MODULE 1 | LESSON 3

HAVE YOUR CAKE AND EAT IT TOO: YOU DEFINE WHAT SUCCESS MEANS

OVERVIEW

You don't need to work like crazy at home and at your job, never breaking a sweat, in order to "have it all." I get asked the "How can I have it all?" question at pretty much every event I go to. "Easy," I say. "You decide what 'having it all' really means to you and then get that."

© COPYRIGHT 2019 NICOLE LAPIN

EXERCISE 1: THE FOUR F'S OF GOAL SETTING AND PLANNING

A major ten year study on goal setting found that only 3 percent of people set clear intentions and actually wrote their goals down. But, on average, those people earned ten times (!!) as much money as the other 97 percent. I'm a big believer in first figuring out where you want to go in your life, and then reverse engineering to figure out how you are going to get there. I mean, you can't just jump in the car without knowing the address and expect to magically arrive at your destination. So, where do you want to go? Breaking down your goals into 1, 3, 5, 7, and 10 year chunks help you really be able to focus as you plan; and help keep it from seeming too overwhelming.

Step 1: Finance

You probably have career goals in your head, but have you actually spelled out what they are? Clear metrics can help exponentially with holding yourself accountable.

My current Finance goals:

YEAR 1:
Create a meaningful conversation and business verticals around *Becoming Super Woman*
YEAR 3:
Launch a platform of e-courses
YEAR 5:
Option my books into other mediums
YEAR 7:
Pilot my own show about money and career issues
YEAR 10:
Develop and host my own events series

© COPYRIGHT 2019 NICOLE LAPIN

Notice that Finance goals are not dollar amounts. Realistically, the money from your career should power the rest of your goals.

Now it's your turn. Write down your Finance goals for 1, 3, 5, 7, and 10 years:

YEAR 1:
YEAR 3:
YEAR 5:
YEAR 7:
YEAR 10:

© COPYRIGHT 2019 NICOLE LAPIN

Step 2: Family

One of my earlier mentors drilled into my head that nothing is more money-, energy-, and time-consuming than having kids and/or caring for family. And for women, not much else is more time-sensitive and affects your career more.

Here are my Family goals today:

YEAR 1:
Be in a committed relationship.
YEAR 3:
Have my first child
YEAR 5:
Have my second child
YEAR 7:
Consider having more children with the eggs I froze at age thirty-one
YEAR 10:
Transition into an advisory role at work to travel and spend more time with my kids

It doesn't matter if you want ten kids or ten dogs, or whether you are caring for an elderly family member; the point here is to further outline what "having it all" looks like for you.

© COPYRIGHT 2019 NICOLE LAPIN

Now it's your turn. Write down your Family goals for 1, 3, 5, 7, and 10 years:

YEAR 1:
YEAR 3:
YEAR 5:
YEAR 7:
YEAR 10:

© COPYRIGHT 2019 NICOLE LAPIN

Step 3: Fun

My Fun goals at age twenty-five were not so fun at all. I was a card-carrying workaholic, and only over time—and way too many beautiful summer weekends spent huddled over my computer screen in a dark apartment—have I learned to prioritize fun. For me, that comes mostly in the form of adventure travel.

Here are my Fun goals these days:

YEAR 1:
Travel to a new country alone once a year in first-class
YEAR 3:
Take a road trip once a month to a new town
YEAR 5:
Start an annual girls' retreat somewhere fun and active, like Bali
YEAR 7:
Work and travel abroad for a few months a year
YEAR 10:
Buy a beach condo to spend summers in

Do you want to take quarterly vacations? Monthly girls' weekends? Weekly date nights? Decide that first, then figure out what the dollar figure is to live that life.

© COPYRIGHT 2019 NICOLE LAPIN

Now it's your turn. Write down your Fun goals for 1, 3, 5, 7, and 10 years:

YEAR 1:
YEAR 3:
YEAR 5:
YEAR 7:
YEAR 10:

© COPYRIGHT 2019 NICOLE LAPIN

Step 4: Fitness

And now, the most important F word: Fitness! And by Fitness, I don't mean a sick six-pack, I mean taking care of yourself—all of yourself: your physical wellness and your Emotional Wellness. When I started this goal-setting exercise, I didn't even have Fitness as a category—and my physical and emotional health both suffered as a result.

So, here's what my Fitness goals look like now:

YEAR 1:
Go consistently to weekly psychiatrist appointments
YEAR 3:
Train for and run a half marathon
YEAR 5:
Go on one retreat per year (i.e., a trip that is totally centered around Emotional Wellness)
YEAR 7:
Train for and run a marathon
YEAR 10:
Attend a seminar or institute that teaches a new skill or practice in mental health

When your Emotional Wellness suffers, so does your physical, and vice versa.

© COPYRIGHT 2019 NICOLE LAPIN

Now it's your turn. Write down your Fitness goals for 1, 3, 5, 7, and 10 years:

YEAR 1:
YEAR 3:
YEAR 5:
YEAR 7:
YEAR 10:

You did it! You basically created a list of what "having it all" looks like for you. Goals can, and will change, and that's totally fine–check in as often as necessary. Sometimes, when you ask yourself who you are, you'll find that what you want has changed, and you need to chart a path to a whole new destination. More often, you just need a course correction.

Having clear goals is great, but determining them is just the beginning. It's easy to get blown off course—checking in with them and yourself ensures you're still heading in the right direction.

© COPYRIGHT 2019 NICOLE LAPIN