



LAURA ERDMAN-LUNTZ



MY GOAL/INTENTION PLAN

Life Coaching + Yoga + Essential Oils

Step One: What do I want?

Based on what you wrote, answer these questions:

Is my goal based on where I am going, or where I have been? Y/N

Does it ask me to achieve great things? Did I set my goal big enough? Y/N

Will it expect me to live up to my full potential? Y/N

Step Two: Why do I want what I want?

Is it positive? (Based on what you want or what you don't want?) Y/N

Rewrite it if you need to.

Step Three: When do you want it? _____

Yes, that means I want a date!

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It's time to achieve your goal!

Based on your date, ask yourself these questions:

- Is it actually possible to achieve my goal in that time. (Note: I am not asking if you believe you can reach the goal, just if it is possible.) Y/N
- Does it feel scary to do it in that amount of time? Y/N
- Too scary? Y/N

Reschedule your deadline if you need to: _____

Step Four: Break the tasks down and find something you can do today.

Pull out a clean sheet of paper or a new document. Start from your deadline and work backwards. Set smaller goals with action steps. Get all the way down to a goal that lands within 24 hours to right now.

What action will you do in the next 24 hours?

Step Five: Amp it up plan.

Ensure success!! What are your notes and plans from this section of the post? Check all that you want to try and then firm up your action steps into your schedule.

Build Personal Strength:

Yoga:

- ☐ Stand tall:
- ☐ Warrior Poses:
- ☐ Back bends:

Add Affirmations:

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☐ What is your "I am..." statement: _____

☐ Pronounce them in your stand tall pose.

☐ Say your I ams into the mirror.

Essential Oils:

☐ Valor or Valor II Essential Oil Blends:

☐ Highest Potential Essential Oil Blend:

☐ Believe Essential Oil Blend:

Feel Good:

List three things that help you feel good:

1.

2.

3.

Schedule them into your day.

Become Less Tolerant:

What will you visualize? (I have something in your goodies bag to help you visualize better.)

What will you do to amp up your chances of success? Choose at least three things from the above list that you absolutely commit to doing.

STEP SIX: When things go awry.

What is your plan for when things go awry?

- ☐ Do you need a break?
- ☐ Who can you call?
- ☐ What can you visualize?

NOTES:

Ready for more feel good?

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