

Next Level Success

THE STRONG WOMAN'S GUIDE TO GOAL SETTING



THE 5 QUESTIONS TO LEVEL UP YOUR TRAINING & LIFE THIS YEAR

TSC

TRUE STRENGTH COLLECTIVE

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In 10 years of training, there has been powerful growth each year. Some years have seen explosive growth. This is what I refer to as my **next-level success**. In 2020, I was able to put on over 8 lbs of muscle while losing 5% bodyfat in just one year.

Each of these Next Level's Leaps requires something: a breakthrough!

A breakthrough is when you discover what's been getting in your way, and go beyond yourself, and your self imposed limits to do what you once thought impossible.



That's exactly what I'm here to help YOU with. **This isn't your grandma's goal-setting guide from 1999.** In fact, this isn't really about goals. Heck, it's never been about the goal, it's about the gains!

And there is a world of difference between the two. In fact, I haven't changed my goal in years! My goal is to build resilient strength that allows me to impact the world with a strong and capable body. I accomplish that goal every day. Everything I do on a daily basis is for that goal.

The Gain is the inner change that happens when I decide on HOW I will hit my goal.

Together, we will not just create a game plan for your next 12 months... but we will create one *that you are actually passionate about and most importantly we'll create gains that you actually can get!*

So, drop everything you think you know about goal setting (yes, say goodbye to SMART goals!). Leave it at the door. Come with an open mind and open heart, and be willing to try on something new.

What do you have to lose?

STEP ONE: LET IT GO CLOSE DOWN 2021 PRODUCTION

This is the missing puzzle piece to anyone's goal-setting process: they try to create a goal for the new year without closing out the last year's goals. That's like trying to create artwork on top of a messy canvas! It limits you more than you can imagine!

And, without going into a lot of the mindset coaching that I do with my clients, I can tell you that a MASSIVE part of your future is actually being created by your PAST, or rather your *interpretation of your past*.

Most of us carry our failures and mess-ups around with us like a bunch of dumbbells in a backpack. And, as the years go by we add weight upon weight which means that moving forward just becomes harder and harder.

Wouldn't it be nice to let go of the baggage? Wouldn't it be nice to feel free and easy again? Free to dream big?

Unless you want to repeat your last 12 months (with no gains) take the time to do part one which is all about letting go.
STOP WHAT YOU'RE DOING and PAUSE.

**DROP WHAT'S HOLDING YOU BACK
AND MOVE FORWARD TO THE NEXT LEVEL**

NOW, LET'S GET STARTED! WRITE DOWN YOUR MOST HONEST ANSWERS TO THE QUESTIONS ON THE NEXT PAGE. TRUST ME, YOU'RE DEFINITELY GOING TO WANT TO DO THIS STEP!

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#1. WHAT HAPPENED IN YOUR BODY, MIND, AND SPIRIT IN THE LAST 12 MONTHS?

#2 WHAT WERE THE LESSON (S) OF EACH THING YOU EXPERIENCED THAT YOU CAN TAKE WITH YOU INTO 2022?

#3. WHO WERE YOU IN JANUARY OF 2021?

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#4 WHO ARE YOU NOW?

#5 WHAT ARE YOU STILL HOLDING
ONTO FROM 2020 OR 2021 THAT IS
TAKING UP SPACE (MENTAL,
PHYSICAL, OR EMOTIONAL)

WHAT WILL THERE BE ROOM FOR
WHEN YOU LET GO OF THAT?

EXERCISE: print this page out and burn your answers (yes, with fire!). make sure to take a video of it and tag me on Instagram [@truestrengthcollective](https://www.instagram.com/truestrengthcollective)

STEP TWO: LEVEL UP STEP-UP TO YOU IN 2022

If you have successfully completed step one, now it's time to step up to your next level gains for the next 12 months. It's important here that you feel GOOD before starting. If you feel stressed, overwhelmed, or rushed FIND A BETTER TIME to do this very important exercise.

What we are about to do is the most essential responsibility of any goal-oriented, achieving, and strong woman, because if you don't do this for your body then who will?

Okay, in a good place? Let's get started!

#1. HOW WILL YOU KNOW THAT YOU'VE LEVELED UP?

A. WHAT SPECIFIC OUTCOMES WOULD TELL YOU THAT YOU'VE MADE IT?

B. WHAT WOULD EXPERIENCE THE NEXT LEVEL GIVE YOU?

C. WHAT WOULD NEED TO HAPPEN IN ORDER FOR YOU TO KNOW YOU ARE ON TRACK TO EXPERIENCING THE NEXT LEVEL?

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#2. WHAT ARE THE NEXT LEVEL REQUIREMENTS?

A. WHAT CHANGES DO YOU WANT TO SEE IN YOUR BODY NEXT YEAR?

B. WHAT CHANGES TO YOU WANT TO FEEL IN YOUR MIND NEXT YEAR?

C. HOW DO YOU WANT YOUR SPIRIT TO CHANGE NEXT YEAR?

D. WHAT THINGS DO YOU ABSOLUTELY NOT WANT TO DO NEXT YEAR? WHAT ARE YOU SAYING "NO" TO?

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#1. WHO WILL YOU HAVE TO BECOME IN ORDER TO TAKE THE NEXT LEVEL STEP IN YOUR BODY MIND AND SPIRIT?

#2 GO OUT TO THE END OF NEXT YEAR, IMAGINE YOU'VE REACHED THE NEXT LEVEL AND YOU ARE DOING THIS EXERCISE AGAIN- WHAT DID YOU LEARN?

#3 GO OUT TO THE END OF NEXT YEAR, IMAGINE YOU'VE REACHED THE NEXT LEVEL AND YOU ARE DOING THIS EXERCISE AGAIN- WHAT DID YOU LET GO OF?

#3. HOW WILL YOU GET YOUR GAINS?

A. WHAT'S ONE GUIDING QUESTION YOU CAN ASK YOURSELF EVERY DAY THAT WILL HELP YOU GET YOUR GAINS?

B. WHAT'S THE FIRST WORD OR PHRASE THAT COMES TO MIND THAT WOULD SYMBOLIZE YOUR SUCCESS IN THE NEXT 12 MONTHS?

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STEP THREE: GIVE IT UP GIVE YOUR NEXT LEVEL TO GOD

You might be thinking, I've just done the work to create this vision and plan. What do you mean I need to give it up?!

Listen, as you already know some of the best-laid plans run amiss sometimes. But, as a believer, you can ALWAYS know that God has your best intentions and His glory in mind.

WRITE YOUR PLANS IN PENCIL AND GIVE GOD THE ERASER

These next questions will help you when you feel like you're not enough to do this and to know what to do when God takes an eraser to your plans.

#1. HOW VALUABLE WILL IT BE TO KEEP MOVING FORWARD
TOWARDS MY NEXT LEVEL EVEN IF THINGS DON'T GO AS
EXPECTED?

A. WHAT WAYS MIGHT I GROW THROUGH A SETBACK?

B. HOW CAN I USE MY NEXT LEVEL TO IMPACT ETERNITY?

C. WHAT BIBLICAL TRUTH DO YOU NEED TO REMIND YOURSELF
OF TO KEEP MOVING FORWARD TOWARDS YOUR NEXT-LEVEL
GOALS?

EXERCISE: STOP RIGHT NOW AND ASK THE LORD FOR HIS POWER TO TAKE THESE
NEXT STEPS, AND FOR MORE FAITH TO TRUST HIM IN 2022 REGARDLESS OF
WHAT HE HAS PLANNED.

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IN CONCLUSION ...

It's important to note that your answers to these questions are not written in blood or set in stone.

So, if you found yourself overthinking or in your head about some of them, stop that! Taking the time to simply BE in the question and dreaming of the possibilities is a gift in and of itself.

Your answers may change, your gains may change. and that's okay! What's most important is that you have the courage to keep moving forward and continue to ask these questions.

Because the one thing we can both agree on is that *the future is anything but certain*. I don't need to tell you that things rarely go as planned or expected. In fact, most active women have given up on the idea of goal setting altogether and end up floating around without a rudder or compass to point them in the right direction. They say things like "goal setting doesn't work for me" or "it's best not to get my hopes up, I can't stand feeling like a disappointment or failure"

and, if any of that sounds familiar to you, you need to know something! I RARELY reach any of my original goals. But, *I never stop showing up and moving one step closer to them every day.*

It's this simple, the act of showing up and intentionally moving forward already sets you up to take the next step towards your next level of success.

So, you can continue to worry about whether or not you're going to reach your strength goals, get your first pull up, or become the spiritual mentor that you want to be, or you can choose to keep showing up and aim for the gains that you want each and every day: no matter what.

It's then and only then that you realize it wasn't the "thing" you were chasing all along that matters. It's whom you become in the process that is the true gain to be had.