

# MANIFESTING DREAMS INTO REALITIES

As we embark on the new year, so many of us find ourselves in a season of reflection and goal setting for what's to come. Though I'm sure most of us will be trying to forget 2020 I think it's important to highlight the silver linings. Often change can be uncomfortable, painful even, but growth is so rewarding once you come out on the other side.

One thing 2020 has taught me is we have to be masters of pivoting and being flexible. We have to be able to push ourselves forward even in the toughest of times.

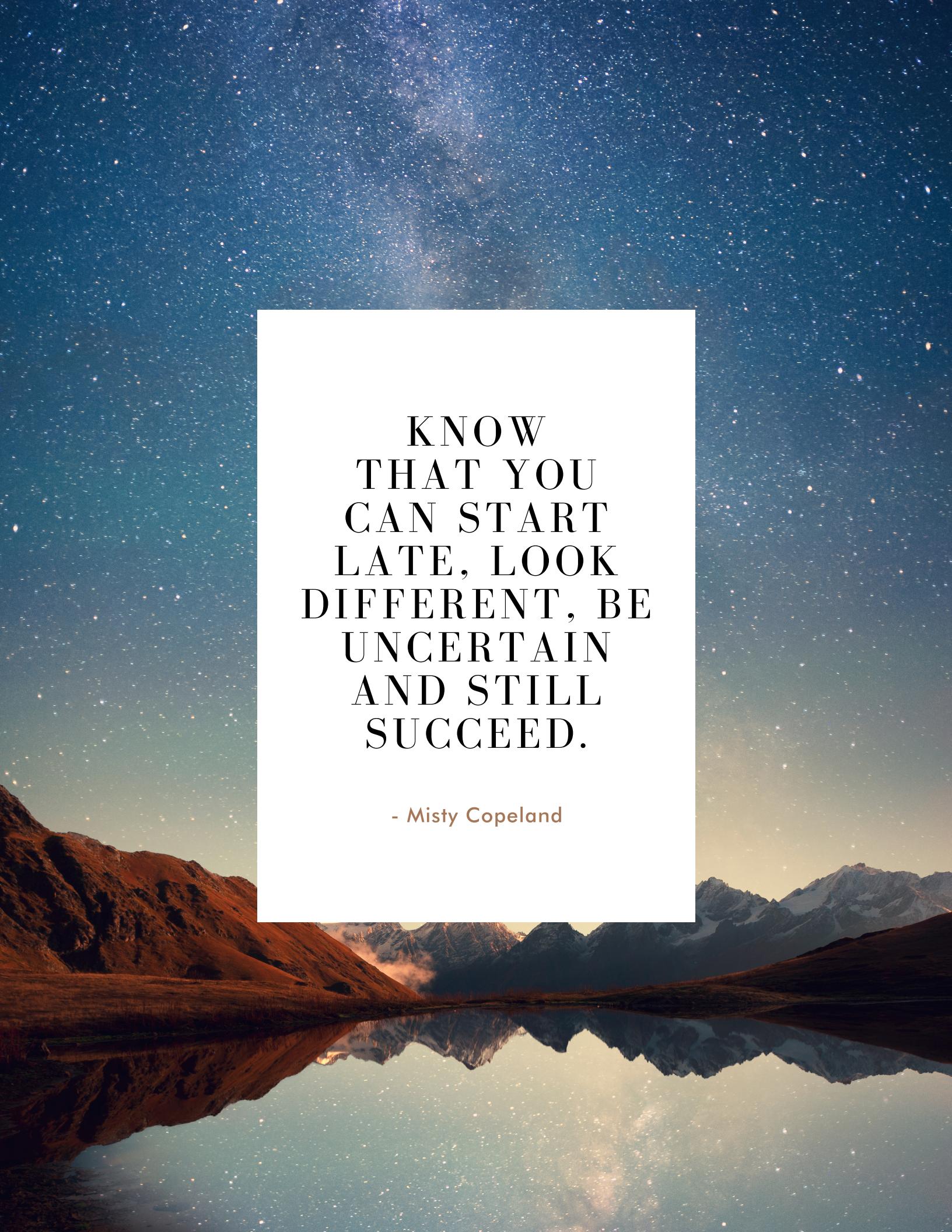
BRANDY<sup>o</sup> SMITH



# *BJ* Brandy

Brandy is a Coach, Consultant, and Content Creator. She is also a wife, mother of two, and dog mom. Her passion lies in coaching and consulting with women into and through the many transitions of motherhood. She is a certified NLP coach through the ACLN (Academy of Leadership, Coaching & NLP). She coaches around many topics including but not limited to careers, changing family dynamics, goal and boundary setting, and accountability.

Brandy has been featured on the Tough as a Mother Podcast, LoveChild magazine, and has recently accepted a role as a bi-monthly Motherhood contributor to Camillstyles.com launching mid-October of 2020. She is a proud board member of Rosa's Rebellion and a member of Create & Cultivate & Hey Mama Co. On a typical day, you will find her journaling on one of her passions diversity and inclusion, social justice, home renovations & remodeling, clean beauty, and design and eco-friendly kid's toys.



A landscape photograph of a calm lake reflecting a range of mountains under a starry night sky. The mountains are partially covered in snow, and the sky is filled with numerous stars. The image serves as a background for a central text block.

KNOW  
THAT YOU  
CAN START  
LATE, LOOK  
DIFFERENT, BE  
UNCERTAIN  
AND STILL  
SUCCEED.

- Misty Copeland

# DISCOVERY PHASE

WELCOME TO YOUR FIRST BRAINSTORM.  
LET'S HEAR IT, WHAT IS YOUR BIG DREAM?

What do you really want?

Why do you want this?

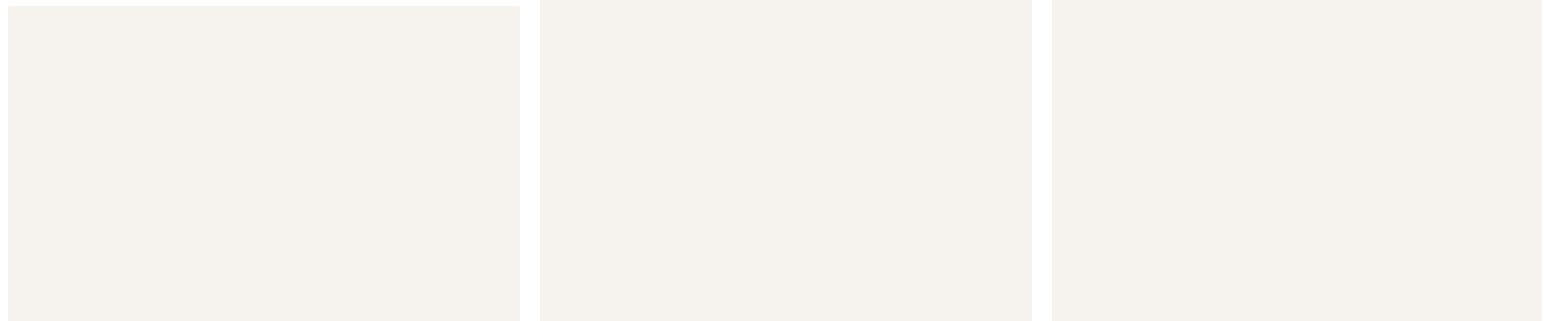
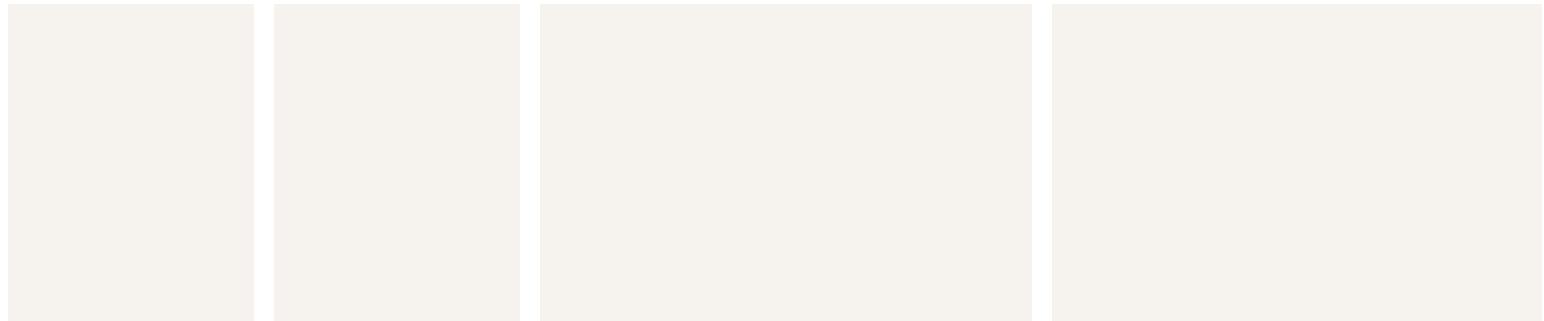
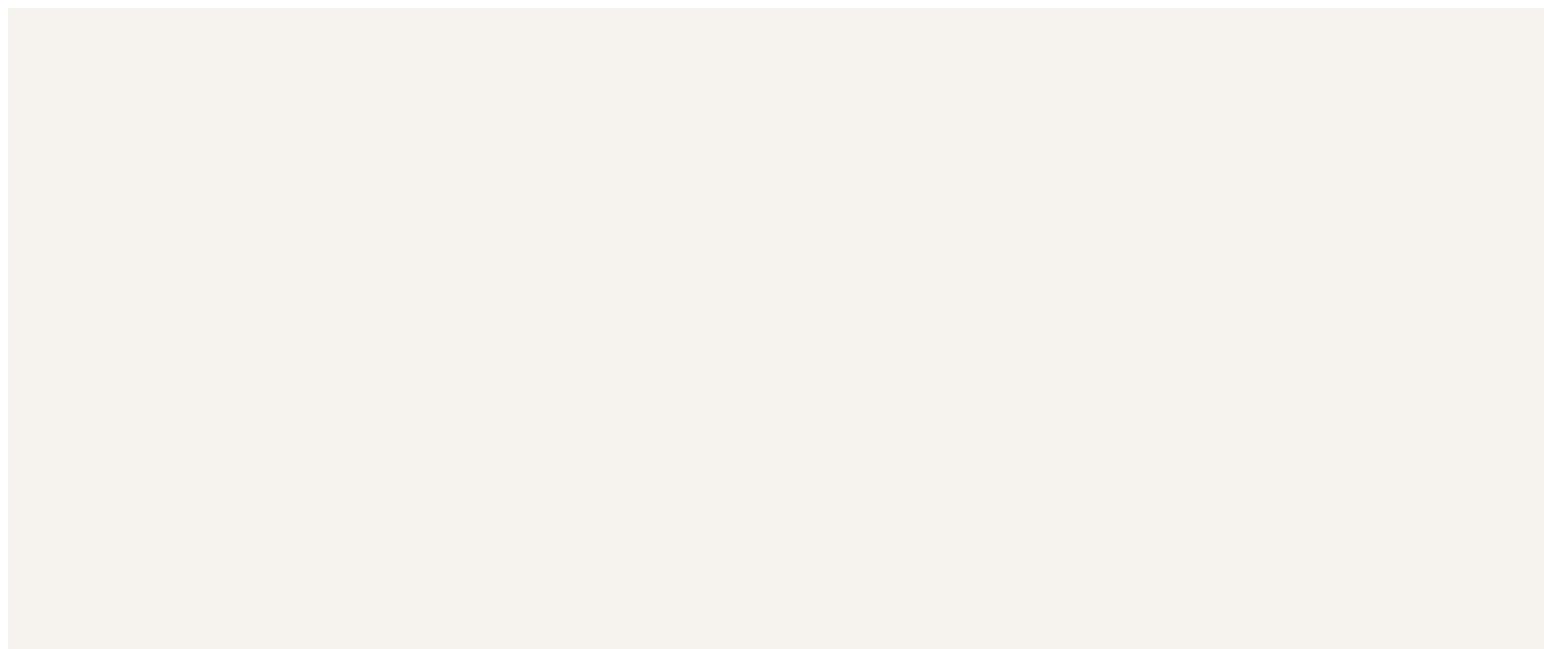
What will it give you?

What is the outcome you are truly after? (You might have to come back to this particular question and revise it, but don't worry I've given you plenty of space do that)

# DISCOVERY PHASE

Create a visual narrative with a dream board for your goal. Feel free to be as abstract as you need to be with this. How would achieving this goal make you feel like? How would it smell, sound, taste, feel, and what would it look like?

Insert images that move you here:





WHAT DOES SUPPORT LOOK LIKE IN ACCOMPLISHING THESE GOALS?

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WHAT TYPE OF TOOLS DO YOU NEED TO ACCOMPLISH YOUR GOALS?

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WHAT DOES SUPPORT LOOK LIKE IN ACCOMPLISHING THESE GOALS?

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WHAT TYPE OF TOOLS DO YOU NEED TO ACCOMPLISH YOUR GOALS?

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WHAT TYPES OF SABOTAGING BEHAVIOR OR STORIES SHOULD YOU BE LOOKING TO COMBAT AS YOU TACKLE THESE GOALS?

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WHAT TYPES OF BEHAVIORS KEEP YOU PERFORMING AT TOP SPEED & KEEP YOU IN FLOW? (MEDITATION, EXERCISE, SCHEDULING ALONE TIME FOR YOURSELF)

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# ACTIONABLE PHASE

What are 10 steps you can think of that will move you towards this goal?

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

# ACTIONABLE PHASE

Of those 10 steps, which step can you accomplish this month and how?

# ACTIONABLE PHASE

NOW THAT YOU HAVE IDENTIFIED YOUR STEPS, CHALLENGE YOURSELF TO COMPLETE 1 OR MORE A MONTH.

What specific results are you committed to achieving?

Why is this important to you?

Who will you become in the process?

How will you feel when it's complete?

# MY GOAL IS

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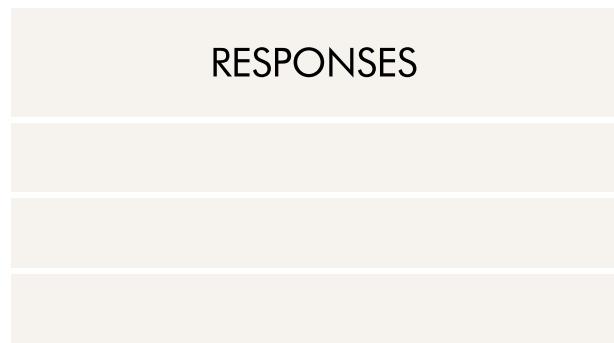
WHY IS THIS GOAL IMPORTANT?

STEPS TO TAKE



THREATS

RESPONSES



## *month one*

How do you feel now that you have tackled a step? What things tried to get in your way? Did any feelings or emotions come up for you as you worked toward your goal?

# PERSONAL NOTES

# *month one*

Celebrate. I mean it. Have a glass of wine and toast yourself, or do your happy dance. Start creating positive reinforcement every time you accomplish a step.

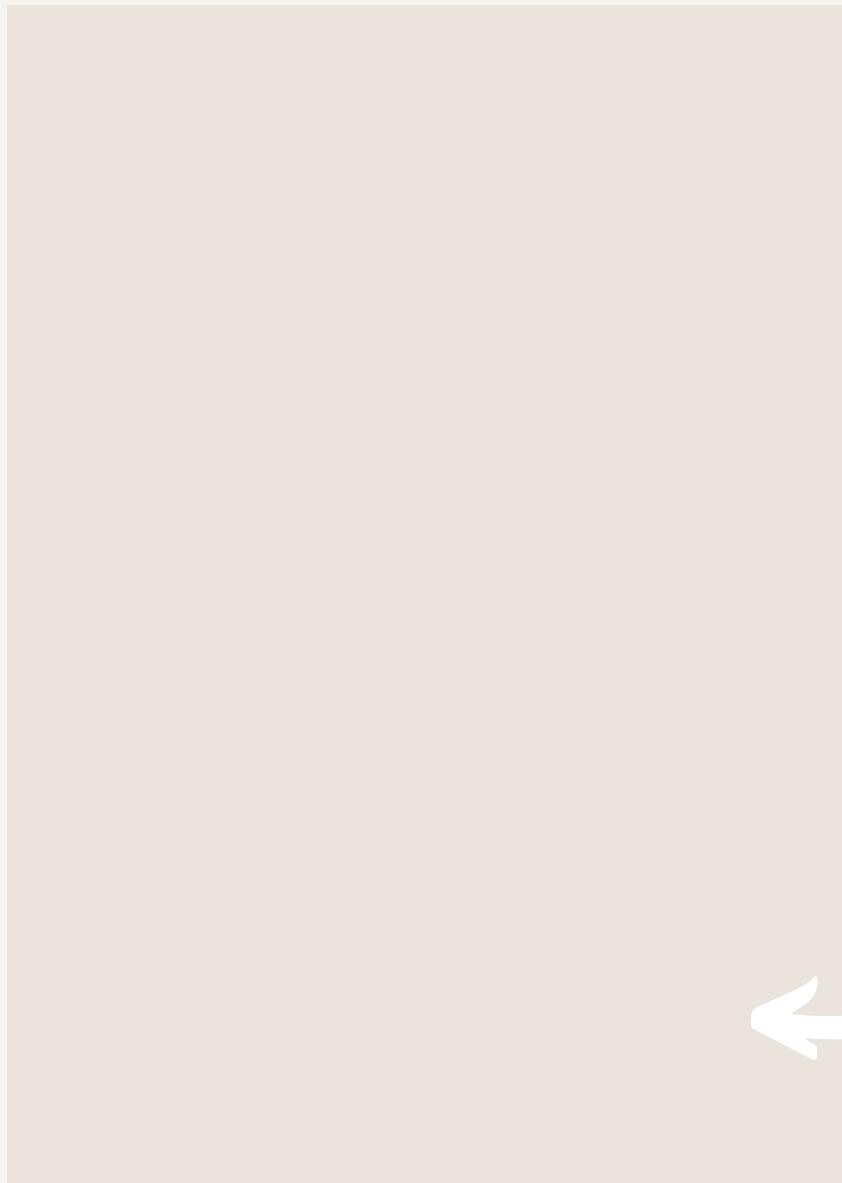


PHOTO OF YOU,  
ACHIEVING YOUR GOALS

DATE:

TIME:

# *month one*

## **SET UP YOUR SUPPORT SYSTEM.**

Who and what are your resources for help? Who pumps you up? Who's your personal hype man? Know someone else looking to kick ass in 2021? Create a weekly accountability call with them! Offer support and ask for support. Join a group to help you reach your dreams. (HeyMama has been that group for me!)

## **NAME YOUR HYPE PEOPLE**

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## **FIND A MENTOR. FOLLOW INSTAGRAM ACCOUNTS THAT INSPIRE YOU AND ENCOURAGE YOU. DO WHATEVER IT TAKES TO KEEP YOURSELF ACCOUNTABLE.**

And as always if you feel like you need help accomplishing your goals check out my 1 on 1 coaching services. Or even book a single session to review your workbook and give you feedback and guidance and exercises to further develop anything you may be stuck on!

# THANK YOU!

I can't wait to connect with you and watch as you excel in to this brand new year. Don't forget to drop me a line and let me know what you thought of this workbook!

xx bjs



## STAY IN TOUCH

INSTAGRAM

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PINTEREST

FACEBOOK