

FALL SEASON

GOALS + INTENTIONS



CREATED BY KRISTI LING SPENCER



ABOUT KRISTI

kristilingspencer.com

Kristi Ling Spencer is a bestselling author, life and business coach, inspirational speaker, and podcast host who works to help others create a firm foundation for more happiness, well-being, and success. She's the founder of **The Joy School** and **Epic Vision Coaching**, and has been featured in **Oprah Daily**, **Women's Health**, **Entrepreneur**, **Mashable**, **CNN**, **Woman's Day**, and more. Her acclaimed book, **Operation Happiness – The 3-Step Plan to Creating a Life of Lasting Joy, Abundant Energy, and Radical Bliss**, was chosen by **Success Magazine** as one of the best books to make you successful. You can connect with her on Instagram and Facebook, or at kristilingspencer.com.



WELCOME FALL

The fall season invites us to turn inward, recognizing that as we shed the old, we can make room for new aspirations and goals, setting the stage for growth and transformation in the months to come. Embrace the change of the season as a gentle reminder that, just as nature finds renewal in letting go, so can we, by nurturing ourselves and focusing on the life we desire to create. This is a time to give ourselves credit for all we've accomplished and survived so far this year, and to set goals and intentions as we move into the last part of the year. It's within our reach to prioritize rest and self-care while still moving forward toward our ambitions.



A NOTE ON HAPPINESS

I like to say that many times happiness has more to do with what we remove from our life than what we add to it. Fall is the perfect season to embrace this concept. Think of cleansing and clearing clutter (both physical and emotional) as high-value self-care. This is how we create breathing room and space for the things we want most to come into our life. Use this workbook to guide you into creating an amazing season. Use extra paper or a journal if you'd like. Enjoy!

"Taking care of your mind, body, and spirit is your greatest and grandest responsibility. It's about listening to the needs of your soul, and then honoring them."

-Kristi Ling Spencer

3 STEPS FOR CREATING A GREAT FALL

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STEP

1

STEP ONE

Before you begin setting goals, spend some time decluttering your physical spaces, as well as some quiet time resting and clearing your heart and mind (such as a bath, baking, meditation, walk in nature).

STEP

2

Once you feel like some space has opened up, this is the time to begin reflecting and deciding what you truly desire in the months and year to come.

STEP TWO

STEP

3

STEP THREE

Now, get clear on your goals. Then, immediately begin creating an action plan of tasks, resources, and support you'll need to move the needle toward your goals and dreams.

DECLUTTERING GUIDE

CLEARING SPACE

ELECTRONIC CLUTTER

In our electronic world, it's easy to become bogged down by emails, texts, apps, useless photos on our phone, old docs on our computer, etc. - Take a block of time to focus on clearing this and watch how much lighter you feel. Do this regularly.

PHYSICAL CLUTTER

We don't always realize how much stuff we don't use or love holds us back. Let go of stuff you've outgrown, don't love, or don't use. Eliminate duplicates. Clear paperwork & trash. Closets, kitchens, work spaces, and cars are some of the biggest areas of focus here.

MENTAL CLUTTER

Now that you've cleared digital and physical clutter, take some additional time to just be for a bit. Maybe create a self-care day or spend a day outside in the beautiful fall weather. Allow yourself to reflect, and as mental space clears, allow your true goals and desires to flow in and inspire you.

REFLECTIONS

THINGS I'M LETTING GO OF:

THINGS I'M INVITING IN TO MY LIFE:

INTENTION SETTING

TOP 4 FALL GOALS



TOP PERSONAL GOAL

.....



TOP PROFESSIONAL OR CREATIVE GOAL

.....



TOP RELATIONSHIP GOAL

.....



TOP SELF-CARE GOAL

.....

SUPPORTIVE ACTION STEPS

GET THINGS MOVING

Below, write the first step you need to work on for each goal to get things moving in the right direction. Use a journal or extra paper if you need it. Feel free to let ideas flow, but be mindful not to overwhelm yourself. The trick is to clarify the first action steps.

1.
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A HIGH-VALUE PRACTICE MANIFESTING

Below, journal about your ideal season as if it's already happened. Write as if it's the end of the season and you're reflecting in gratitude for all the amazing things you've created. Allow yourself to feel it as if it already IS. This practice is used by many of the world's most joyful, successful people and is a powerful tool for manifesting. An easy way to start is: I'm so grateful for...

This image shows a full page of a document template. It consists of approximately 20 horizontal dashed lines spaced evenly down the page, providing a guide for handwriting practice or as a template for lined notes. The background is plain white, and there are no margins, text, or other markings present.



AFFIRMATIONS FOR FALL

I am gentle with myself through change.

When I work on my own healing, I help to heal the world.

I take time to slow down and honor my needs and dreams.

I spend time in places that light me up and feed my soul.

I am worthy of all of life's beautiful offerings.

*"May you have people in your life who are kind,
supportive, fun, and good for your mental and physical
health."*

-Kristi Ling Spencer

WANT TO GO DEEPER?

Kristi
LING SPENCER

If you enjoyed this workbook, I would love to invite you to explore my other offerings. **The Joy School**, my dynamic membership program and community for leveling up your happiness, success, peace, and creating your best life, is open all who are ready to do just that. If that's you, you can find all the details at jointhejoyschool.com.

It's my mission to help others achieve expanded levels of happiness, self confidence, abundance, success, and well-being in their lives by teaching the science-backed and highly effective frameworks, mindsets, and practices that have turned my life around and continue to serve me daily. These work!

In addition to **The Joy School**, I offer my books, coaching programs, and free masterclass, **11 Habits of the Happiest People**, at my website, kristilingspencer.com.

