BEYOND FANTASY

3 GOAL-SETTING SECRETS FOR INTUITIVE FOUNDERS

A Workbook & Reflection Guide



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Welcome!

Fantasizing is very common.
A fantasy is imagining how perfect our lives would be if we achieved *what we think we should have.*
The reason we fantasize is because we were taught we have to be impressive and do what is expected of us without knowing what makes us feel fulfilled.

But, when we fantasize, we set ourselves up for frustration! If we don't choose goals based on *who we truly want to be*, we only crave the end results and fear any possibility of failing. So, we give up with the first setback, lash out at ourselves for giving up, and then begin a new cycle of fantasizing, repeating the same pattern. In this process, we lose our integrity with ourselves & the joy of growing into the person we want to be.

This workbook is here to help you develop the skills to break the fantasizing cycle and to choose sustainable goals that you actually want to live with — EVERY STEP OF THE WAY.

Let's begin. ✨

Roxana

SECRET #1 - KNOW WHY YOU WANT YOUR GOAL

Think of a goal that you want to achieve this year. Ask yourself why you want it. If your answer is to get something external, ask yourself why you want that until you find what you value about it intrinsically.

- What shifts for you when you focus on this intrinsic value in pursuing your goal? (*e.g., feeling calmer, more flexible, excited*)

- How much do you trust yourself to connect to this value right now?

- What evidence do you already have that you are capable of making decisions aligned with this value? (*e.g., times in the past you acted on this value*)

SECRET #2 - ANTICIPATE & NORMALIZE CHALLENGES

Reaching goals rooted in your values doesn't require certainty that you'll always know the right answers. It takes relying on your resilience and capacity to handle challenges, make mistakes, and learn.

- What do you think would be the most difficult challenge in reaching your goal? If your most difficult challenge were a chapter in your life story, what would its title be?

- What role does this chapter play in aligning your life with your core values? (*e.g., letting go of what doesn't fit, drawing boundaries, etc*)

- How does reframing challenges in this way change the way you show up for challenges or mistakes or failures?

SECRET #3 - CHOOSE YOUR MICRO-HABITS

Now, let's build consistency in your commitment to your goal by building a micro-habit that supports you in moving toward it.

- What's the smallest, non-negotiable habit you can commit to daily to help you move towards your goal, something so doable you almost can't fail?

- How will you track this habit each day? (*Choose something measurable or tangible, e.g., checklist, journal, canlendar*)

- When do you want to practice this habit — morning, mid-day, or evening? Linking it to something you already do (e.g., making coffee, brushing teeth, etc) helps you stay consistent.

Well Done!

You showed up for yourself here:
Connecting one of your main 2026 goals to your core values, getting ready for challenges and failures, and chose a consistent practice to move forward.

These are brave first steps toward building trust in yourself in achieving your goals.

Want to sustain this energy and take it to the next level with my support?
Book a free consultation call with me to find out about my services and how I can support you.

BOOK A FREE CONSULTATION CALL