

# Organizing & Goal Setting in the New Year



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## STEP 1: Deeply Desire the Goal

Is it realistic?

Is it achievable?

Why do you want to  
make the change?

Will it improve your  
life?

What are your reasons  
for making this change?

- Napoleon Hill, in his landmark book, *Think and Grow Rich*
- "The starting point of all achievement is desire. Keep this constantly in mind. Weak desires bring weak results, just as a small amount of fire makes a small amount of heat."





## **STEP 2: Visualize yourself achieving the goal**

What will your  
achievement feel like?

How will your life  
unfold differently as a  
result?



- Lee Iacocca said, "The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."
- Keep a picture or list of the goals where you see and are reminded of it every day. If you can't picture yourself achieving the goal, chances are – you won't.



## Step 3: Make A Plan

Who needs to be involved in the plan?

Is it realistic?

Are there too many steps?

- Create action steps to follow.
- Know the most important steps that must happen for the goal to become a reality.
- Commit the goals and steps by writing them down.





## Step 4: Hold Yourself Accountable

What could go wrong?

Why are some steps being delayed?

What can you do differently to be successful?

- Use your calendar to create an achievable timeline.
- Schedule appointments with yourself to check in on your progress.
- You need to assess your lack of progress and address it.





## Step 5: Know When to Call In Help

When do you admit you  
need help?

Who is in your support  
system to be there for  
you?

- Identify why you are stuck with a coach.
- Delegate the steps that might be a roadblock.
- Take a class to improve a skill you feel limits you.





## Step 6: Reward Yourself

What are healthy  
rewards for you?

What milestones are  
cause for a celebration?

- Rewards will keep you motivated
- Examples of Rewards:
  - Treat yourself to a massage or facial
  - Give yourself time off to relax
  - Have a family party to celebrate with your loved ones
  - Splurge on something you have coveted (if your budget allows)



# VISION BOARD EXERCISE



WHEN YOU SURROUND YOURSELF WITH IMAGES OF WHO YOU WANT TO BECOME, WHAT YOU WANT TO HAVE, WHERE YOU WANT TO LIVE, OR WHERE YOU WANT TO VACATION, YOUR LIFE CHANGES TO MATCH THOSE IMAGES AND THOSE DESIRES.



## Steps To Make A Vision Board

Materials:

Glue

Magazines

Paper

Markers

Paint

....Anything goes!

- **Step 1:** Let yourself have lots of fun looking through magazines and pulling out pictures or words or headlines that strike your fancy.
- **Step 2:** Go through the images and begin to lay your favorites on the board. Anything goes – Get creative!
- **Step 3:** Glue everything onto the board. Add writing if you want. You can paint on it, or write words with markers.
- **Step 4:** (optional, but powerful) Leave space in the very center of the vision board for a fantastic photo of yourself where you look radiant and happy. Paste yourself in the center of your board.
- **Step 5:** Hang your vision board in a place where you will see it often.



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# QUESTIONS



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