WE LIVE IN A NARRATIVE WE CALL “REALITY”

* What is your story?
* Are there parts of your reality you are willing to reconsider?

WHAT IS YOUR CURRENT GOAL

* What are you working on specifically?
* If you don’t have any, just say so, and why?

WHAT IS YOUR ART?

* What “art” are you willing to make visible to the world?

ARE YOUR GOALS WORKING?

* Check all that apply:

|  |  |
| --- | --- |
| \_\_\_ Challenging | \_\_\_ Exciting now (not just when attained) |
| \_\_\_ Feasible | \_\_\_ Responsible |
| \_\_\_ Responsible | \_\_\_ Desirable |
| \_\_\_ Specific | \_\_\_ Connect to larger global goals |

* What are you missing with my goals?

ARE YOUR CURRENT GOALS WORKING?

* When you awaken, you feel (circle one):

|  |  |
| --- | --- |
| Excited | Content |
| Comfortable | Confused |
| Struggling | Drowning |
| Zombielike |  |

* What would it take for you to be excited now?

CAN YOUR CREATIVITY BE TREATED LIKE A BUSINESS?

* What are you selling
* Who wants to buy it?
* How much will they pay you?
* How long will it take you?
* How will you deliver it?
* Can you afford to keep creating it?
* Do you have walking away money?
* Are there rules and laws that apply to you? Do you know them?

EVERY ARTIST, LIKE A BUSINESS, NEEDS A USP

* What is your unique selling point?

SIX STEPS TO STEPPING IT UP

1. Compassionate Awareness – “I want to know me”
2. Authentic Acceptance – “What’s real for me?”
3. Reel Reflection – “What now?”
4. Courageous Commitment – “I am unstoppable”
5. Articulated Action – “I am walking my why”
6. Agile Adjustment – “I flow forward as I learn”
7. Repeat
* Which of these steps are hard for you? Why?

ARE YOU “OKAY” TO BEGIN?

* Do your habits help or hurt my goals? List what is helping and hurting.

|  |  |
| --- | --- |
| Help | Hurt |

WHAT RESOURCES ARE YOU WILLING TO DEVOTE TO YOUR GOALS?

* Time:
* Money:
* Supplies/Tools?
* Skill:
* Focus:
* What stage are you at? Conception, Design, Failure, Adaption, Manifestation
* What else do you really need?

WHAT ARE YOUR VALUES AND MAJOR RELATIONSHIPS?

|  |  |
| --- | --- |
| Values | Major Relationships |

WHAT GOALS EXCITE YOU ENOUGH TO DEDICATE YOUR LIFT TO ATTAINING?

* List 3 to 5 major goals. Select short term and long term goals.
* Avoid being vague, such as “Sell art”
* Use specific language, such as “To sell an original painting for $10,000 in the next 10 months”

Goal 1:

Goal 2:

Goal 3:

Goal 4:

Goal 5:

* Select an accountability partner: a king, caring, smart, and encouraging person and share your goals with them. Agree on how often you will update them. If your goals are very important to you, consider hiring a coach to help kick you into action.

WHAT NOW?

* What is it that you most deeply want to experience?
* What is the greatest gift you have to give?
* What do you most deeply want to express to the world?
* What are you willing to do now that you weren’t before?
* What are you waiting for?

CONTACT ME

|  |  |
| --- | --- |
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* Online workshops on udemy.com: “The Magic of Making Love Daily” or “Have You Seen My Mojo”
* Facebook – Nadia Ramoutar, Free My Mojo, It’s Huge
* Vimeo – Nadia Ramoutar, short films and public speaking
* Pinterest – Dozens of creative boards
* Live workshops:
	+ March 19 – Art Journaling vision Book Creation, St. Augustine, 2-6pm
	+ March 26 – Art Journaling Vision Book Creation, Jacksonville, 2-6pm
	+ April 6, 13, 0, and May 2 – In My Own Voice: Performing and Presenting for the Screen, 6-8pm
	+ Individual or small group coaching
	+ Public speaking or customer workshops for professional development

GOAL SETTING RESOURCES

* Podcast
	+ *The Side Hustle*
* Books
	+ *Emotional Agility*, Susan David, PhD
	+ *Art Thinking*, Amy Whitaker
	+ *Messy: The Power of Disorder to Transform our Lives*, Tim Harford
	+ *Mind: Journey to the Heart of Human Being*, Daniel J. Siegel
	+ *Finding Your North Star*, Martha Beck
	+ *Civil Disobedience*, Henry David Thoreau
	+ *Self Reliance*, Ralph Waldo Emerson
	+ *Steal Like an Artist*, Austin Kleon
	+ *Show Your Work*, Austin Kleon