# WORKBOOK INTENTIONALLY UNDERSTAND OF SELF DISCOVERY AND GROWTH

WWW.INTENTIONALLYUNFOCUSED.COM





### BRAIN DUMP

Jot down all those goals, hopes, and dreams swirling around in your head. Don't overthink it—just let it flow. This is your chance to get everything out on paper, no matter how big, small, or wild it may seem. Let your imagination run free and capture it all!

Create your List. Track your Progress. Find What Lights You Up.



#### BRAIN DUMP

Jot, doodle, draw, or map out all those goals, hopes, and dreams swirling around in your head. Don't overthink it—let it flow however feels right.

Create your List. Track your Progress. Find What Lights You Up.



#### GROUP GOALS

Look over your brain dump and notice if any goals can be grouped together under broader, overarching categories. This helps simplify and clarify your focus. For example:

"Lose 50 pounds," "Run a marathon," and "Get stronger" could all fall under "Live Healthier" or "Get Fit." Aim to organize your list into 10 overarching goals that capture the essence of your aspirations. Keep it simple and meaningful!

Goal 1:

Goal 2:

Goal 3:

Goal 4:

Goal 5:



### GROUP GOALS

Step 2

Goal 6:	
Goal 7:	
Goal 8:	
Goal 9:	
Goal 10:	



# THE LIST

Now, let's transform your goals into broader, more flexible aspirations. The idea is to avoid setting rigid, all-or-nothing targets that might lead to frustration or shame if the path changes. For example: Instead of "Lose 50 pounds," try "Maintain weight or weigh less by this time next year." Instead of "Learn Greek," try "Always be learning a new skill."

These generalized goals still give you direction while allowing space to adapt and grow. Focus on the journey, not perfection!

Goal 1
Goal 2
Goal 3
Goal 4
Goal 5



## THE LIST

Now, let's transform your goals into broader, more flexible aspirations. The idea is to avoid setting rigid, all-or-nothing targets that might lead to frustration or shame if the path changes. For example: Instead of "Lose 50 pounds," try "Maintain weight or weigh less by this time next year." Instead of "Learn Greek," try "Always be learning a new skill."

These generalized goals still give you direction while allowing space to adapt and grow. Focus on the journey, not perfection!

Goal 6	
Goal 7	
Goal 8	
Goal 9	
Goal 10	





**Find jars, boxes, or anything you can use to physically store your goals.** Keep them somewhere you see often as a reminder of your journey. Cut out these labels and attach them to your containers:

- 1. **Completed Goals:** For goals you've achieved—celebrate your progress!
- 2. Discarded Goals: For goals that no longer serve you. Let them go with intention.
- 3. Revisit in the Future: For goals you're not ready to tackle yet but may want to explore later.

Remember: If you complete or change a goal, you must replace it. Your List always has 10 goals—no more, no less. Keep moving forward!





JOURNAL PAGES

Step 5

When your List is finally in front of you, it's normal for fear or anxiety to creep in. Your goals are real now, no longer just ideas swirling in your head. This can bring up all kinds of thoughts both good and bad.

Use these journal pages to process your experience. Write down your feelings, celebrate your progress, and challenge any negative thoughts. If doubts arise, ask yourself: Is that really true? Remember, there are no wrong answers here. This is your space to reflect, grow, and keep moving forward. Keep journaling—it's part of the journey!

Goal	Date

#### INSIGHTS AND REFLECTIONS:



#### JOURNAL PAGES

Step 5



#### JOURNAL PAGES

Step 5

Jot, doodle, draw, or map your feelings. Use these pages to let your imagination run free and capture it all!



### JOURNAL PROMPTS

Step 5

When reflecting on individual goals, these prompts can help you explore your feelings, beliefs, and progress:



Why did I choose this goal? Am I sure I picked this goal for me? Or did I pick it based on what I think I am supposed to want in life?



How does working toward this goal make me feel—excited, nervous, overwhelmed? Why?



What's one positive step I've taken so far toward this goal? How did it feel?



What challenges am I facing with this goal? How can I approach them differently?



Are there any beliefs or fears holding me back from making progress? Are they true? Do I shame spiral when things don't go exactly as I planned?



What would success look like for this goal? How would it change my life?



If I feel resistance toward this goal, what might be causing it? How can I address it?



What's one thing I've learned about myself while working on this goal? How does this goal align with the person I want to become?



What's one small win I can celebrate today, no matter how tiny?



### DISCARDED Step 6 GOALS

**Throughout this journey, you'll find that some goals no longer fit.** That's okay—it's part of the process. If you decide to remove a goal, document why and place it in the discard jar/pile. This reflection helps you understand what didn't work and prevents you from revisiting goals that don't serve you. Remember: If you discard a goal, you must replace it with a new one. Your List always has 10 goals.

Discarded Goal:	Date

#### NOTES & INSIGHTS TO MY FUTURE SELF:





### DISCARDED Step 6 GOALS





### COMPLETED Step 7 GOALS

Amazing work on completing a goal! Take a moment to celebrate your achievement and reflect on the journey that brought you here. Use these questions to guide your reflection and write about your experience:

- 1. What motivated me to complete this goal?
- 2. What challenges did I face along the way, and how did I overcome them?
- 3. How do I feel now that this goal is complete?
- 4. What did I learn about myself during this process?
- 5. What impact has achieving this goal had on my life?
- 6. Would I approach a similar goal differently in the future? How?
- 7. What's the next goal I want to tackle, and why?

Take the time to write a reflection about completing this goal. Celebrate your progress, acknowledge your hard work, and use the insights you've gained to fuel the next steps of your journey. Well done!

Completed Goal:	Date
Congratulations!! Reflect on this journey:	



#### COMPLETED Step 7 GOALS