

Instagram Goals

GOAL SETTING WORKSHEET

USE THIS WORKSHEET TO BRAINSTORM YOUR INSTAGRAM GOALS FOR 2020, AND START PUTTING THEM INTO ACTION.

NAME:	HANDLE:	DATE:
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STEP 1: VISUALIZE A DAY IN THE LIFE

Close your eyes and picture your life in 10 years. *What does it feel like around you? What are you known for? What excites you?*

STEP 2: DEVELOP A 10 YEAR VISION

Now it's time to get specific. What do you want your life to look like in 10 years? From here, you can get clear on what needs to happen in your personal and professional life.

Example: By 2030, I'm going to live somewhere warm by the ocean. I'm going to make 1 million dollars in salary a year. I'm going to create content for a mass audience through different forms of media.

STEP 3: CREATE ACHIEVABLE MILESTONES

Break down your vision by 10, 5, and 1 year goals. Your milestones should be strategic and tactical. Start from your 10 year vision, and work your way backwards.

10 YEAR GOALS

Organize your vision into smaller goals. You may need to do a little research to determine which goals will help you reach your overall vision.

Example: I'm going to make one million dollars by 2030, which means I'll need to open 8 locations. I'm going to make 250K through these locations, which means I'll need to make 750K through other revenue streams. I'm going to live somewhere warm, which means I'll need to pick the perfect location.

5 YEAR GOALS

Break your 10 year vision in half and figure out what needs to be accomplished in 5 years.

Example: In 5 years, I'll have 6 restaurant locations. I'll be making 150K through the new locations and 400K from other revenue streams. I'll have a media channel with a following of 100K.

1 YEAR GOALS

This is your to-do list. Your 1 year goals are what you need to start working on right away.

Example: Bring on investors for new locations. Create a branded hashtag. Grow personal Instagram to 10K followers. Create a YouTube channel with 1K subscribers.

STEP 4: SHARE YOUR GOALS

Once you've created your goals, it's time to start sharing them with your people!

Who can you rely on to hold you accountable?

Where will you be sharing your goals?

- | | |
|---|---|
| <input type="checkbox"/> INSTAGRAM | <input type="checkbox"/> FRIENDS |
| <input type="checkbox"/> FACEBOOK | <input type="checkbox"/> FAMILY |
| <input type="checkbox"/> TWITTER | <input type="checkbox"/> AT WORK |
| <input type="checkbox"/> LINKEDIN | <input type="checkbox"/> POSTED IN YOUR HOME |

Anywhere else?

NOTE: We've got some pre-made templates to get you started. Share your progress using #InstagramGoals2020, and don't forget to tag @latermedia!

STEP 5: DAILY PRACTICE AND MANIFESTATION

Bring your written goals into the real world by reminding yourself about them every day. An easy way to get started is by using the prompt “I am, I will” each morning to set your intention for the day. Try it out below:

I am:

Example: I am creative.

I will:

Example: I will receive work.

What daily practices will you put in place to keep your goals top of mind?

Example: I will be okay. I am a creative source. My perspective is of abundance. This is all aligned with my vision.

What do you want to attract this year? Choose between 3-5 words to help guide you toward your vision through 2020.

Example: Love, wealth, creativity, strength

TIP: Add your 2020 words to your phone wallpaper to help lock them into your subconscious as you continue to read them day by day. You can also write them on a sticky note, your fridge, desktop – whatever application works for you!