

GROW & GET IT GOAL GETTERS CLUB WORKBOOK

BY COACH ROBYN ECKERSLEY, CPC, ELI-MP

NAME:

START DATE:

CURRENT CYCLE:

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2025

QUARTER 1

Phase	Start	End
Cycle 1	Jan 6	Feb 2
Cycle 2	Feb 3	Mar 2
Cycle 3	Mar 3	Mar 30
Reset Week	Mar 31	Apr 6

QUARTER 2

Phase	Start	End
Cycle 1	Apr 7	May 4
Cycle 2	May 5	Jun 1
Cycle 3	Jun 2	Jun 29
Reset Week	Jun 30	Jul 6

QUARTER 3

Phase	Start	End
Cycle 1	Jul 7	Aug 3
Cycle 2	Aug 4	Aug 31
Cycle 3	Sep 1	Sep 28
Reset Week	Sep 29	Oct 5

QUARTER 4

Phase	Start	End
Cycle 1	Oct 6	Nov 2
Cycle 2	Nov 3	Nov 30
Cycle 3	Dec 1	Dec 28
Reset Week	Dec 29	Jan 4

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GOAL GETTERS CLUB



D	DREAM
O	ORGANIZE
C	CLARIFY
P	PLAN
A	ACT
L	LOYAL

Like a doctor, we're approaching goal setting with surgical precision, with dedication to the collective wellbeing, and with expectation of improved progress and success. AND you can consider the DOCPAL method to be your pal, your friend in those endeavors! (Yes, this is a cheesy mnemonic device. But it works!)

A personal note from Coach Robyn:

This is so much more than your run-of-the-mill goal setting practice. Today's world is calling for changemakers, for people of substance, for us to help our communities grow and thrive. The ability to empower others begins with the empowerment of ourselves. As we grow into our own dreams, we expand our capacity to help others grow into theirs.

So you see, this is more than a goal setting workbook. This is transformational work. By you stepping into your dreams, you enable others to do so as well. LFG.

DREAM

What do you WANT?

There are SO many ways we can go about discovering what it is that you want, which is a great thing, because for many people, identifying what you want can be a remarkably challenging thing.

Over the next few pages, you will be offered 7 different ways of identifying what it is that you want to work toward being, doing, and having in your life. Grab a journal or notebook, choose whichever Dream exercise speaks mostly to you, and have fun with it!

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DREAM

What do you WANT?

Exercise Option 1: "If I had"

Coach Robyn often speaks about the "TEAM Resources" each of us has. TEAM stands for Time, Energy, Attention, and Money.

Consider the following prompts:

- If I had the TEAM (the time, the energy, the attention, the money), I would love to be:
- If I had the TEAM, here's what I would love to do:
- If I had the TEAM, I would love to have:

Exercise Option 2: Retrospection

We all have a Day One, and we all have a Day Done. Think far, far into the future, imagine your future self approaching your Day Done. As this version of you looks back over the course of your life, imagine you feel so happy, so proud, so satisfied. What is it that this approaching-Day-Done you would have been, done, or had that is causing these beautiful feelings?

Exercise Option 3: The Genie

Imagine you had a magic lamp, complete with a powerful genie ready to grant you 3 wishes. What would you wish for?

(And no, no wishing for more wishes for this exercise!!)

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DREAM

What do you WANT?

Exercise Option 4: The Feels

When we really dig into it, what we desire in life is being able to FEEL something specific. For example, we want to be debt-free so we feel a sense of freedom. We want the job promotion so we feel we're valued in our place of work. We want a loving partner because we want to feel deep connection.

For this exercise, identify what FEELINGS you'd love to experience more regularly or prominently in your day to day life, and what feelings you'd perhaps like to feel less regularly.

Exercise Option 5: Release

Each of us carries a complex collection of beliefs and habits that are no longer serving us, and may even be tripping us up as we try to step into the life we really want to be living. At some point, those beliefs and habits served a purpose, but it might be time to release them so we can make space for new, more supportive beliefs and habits.

What thoughts, beliefs, habits, activities, patterns or even physical things do you want to let go of?

Exercise Option 6: Values

It can feel really uncomfortable to live out of alignment with our personal values, and that discomfort can trigger a desire to make big changes in our lives. We can set goals around that desire to honor our values more closely! We just have to get clear on what your specific core values are, first.

Consider the list of values on the next page, feel free to add more if you want. Circle your top 5 core values, and then star ★ the ones you circled that aren't as present in your life as you'd like them to be.

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DREAM

What do you WANT?

Exercise Option 6: Values

Accountability	Achievement	Adaptability	Adventure
Altruism	Ambition	Authenticity	Balance
Beauty	Being the Best	Belonging	Career Achievement
Collaboration	Community	Compassion	Competence
Confidence	Connection	Contentment	Contribution
Cooperation	Courage	Creativity	Curiosity
Dignity	Diversity	Environment	Efficiency
Equality	Ethics	Excellence	Fairness
Faith	Family	Financial Stability	Forgiveness
Freedom	Friendship	Fun	Generosity
Giving Back	Grace	Gratitude	Growth
Harmony	Health	Home	Honesty
Hope	Humility	Humor	Inclusion
Independence	Initiative	Integrity	Intuition
Job Security	Joy	Justice	Kindness
Knowledge	Leadership	Learning	Legacy

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DREAM

What do you WANT?

Exercise Option 6: Values

Leisure	Love	Loyalty	Making a Difference
Nature	Openness	Optimism	Order
Patience	Patriotism	Peace	Perseverance
Personal Fulfillment	Power	Pride	Recognition
Reliability	Resourcefulness	Respect	Responsibility
Risk-Taking	Safety	Security	Self-Discipline
Self-Expression	Self-Respect	Sensuality	Serenity
Service	Simplicity	Spirituality	Sportsmanship
Stewardship	Success	Teamwork	Time
Tradition	Travel	Trust	Truth
Understanding	Uniqueness	Usefulness	Vision
Vulnerability	Wealth	Well-Being	Wholeheartedness
Wisdom			

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DREAM

What do you WANT?

Exercise Option 7: Areas of Life

Identifying what you want for this next phase of your life can be done by taking a pulse check across various areas of your life. Consider the following categories and rate each area on a scale of 1-10, and feel free to ignore any categories that don't apply to you.

Vitality Scale:

1: totally unfulfilling, no vitality felt here at all

10: completely, utterly alive and vibrant!

Area of Life	Vitality Rating	Area of Life	Vitality Rating
Mental Health		Lifestyle/Quality of Life	
Physical Health		Community	
Relationships - Partner		Home Environment	
Relationships - Family		Personal Growth	
Relationships - Friends		Travel	
Relationships - Self			
Finances			
Career/Vocation			

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DREAM

What do you WANT?

DREAM EXERCISES SELECTED

Remember you do NOT need to do all of these! You have a variety to choose from so that you're able to find a way into your personal sense of desire in a way that works for YOU. Which exercise(s) did you choose to do?

- Exercise 1: "If I had..."
- Exercise 2: Retrospection
- Exercise 3: The Genie
- Exercise 4: The Feels
- Exercise 5: Release
- Exercise 6: Values
- Exercise 7: Areas of Life

NOTES/OBSERVATIONS/QUESTIONS

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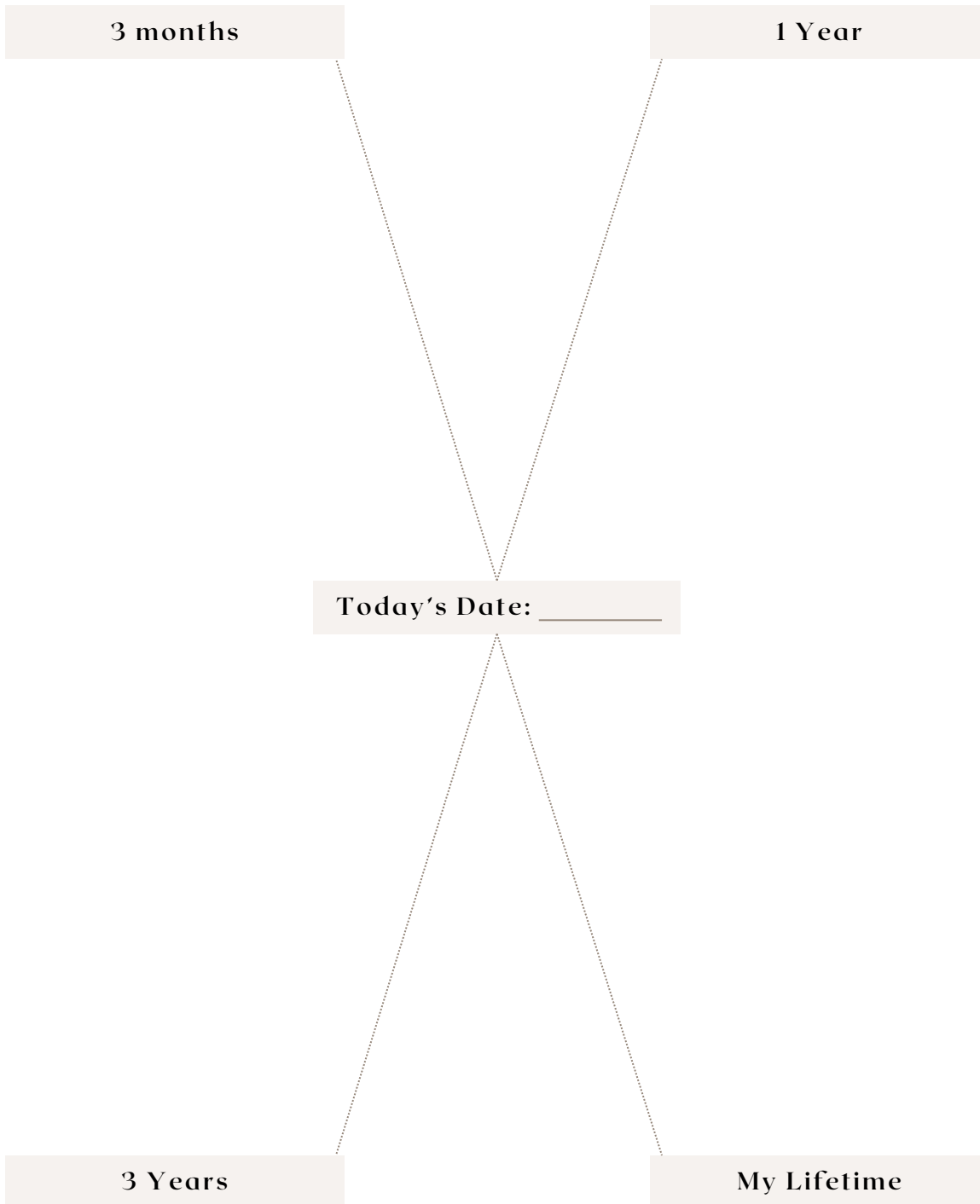
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ORGANIZE

By WHEN do you want it?

Organize the dreams and desires you outlined in the Dream stage into this mind map of when you would prefer these dreams to come to fruition.

Note: these are NOT deadlines or due dates!



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This exercise is inspired by the Passion Planner resources created by Angel Trinidad + team. They're amazing!

ORGANIZE

By WHEN do you want it?

1. **Select 1-3 of the dreams** you wrote down that you want to progress toward now.
2. Write what **you would love to feel** once those dreams have come to fruition.
3. Write an **identity "I am" statement** that describes you as a person, as related to each dream.

Dream I'm Choosing to Work on for the Immediate Future

Feelings Upon Fruition

Identity Statement

eg. become conversationally fluent in Spanish	competent, confident, proud of myself	I am a global citizen!
eg. to have clear fitness goals for every quarter of 2025	strong, proud of myself, vibrant/energized	I'm a woman who takes her health and fitness seriously!

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CLARIFY

What are your specific GOALS?

Each of the dreams you selected in the previous exercise are just that: dreams. They are things you desire to be, to do, or to have. In order for us to have a clear target to work toward, it's time to craft them into actual **goals**.

Use the SMART framework below to craft one goal per dream. This is what we'll be working on for (at least) the next 4 weeks together.

Examples are provided on the next page.

S for Specific

What is the specific outcome you're looking to experience? How are you planning on getting to that outcome?

M for Measurable

When will you know you've succeeded? What markers or metrics will indicate that you have reached your goal? When numbers are involved, set a **RANGE** instead of a singular number. For example, aiming for 5-7 days per week has been proven to be more effective than aiming for 6 days every week.

A for Achievable

Look at the non-negotiables in your life. Is your desired outcome reasonable to ensure (or very nearly) success? The best, most effective goals are both ambitious **AND** achievable!

R for Relevant

WHY do you want this change in your life? Why is this important to you? And why now, at this point in your life?

T for Time-Bound

By when will you have completed this goal?

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GOAL GETTERS CLUB

CLARIFY

What are your specific GOALS?

EXAMPLE

S for Specific

What is the specific outcome you're looking to experience? How are you planning on getting to that outcome?

To be able to have simple, everyday conversations in Spanish by practicing with my Spanish-speaking friends, watching my favorite tv shows and movies in Spanish with English subtitles, and listening to Spanish language podcasts.

M for Measurable

When will you know you've succeeded? What markers or metrics will indicate that you have reached your goal?

To be able to comfortably have 5-15 min conversations in Spanish on the topics of weather, family, hobbies, and travel. This will be accomplished by practicing with my Spanish-speaking friends, watching my favorite tv shows and movies in Spanish with English subtitles, and listening to Spanish language podcasts.

A for Achievable

Is your desired outcome reasonable to ensure (or very nearly) success?

To be able to comfortably have 5-15 min conversations in Spanish on the topics of weather, family, hobbies, and travel. This will be accomplished by practicing DuoLingo for 20min/day, watching my favorite Disney movies in Spanish with English subtitles, and listening to Spanish language podcasts while I cook.

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GOAL GETTERS CLUB

CLARIFY

What are your specific GOALS?

EXAMPLE

R for Relevant

WHY do you want this change in your life? Why is this important to you? And why now, at this point in your life?

To be able to comfortably have 5-15 min conversations in Spanish on the topics of weather, family, hobbies, and travel, so I can really be the global citizen I desire to be! This will be accomplished by practicing DuoLingo for 20min/day, watching my favorite Disney movies in Spanish with English subtitles, and listening to Spanish language podcasts while I cook.

T for Time-Bound

By when will you have completed this goal?

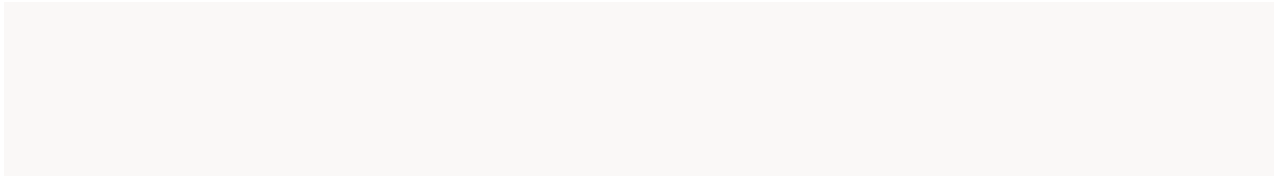
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GOAL GETTERS CLUB

CYCLE GOALS

CYCLE GOAL #1:

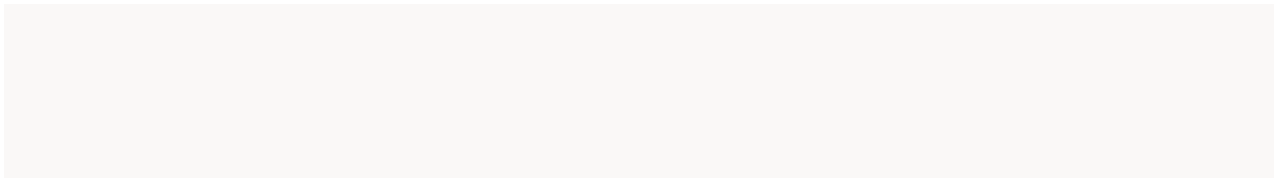


1-AND-DONE ACTIONS

REPEATING ACTIONS

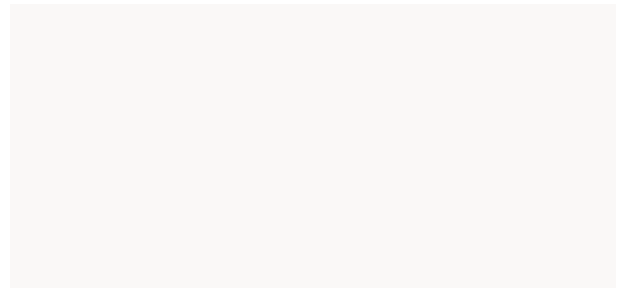
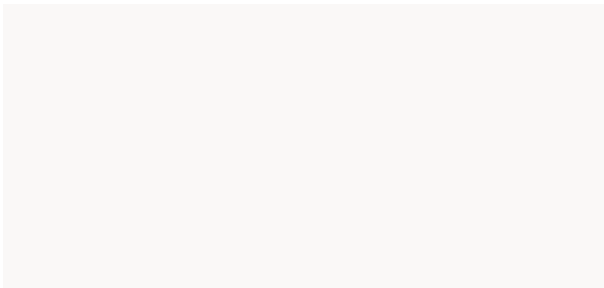


CYCLE GOAL #2:

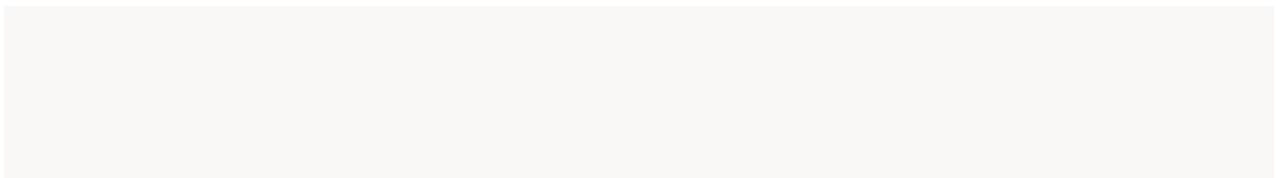


1-AND-DONE ACTIONS

REPEATING ACTIONS

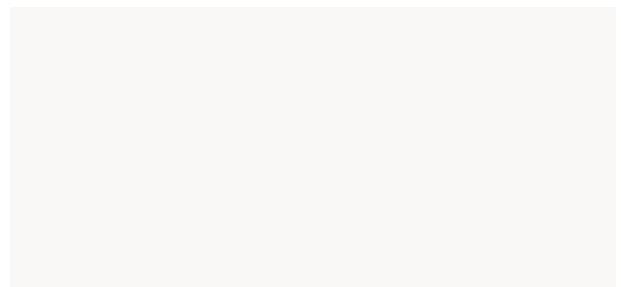
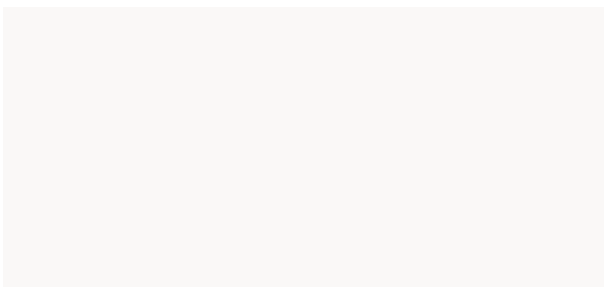


CYCLE GOAL #3:



1-AND-DONE ACTIONS

REPEATING ACTIONS



PLAN

Which route are you choosing?

Now that you've specified your goals, it's time to make a plan to reach them! We're going to use the BSS approach: Brainstorm, Select, and Schedule.

B for Brainstorm

Take your first SMART goal (remember, you shouldn't have more than 3!) and write it at the top of a new sheet of paper. Ask yourself the question: *what are ALL the things I could do to help move me closer to reaching my goal?*

Then start writing ALL the ideas that come to, with ZERO judgment or censorship - even the crazy ideas make the list! DO NOT STOP writing ideas down until you have reached at least 30 ideas. Ideally, you get to 50!

S for Select

Once you have your list of 30-50 ideas, go through them and circle the ones that stand out to you. These are the actions you'll take throughout this next 4-week Cycle.

S for Schedule

Notice which actions you circled are "1-and-done's" (meaning once you take that action, it's done, like making a phone call to a particular person) and which are repetitive (meaning you would take these actions multiple times per week, like making phone calls to 8-10 people per week for 4 weeks).

Add these actions to your calendar!

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CYCLE AHEAD

MON	TUE	WED	THU	FRI	SAT/SUN

NOTES

CYCLE AHEAD

SAT/SUN	MON	TUE	WED	THU	FRI

NOTES

ACT

Let's get going!!

This step isn't just about doing the things you put on your calendar, it's intentionally and tactically leveraging how your mind interprets the world around it to create and maintain a sense of momentum NOW to prime your consciousness for progress!

Incremental Illusion

Identify the progress that demonstrates movement toward your goal is ALREADY happening. Write this down! Remember the coffee punch card story.

Immediacy

Do something small toward your goal RIGHT NOW, something that takes 5 minutes or less. Start documenting (physically is best, digitally is ok) the actions you take so you have a record of the movement to cultivate a mental sense of momentum.

Choose a Reward

Not all rewards are the same! Identify a treat of some kind that you'll reward yourself with once you hit your goal, and make sure that the treat aligns with the goal itself. For example, if your goal is to read 2-3 books this month, an aligned reward may be a new journal, or those cute bookends you saw at a local shop.

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GOAL GETTERS CLUB

LOYAL

Behaving like these goals really do matter.

Being loyal to your goals means you're treating your dreams, and yourself, seriously. No one will live your life for you. You deserve to go for what you want in this life, and by recommitting to your goals day after day, you're demonstrating that you can trust yourself, that you are worth committing to.

Accountability

Tell someone you admire about your goals. You don't need to go shouting it from the rooftops to everyone and their aunt, but the research has found that sharing your goal with someone you admire is very effective in motivating you to keep showing up and doing the work.

Support System

A support system can be VERY helpful here to help you stay focused on your dreams and goals, both to helping you through the slumps that we ALL go through on these journeys, and to keep your goals and dreams at the forefront of your awareness, instead of getting pushed to that day that doesn't actually exist: "later." Create your own support system of people in your life who are willing to lovingly and frequently keep you on-task.

Explore the Grow & Get It Club!

How many times have you reached out to someone as an accountability buddy who ended up being too busy to keep checking in with you? Or who just plain forgot? We sometimes forget that our friends and family members are all living their own busy lives, and even though they may have the best of intentions to help you, your goals are not (and should not) be their priority.

The Grow & Get It Club is a reliable, straightforward online community of people who want to really step into the next chapter of a life they LOVE. Head over to www.robbyn.coach/ggic to learn more.

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GOAL GETTERS CLUB

THE BOTTOM LINE

What you're REALLY up to

The most important thing about goal setting isn't about achieving your goals. It's about feeling a sense of purpose, a sense of happiness and satisfaction.

The sense of achievement and elation once we reach the goal is fleeting - any gold medaling Olympian will tell you this. The research around the mental wellbeing post-goal (whether the goal was achieved or not) is definitive: it is in the PURSUIT of the goal where emotions like sustained happiness, fulfillment, curiosity, and motivation lay, not in the achievement of it.

This is why the WAY in which we approach goal-setting matters. This process makes the process personal and achievable. It's designed to set you up for success in every possible way, and will continually be tweaked where needed to optimize for your maximum success, both in achieving your desired goals and enjoying the journey along the way, as well.

My Invitation To YOU

If you're serious about living in a way where:

- you're really clear on what you want,
- you have goals you're excited about,
- you're making real progress on a regular basis,
- you really care about growing,
- you're DONE feeling deflated and uninspired,
- you're DONE beating yourself up,
- you're DONE avoiding setting goals and talking trash like "I know I won't hit them anyway so what's the point?"
- you want structure, repeatable processes, and accountability in a fun way

The Grow & Get It Club is waiting for you. Consider this a personal invitation. We'd love to welcome you.

Head over to www.robbyn.coach/ggic to learn more. Can't wait to see you there!!

GROW & GET IT!

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