



STRIVE GUIDE

with
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Dear Strive Leader,

Welcome to the “How to Achieve your Goal in 30 Days Workshop”!

Not only will this be the perfect road map toward creating the plan toward your 30 Day Goal, but this will also help you see where the pitfalls and roadblocks will be along the way and provide you the tools you will need to manage them and keep going anyway.

Proving to yourself that you are completely capable of accomplishing your 30 day goal is just the beginning evidence toward bigger, great, and more lengthy goals you can create for yourself.

Thank you for joining me here at Strive Coaching Studio.

I look forward to being a part of this journey with you!

A handwritten signature in black ink that reads "Michelle". The script is fluid and cursive, with a large, prominent "M" at the beginning.

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Let's get Started!

1. Have you created goals for yourself in the past that you did not achieve?

2. Why do you believe you did not achieve them?

3. Did any of the "Goal Stoppers" I mentioned STOP you from getting there?

Step #1: Understanding the Purpose of the 30 Day Goal

1. Which ones appeal most to you and why?

Step #2: Your Life's Priorities

1. Spend some time listing out what you did yesterday? What were all of the things?

2. Now make a list of the things that are the most important to you.

3. What are the Top 3 Things?

4. Why are these things so important to you? Why did you list them in this order?

5. How many things that you do each day are in line with your priorities?

6. What are the things you want to change?

7. Why do you think you haven't done that yet?

Step #3: Identifying your 30 Day Goal

1. What is your 30 Day Goal?

2. Can you envision it in fine detail?

3. Why do you want it?

4. What will be different?

5. How will you be different?

6. What are all of the possible unexpected gifts that you may have the potential to gain?

7. What do you want to Think, Believe and Feel about your ability to accomplish this Goal?

8. Once you know what you believe and think and how you feel about the Goal being achieved, what actions will you take?

Goal:

Belief about ability to achieve it:

Fuel you will use from this belief:

Actions taken/ Actions not taken:

Result:

Step #4: Letting the Alarms Sound!

When you think about beginning the process toward your goal...

1. What Fears come up?

2. Where do you doubt yourself and your abilities?

3. What are you scared to feel?

4. What overwhelms you?

5. What makes you uncomfortable?

6. What makes you consider quitting?

7. What could happen that would make you want to quit?

Goal:

Belief about ability to achieve it:

Fuel you will use from this belief:

Actions taken/ Actions not taken:

Result:

Step #5: Who you will Become

1. In what ways did you fail?

2. What did you learn about yourself?

3. What made you feel uncomfortable?

4. What did you do about it?

5. How did you grow?

6. What were all of the unexpected gifts that you gained?

7. What have you proven to yourself?

Goal:

Belief about achieving it:

Feeling/ Emotion:

Actions taken/ Actions not taken:

Result:

What is Next for You?

- #1 Define and Understand the 30-Day Goal
 - #2 Prioritize what is most important in your Life
 - #3 Set your 30-Day Goal- Choose your Belief
 - #4 Welcome the Fears, Doubts and Overwhelm
 - #5 What's next?! New Beliefs!
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Strive Coaching Studio is your full resource for all things Business:

- *Leadership*
- *Goal Setting*
- *Culture*
- *Time Management*
- *Relationships*
- *Confidence*

**and more....*

There are two ways to work together with Strive Coaching Studio....

**Each month, we include
live and recorded
workshops, classes,
focus guides and
coaching**



Option #1- Monthly membership is just \$299

- **No initiation fees**
- **No contract**
- **Cancel any time**

Option #2- Executive Leadership Intensive

- **With programs ranging from \$1200-
\$1500/month**

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the details and be sure to follow us on social:**

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