

Q4

CRESCENDO

*Crush Your Goals and End Your
Year on a High Note!*



Hello My Charmed One and thank you so much for signing up for the Q4 Crescendo Workshop!

In this workbook I am going to walk you through some key activities to help you:

- *Identify and overcome limiting beliefs holding back your productivity mindset*
- *Learn my Simplified Goal Setting Process to choose your Q4 targets strategically*
- *Plan for a balanced Q4 that includes time to slow down and enjoy the season while still crushing your goals*

I have full confidence in your abilities and know that completing this workshop and workbook will bring you immense clarity on your Q4 planning so that you too are able to turn Q4 into the Crescendo of your year, crushing your goals and ending your year on a high note!

If by the end of this experience you feel guided to continue working with me and would like to pursue group coaching, accountability and personal development with my classes, tools and resources, I welcome you to join me and many other like-minded women within our community inside the Charmed Life Master Mind!

If you are ready to invest in yourself, improving your productivity and future

[CLICK HERE NOW TO ENROLL IN THE CHARMED LIFE MASTER MIND!](#)

MEET YOUR INSTRUCTOR



Alexis Giostra aka @MissTrenchcoat | StrangeCharmed.com

ALEXIS IS YOUR VIRTUAL COACH & CHARMED LIFE GURU

Imagine that smart, funny and super successful friend who is always sharing the most life-changing tips and time management hacks. The one everyone goes to for advice because she just makes life look so effortless. Yea, that's Alexis, and she's your new on-demand coach ready to help you bring your Charmed Life to fruition!

Alexis is a successful online entrepreneur who designs strategic tools to help ambitious women plan for a balanced life and business. She is a blogger, YouTuber and productivity thought leader with a following of over 150,000 and annual views into the millions.

Alexis is the creator of the Functional Planning Methodology, the Master Plan and CEO Strategy systems, and her work is designed around proven productivity, time management and neuroscience research to help you organize and motivate yourself to achieve your goals and objectives with ease.

PART ONE: MINDSET

9 Limiting Beliefs Holding Back Your Productivity Mindset: Use the space provided to take note of the actions you will take to overcome each based on what you learn in the workshop.

Limiting Belief #1: I don't have enough time

Limiting Belief #2: I can't finish anything with the time I have

Limiting Belief #3: My family/work needs me all the time

Limiting Belief #4: I'm too tired to be productive in short bursts

Limiting Belief #5: I should be able to do more

Limiting Belief #6: I'm overwhelmed by my responsibilities

Limiting Belief #7: My goals aren't important enough

Limiting Belief #8: I've tried before and failed

Limiting Belief #9: I'm alone in this

PART TWO: SIMPLIFIED GOAL SETTING

Use the next few pages to identify your priorities and choose your goals.

Priority #1: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____

Priority #2: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____

Priority #3: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____

Priority #4: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____

Priority #5: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____

FINAL THREE GOALS FOR Q4

Goal #1	Goal #2	Goal #3

OBJECTIVE BRAINSTORM

Brainstorm how you will achieve each goal in the space provided

GOAL ONE OBJECTIVES

GOAL TWO OBJECTIVES

GOAL THREE OBJECTIVES

Prompt: *What are all the fun seasonal activities and memories you want to make time for in Q4?*

Activity	Frequency/Date

IDEAL WEEKLY SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN

