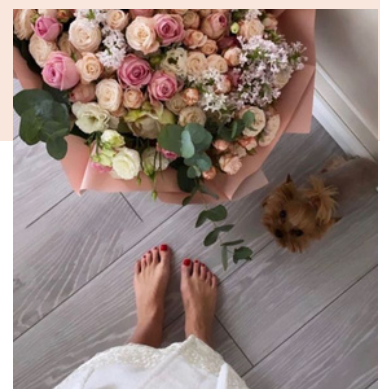
A vision board is a collection of pictures that represent your dream life. It could be a picture of your dream house, your dream office or perhaps a picture of your dream salary.

You can create either a physical or a digital vision board.

If you create a physical one you can simply find pictures in e.g. magazines and add them to a piece of paper.

If you create a digital one you can start by first finding pictures through e.g. Pinterest. You can thereafter add them to Canva. There are many great templates in Canva if you search for "Collage".

Vision boards are one of the most powerful things you can do to turn your dreams into your reality. We want everyone of our amazing members to have one.



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*Add your*  
**VISION BOARD**

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# *Introduction*

# 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 1

## MEETING FUTURE YOU

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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.





# Part 2

## REFLECTIONS

We hope that you liked the exercise of writing a letter to your future self. It's now time to write down what you may have realized about your future self and her dream life.

What are three words to describe the days that your future self is living?

Describe one moment in the dream life that your future self is living that you really look forward to.

If future you would give you one piece of advice, what would it be?

# Part 2

## REFLECTIONS

It's now time to reflect a bit upon how your current days look like. We will explore what changes you could make to approach your dream life. Remember that oftentimes, drastic changes are not needed. The magic lies in small changes that can be done with consistency in the long run.

What habits would you like to add to your current days in order to get to where your future self is? It could e.g. be "Work with my passion 15 minutes before I go to work".

What action (and remember that baby steps are steps too) could you take already today to come one step closer to the future you?

# Introduction

## GOAL-SETTING



We love to set goals. There is something about the act of turning a dream into concrete action steps that we find fascinating.

Setting goals helps us to shape new behaviors, sharpen our focus and create momentum in life.

We love the confidence boost that working on a goal and finally reaching it gives us. It reminds us of that we really are the creators of our own lives.

In this part of the planner we will help you to set goals you actually achieve. We will set both annual and monthly goals.

One of our favorite things in life is to set a goal, work on it and finally achieving it. It gives such a confidence boost.

Dreaming big becomes so exciting when we know that we have the tool box to turn them into our reality.

*Learn more*

# HOW TO SET GOALS

A way to increase the likelihood that we set goals that we actually achieve is to set SMART goals.

SMART is an acronym that stands for Specific, Measurable, Achievable, Relevant and Time-bound. Below is an example.

**S**

"I will write 365 pages during 2023."

**M**

"I will count the number of written pages to make sure I've reached the goal."

**A**

"Writing 365 pages equals 1 page per day which feels achievable."

**R**

"I have always dreamed of becoming an author so the goal is relevant."

**T**

"I will be finished December 31 before midnight."

# *Introduction*

# ANNUAL GOALS



It's now time to set goals for one year ahead.

We began this workbook with dreaming big, creating a vision board and writing a letter to yourself from future you one year from now.

You might have a bit more clarity around the direction you wish to take from now.

It's therefore time to become even more practical and decide what we want to have achieved one year from now.

One year might feel like a long time but remember that time will pass anyway. The question is where you want to be when that year has passed.

Feel free to use the SMART method so ensure that you have a way of checking that you have actually completed your goal.

Another advice is to put a reminder on e.g. your phone or your calendar for the date when your goal should be completed.

# *Reflections* ANNUAL GOALS

We will start with some reflections from your past year. Your insights will guide you and help you set goals for the coming year.

Which is the current date?

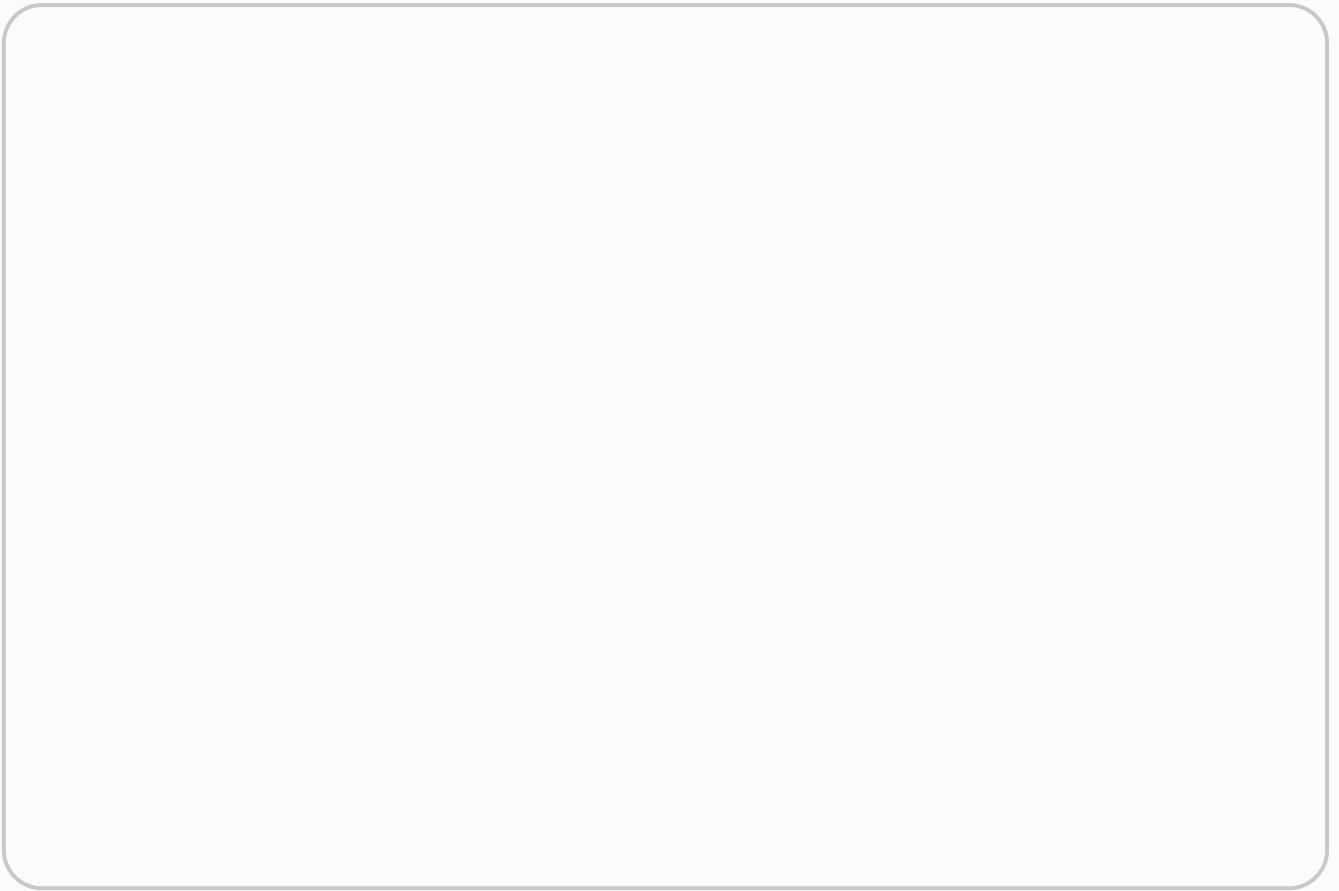
What are the highlights from the past year?

What are the biggest lessons from last year?

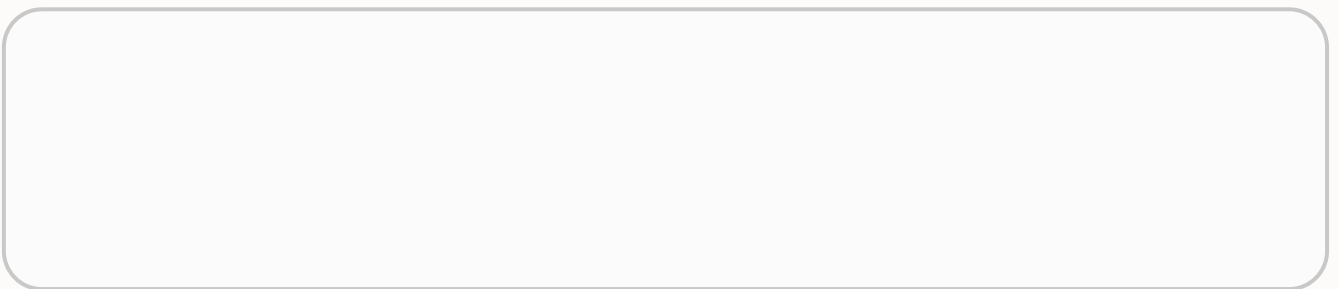
# *Moving forward* ANNUAL GOALS

We will bring our insights with us from the past year and let them guide us when we plan our next chapter - our year ahead!

What are your goals for this year?



Which is your word for this year and why?





# *Introduction* MONTHLY GOALS



We love to set goals for the month.

Long-term goals such as annual goals are great because they help us to decide our direction.

However, one year can often feel like a long time and reaching your annual goals can feel quite distant. It can even be hard to imagine yourself one year from now.

This is why monthly goals are great. A month feels more reachable and you can actually imagine yourself more clearly at the end of the month.

Just as when we set annual goals, we love to start reflecting on the month that has passed. We thereafter bring those insights with us and let them guide us when we set goals for the month ahead.

One way to increase your motivation is to plan how you will celebrate once you reach your goal. We have noticed that many (including ourselves) celebrate way too little.

# 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

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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*



