

*From Overwhelm to Clarity:*

# *The Goal Setting & Vision Board Challenge*

*See Your Success, Achieve Your Dreams*

# Hey there,

WELCOME!

***I'm so excited that you're taking this challenge! I promise, it's going to be transformational.***

*I'm Tami Goulet, wife, mom of 4 (all grown up) and a fur-baby, international speaker, author and founder of Speak Your Soul Magicks.*

*This is for you if you feel overwhelmed by endless ideas, paralyzed by doubt, and unsure of where to start. The Goal Setting & Vision Board Challenge will help you overcome the fear of directionless wandering, providing you with the clarity and actionable steps you need to turn your dreams into reality. Complete this challenge to find your focus, reignite your passion, and create a clear roadmap to your entrepreneurial success.*

*If you're nodding along, then hello friend! You're not alone, and this challenge is going to help you break out of this pattern and step into the most fearless version of yourself.*



***Are you ready?***

LET'S BEGIN!

*Tami  
Ko*

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THE GOAL SETTING &  
VISION BOARD CHALLENGE

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A top-down view of a person sitting at a white desk, working on a laptop. The desk is cluttered with various items: a white mug of coffee, a black smartphone on a white speckled notebook, a silver pen, a pair of glasses, and an open book. The person has a tattoo on their left arm and is wearing a white shirt. The background is a light-colored wooden floor.

Success is where  
*preparation* and  
*opportunity* meet.

BOBBY UNSER

# Getting Started

STEP ONE



## COMMIT TO THE CHALLENGE

I don't think this challenge has made its way into your life by accident—you're ready for change. As an entrepreneur, the first rule of this challenge is to commit to it. Make the decision to stick to the plan. Come rain or shine, you have to do it. This is for YOU, so commit.

STEP TWO



## TAKE ACTION

It's amazing that you're here and that you've taken that first step, but now the big thing is continuing to take steps. As an entrepreneur, following through and taking consistent action is crucial. So follow along, keep taking action, and watch how things begin to unfold. Consistent action is the key to seeing the results you desire.

STEP THREE



## HAVE FUN

This challenge is all about getting you BIG transformations, but it's important for us to have fun along the way. As entrepreneurs, we often get caught up in the hustle, but we need to remember to enjoy the journey! So, roll up your sleeves, embrace the process and remember to have fun! Celebrate every small victory along the way.

***Ready to get started? Good, let's do it...***



*Here we go...*

# *Steps to take*

## **1 • DAILY REFLECTION**

### **FREQUENCY: DAILY**

Spend 10 minutes every day reflecting on your progress and feelings. This daily habit will help you stay connected to your goals, understand what's working, and identify what's not. By taking a few moments to reflect, you'll gain clarity, find solutions to potential obstacles, and maintain motivation throughout the challenge.



## **2 • VISION BOARD CREATION SESSION**

### **FREQUENCY: ONCE A WEEK**

Dedicate one session each week to work on your vision board. This is your creative space where you bring your dreams and goals to life visually. By regularly updating and engaging with your vision board, you'll keep your aspirations top of mind, reinforcing your commitment and enthusiasm.



*Here we go...*

# *Steps to take*

## **3 • GOAL SETTING AND REVIEW**

### **FREQUENCY: WEEKLY**

Every week, set aside time to define specific, actionable goals for the upcoming days. At the end of the week, review your progress and adjust as needed. This practice will help you stay on track, celebrate small wins, and make necessary adjustments to keep moving forward.



## **4 • ACCOUNTABILITY CHECK-IN**

### **FREQUENCY: TWICE A WEEK**

Find an accountability partner or join our challenge community for regular check-ins twice a week. Sharing your goals and progress with others not only keeps you accountable but also provides support and encouragement. This habit will help you stay committed and inspired.



*Here we go...*

# *Steps to take*

## 5 • VISUALIZATION EXERCISE

### FREQUENCY: DAILY

Incorporate a daily visualization exercise into your routine. Spend a few minutes each day vividly imagining the achievement of your goals. This powerful technique helps program your mind for success, boosts motivation, and enhances your focus on what truly matters.



# Monthly Routine

start date:



## STEP 1: DAILY REFLECTION

TAKE 10 MINUTES EACH DAY TO REFLECT ON YOUR PROGRESS AND FEELINGS.



## STEP 2: VISION BOARD CREATION

WORK ON YOUR VISION BOARD ONCE A WEEK.



## STEP 3: GOAL SETTING & REVIEW

SET GOALS AT THE START OF THE WEEK, AND REVIEW AND ADJUST THEM AT THE END OF THE WEEK.



## STEP 4: ACCOUNTABILITY CHECK-IN

SET CHECK-INS TWICE A WEEK TO STAY ON TRACK AND ACCOUNTABLE.



## STEP 5: VISUALIZATION EXERCISE

VIVIDLY IMAGINE THE ACHIEVEMENT OF YOUR GOALS EACH DAY.

	Step 1	Step 2	Step 3	Step 4	Step 5
Sun					
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					
Sun					
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					
Sun					
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					





# You've made it!




I truly hope this challenge has shown you the incredible possibilities within your reach and that you've gained valuable insights from it. Remember, dedicating time to create change in our lives can set us on an exciting new path, opening doors to endless opportunities.

This challenge is just the tip of the iceberg, there are so many more ways I can help you.

***If you're ready for the next steps, here's how we can work together...***

Join my 6-week '1:1 Biz Fairy Godmother' program for personalized coaching to streamline your operations and achieve business success. We'll enhance your tech tools, optimize processes, prioritize goals, and improve your online presence. This program offers the support needed to transform your business and reclaim your balance. Let's make your business dreams a reality!

#### FIND ME AT:

-  [speakyoursoulmagicks.com](https://speakyoursoulmagicks.com)
-  [speakyoursoulmagicks-Tami](https://www.instagram.com/speakyoursoulmagicks-Tami)
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