



YOUR REAL+GOOD
Writing Goals

THE WORKBOOK

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Introduction

WHERE HAVE YOU BEEN?
WHERE ARE YOU NOW?
AND WHERE ARE YOU GOING?

Dear writer, sometimes we can get lost in our writing goals, caught up with the overwhelm of life. But it's always good to take a step back and refocus our energy to make sure we're accomplishing what we need to accomplish.

This workbook is designed to get you thinking about where you've been, where you are now, and where you plan to go. It's all about thinking about your wildest writing dreams and crafting an actionable plan to transforming them into your reality.

If you want additional help with planning your writing life, make sure you check out [The Write Life Planner](#)! In 3 short months, it will help you conquer your writing goals, strengthen your writing practice, and start to live a writing life you love. Find out more about it at www.rachelgiesel.com/plan.

But now, it's time to refocus yourself and transform your writing dreams into your reality.

ARE YOU READY? LET'S DIVE IN!

Evaluate + Dream Big

STEP #1: WHERE HAVE YOU BEEN?

Take a look at the last year. What have you achieved? What big milestones have you reached? How have you succeeded thus far with your writing?

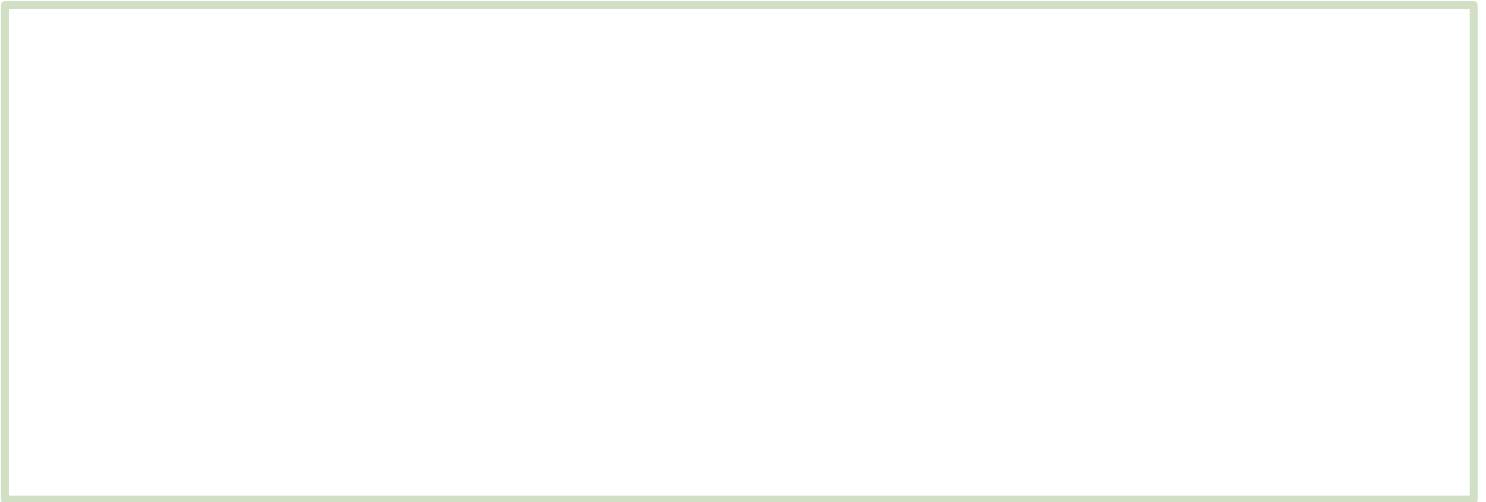
**Have you celebrated those achievements yet? If not, take some time to celebrate them! Get some cake + some wine then give yourself a good pat on the back.*

Think about your new year's resolutions. Have you done them? Made progress towards them? Why or why not? Be honest with yourself.

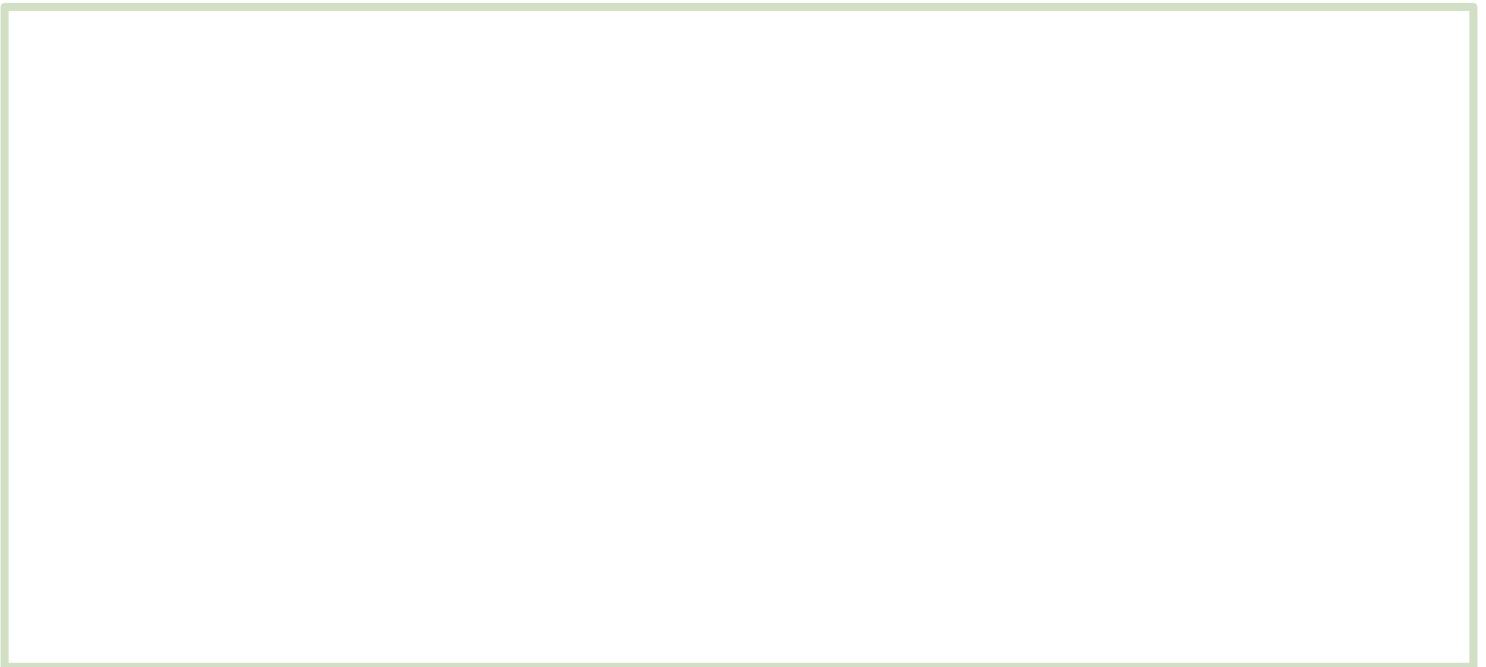
Are these goals still relevant? Do you still want to do them? Or has something else taken priority? What do you still hope to accomplish this year? Dream big!

Evaluate + Dream Big

What is standing in the way of accomplishing your writing dreams and goals? Are these legitimate reasons? Or are they excuses? Be honest with yourself.



What is your current writing life like? Is it working? How could you optimize it? How could you make it better? How could you choose to be more focused and disciplined with writing?



Evaluate + Dream Big

What 3 big things do you need to prioritize RIGHT NOW in your writing life? I know, there's a million bajillion projects, but just choose the 3 most important ones for right now.

1.

2.

3.

What can you do to move forward on those goals?

Time to make a commitment:

I, _____, VOW TO TAKE ACTION IN ORDER TO COMPLETE MY WRITING GOALS. I VOW TO PRIORITIZE MY WORK, PUT IN SERIOUS EFFORT, AND FINISH MY PROJECTS. I HAVE THE POWER TO TRANSFORM Y DREAMS INTO MY REALITY!

The Actual Goal Setting

YOUR GOALS SHOULD HAVE/BE:

SMART	HARD
+Specific	+Heartfelt
+Measurable	+Animated
+Actionable	+Required
+Realistic	+Difficult
+Timely	

TO PUT ALL THIS TOGETHER, USE THE GOAL FORMULA:

WHAT + WHEN + WHY

What you want to accomplish:

When you'll have it done:

Why you want it:

The Actual Goal Setting

What are the actual steps you need to complete to conquer this goal? List everything out in a big messy blog. This is a brainstorm.

Now, put your messy blog into an order you can follow:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

The Actual Goal Setting

YOUR GOAL:

Restate your goal here in one succinct statement. Remember to include what, when, and why!

Break down each step listed before into 2 week chunks. This will keep you focused and on track for the next 3 months.

Month 1

WEEK 1 + 2 FOCUS

WEEK 3 + 4 FOCUS

Month 2

WEEK 5 + 6 FOCUS

WEEK 7 + 8 FOCUS

Month 3

WEEK 9 + 10 FOCUS

WEEK 11 + 12 FOCUS

The Actual Goal Setting

YOUR WEEKLY MINI GOAL:

Write your weekly mini-goal here to help you focus.

When will you work on your goal? Circle the days:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WHAT WILL YOU DO IN EACH SESSION:

What will you do each session? Certain amount of time? Certain amount of words? Certain amount of pages? Define what a successful session means to you:

CHECKLIST:

- Schedule it into your calendar*
- Visualize your success*
- Commit to finishing your goal*
- Evaluate and reflect often*
- Do it!*

FIND MORE AT

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