



# Y? Why Not!

Transform Your Life from  
Ordinary to EXTRAORDINARY  
Life Challenging Success Workbook

By Janice R Newman





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Motivational Life Coach

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**Janice R Newman**, MA, BA, CC

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## Y? Why Not!

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Life Challenging Success Workbook

### Dedication:

I give thanks and dedication to God, for I am nothing and can accomplish nothing, without God.

I also dedicate this book is dedicated to my wonderful husband, Philip Newman, that I was so blessed by God to have met and married. Philip inspires, motivates and supports me to reach beyond my goals, dreams, and desires.

It is also dedicated to my three wonderful children Matthew, Victoria, and Brian, as the love I have for them has kept me determined to achieve all that I could possibly achieve.





# Y? Why Not!

## Transform Your Life from Ordinary to EXTRAORDINARY

### Life Challenging Success Workbook

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## **Note to Reader**

This book is intended to assist you in making and reaching the goals and dreams that you have set your heart and eyes on. The tips inside are to help you move closer and closer to eventually achieving your dreams. It takes work and effort to decide on a goal, work a plan to obtain the goal and then actually work the plan to achieve the desired goal. To achieve the end results.

I live by these simple principles of goal setting along with having a deep faith in God to get me through all the necessary actions to obtain my desired goals. I will not be one of those life coaches that will tell you that it's easy in achieving your goals. It's hard work and a battle to work through adversity to complete your goal because you're potential battling against your worst enemy, which is YOU.

In November 2016, my life drastically changed. I had to see a neurologist for headaches I was experiencing. I assumed it was my hormones since the age of 50 was just over the horizon for me. After a short visit, I wasn't understanding completely, the doctor explain I had a meningioma and asked what I was doing the following Monday. Needless to say, within 30 days I had surgery to remove the meningioma. I honestly can say that I wasn't too frightened as I knew God had my

back and not to worry. I wasn't concerned about completing a bucket list or watching all my recorded shows. I assumed surgery would be simple, in and out.

I came through surgery fine. The next day the nurse insisted on me sitting up in a chair. While she was placing me in the chair, she stumbled and I fell into the chair banging the back of my head, jarring it along with giving me excruciating sharp pain. The nurse put me back in bed. The following morning, I woke up to not being able to talk or properly communicate including speaking and writing. Doctors told my family they couldn't understand how that happened, but unfortunately it would probably take 6 months plus for me to regain my speaking and writing ability.

I didn't not cry, I simply prayed and had deep conversations with God in the quiet depths of my mind. I deepen and reinforced my relationship with God and truly felt God still had my back. I was only able to say a few words verbally "mokin" and "I have", but not much else. I also could not write as another form of communications. It was just God understanding me. I decided that when (and not if), my ability to speak and communicate returned that I would not let any of my goals be pushed aside again with excuses after excuses. I would not let my renewed connection with God to waver. In short, 3.5 days later, which was 2 days before Christmas, my speech and writing returned.

I knew my faith was at least the size of a mustard seed or bigger, as I held onto that faith to get me through the 3.5 days of possibility not communicating again. I knew from that point if my faith got me calmly through that, it can get me through any goals, dreams, hardship, struggles, adversities, or deer in the dip that would come my way because my Lord God, and His Son Jesus Christ will be there with me always.

Go for your dreams. Y? Why Not! Transform your life from ordinary to extraordinary. Have faith and love.

Good luck on achieving all you can and then go for more. Y? Why Not!

Janice Newman





## **Y? Why Not!**

I get a lot of response from people saying they like the title of my book and television show *Y? Why Not!* It really does makes you think. The “Y?” is short for “Why” but it also reflects two other words “**Yes**” and “**You**”. I want everyone to ponder over these three basic but in-depth questions with my title:

**“Why? Why not!”**

**“Yes? Why not!”**

**“You? Why Not!”**

In 2010, after recovering from a divorce, and realizing I'm 40 years old with hopefully another fully healthy 40 plus years to go that time appeared to be disappearing quickly. I began looking back in time and examining all the desires, hopes and dreams that I want to achieve when I was younger. I still wanted to achieve those dreams but haven't gotten around to it. I started exploring the “why” I didn't go for my goals. I came up with every excuse out in the universe. I don't

think I missed one. And then I **finally** woke up and discovered “why not” go for them.

I asked myself those questions/statements above. And the answer kept returning to me, **no I can't** because I was fearful. I did not believe I could, I did not believe I had enough talent, enough money, enough connections, enough opportunities, and as you see the list kept getting longer with more and more excuses. **FEAR!** Kept creeping its ugly head at me. **FEAR!** It wasn't someone else stopping me. It really wasn't a lack of opportunities. It was **ME** believing and giving into FEAR. I allowed FEAR to stop me from achieving the goals and desires I had set for myself. The acronym for **FEAR** is False Evidence Appearing Real.

**The acronym for FEAR is:**

**F = FALSE**

**E = EVIDENCE**

**A = APPEARING**

**R = REAL**

**Your fear is false.**



The thoughts behind the fear can include fear of failure, fear of rejection, fear of embarrassment, and even fear of success. And yes, I said fear of success. Success brings and requires a lot of work and responsibility.

**WORK!!! I said it: Work and Responsibility!** Sometimes knowing that we will be required to do a lot of work and the added responsibility that comes with it is enough to create FEAR in us, because we possibly have others that will be counting or looking to us to come through. It's not about just us all the time. It takes added work and responsibility to be successful in your business, work, family, or ministry. There's the old saying, *"if it was easy, everybody would be doing it"*. It's time to change our thinking and views on FEAR of an acronym that can promote and motivate SUCCESS AND NON-STOP ACHIEVEMENT:

I rather like this one, you can make up your own if you like:

**My new acronym for FEAR became:**

**F = FINALLY**

**E = EXPERIENCING**

**A = ANOTHER**

**R = REALITY**

Now that our views have changed on fear to **finally experiencing another reality,**

let's explore creating that new reality.

## INSPIRATIONAL VERSES

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. - Jeremiah 29:11 (NIV)

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. - Isaiah 41:10 (NIV)

For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline. - 2 Timothy 1:7 (NIV)

I sought the LORD, and he answered me; he delivered me from all my fears. - Psalm 34:4 (NIV)



**ACTION STEP**

**Write your favorite quote or bible verse that inspires you:**





## **Values and Character Traits**

You must look at who you are by reviewing your values and character traits that comprise your unique self before diving into creating goals. Determining who you are will assist you in choosing goals that you desire to achieve. You shouldn't just randomly choose goals no matter how worthy they may be because possibly everyone is doing it, or achieving it, or pressure from family and friends, etc. You must aim for a goal because it's important to you and reflect on the person you are or chose to be.

Our goals typically reflect who we are or who we desire to be based on our values or character traits. For example, schoolteachers typically love learning and helping others. They most likely value education, creativity, and service to others. As well as they possess character traits of kindness, patience, and optimism. All of those would encompass the belief of everyone deserves a good, decent education. It would be difficult to be a schoolteacher without having the character traits of patience and kindness.

As a special education / diverse learner teacher, I know I would never have thought about seeking an opportunity to become a teacher if I did not have patience. Becoming a teacher without patience would be a failure and a goal that although could be achieved but would not bring value or joy to my life as I would not be happy or successful at that career. Many teachers have gone into the education field because that was “the family’s” chosen field as a parent, grandparent, aunt, or uncle were educators so shall they be as well. That’s typically a recipe for a disaster.

When deciding on a goal for a career, chose what fits you, your values, your character traits and not what is expected of you by other people, unless that’s really where your heart and beliefs lie. I suggest looking into taking an online personality and/or career test. They are readily available online. You can also contact your local community college to inquire about the professional career testing that might be available for free. The test typically gives you some idea of a potential career or dive into your personality type to disclose some possible key indicators of what you value or your strengths and weaknesses of your personality type.

I utilized a version of the Myers and Briggs Personality Test, 16PF Questionnaire, Keirseley Temperament Sorter, and DISC Assessments, which there

are several types and versions of all these tests, which some cost and some are free. I advise you to do your due diligence with research and read all information pertaining to these available tests if you wish to complete any of these test or questionnaires. The Myers and Briggs Personality Test was helpful for me because it generally explained my strengths and weaknesses so I could work on improving these aspects of my personality. I focused on my strength to make those stronger as my strengths will reinforce the good values or character traits necessary to become successful. The strengths are what you need to rely on to achieve your dreams.

### **NOW WHAT EXACTLY ARE VALUES AND CHARACTER TRAITS**

Values according to Wikipedia "can be defined as broad preferences concerning appropriate courses of action or outcomes". It defines our moral belief system and contributes to who we are, and where our future lies. Values define what is important to us and therefore what is important to us will drive our choices for our goals. Our values blend with our personalities to reinforce our character traits and various skills we possess. Values also reflect our moral compass.

Values such as persistence, patience, modesty, self-reliance, self-control, respect, thoughtfulness, wisdom, kindness and vastly more influence and build our

character, which is an integral part of who we are. What values are acceptable to you? What values would you want to emulate?

Character traits are our behaviors, interactions, and response to our values. They are our outward physical response to the situation or circumstance. Character traits such as dependable, independent, efficient, ambitious, giving, responsible, confident, and cooperative are admirable sought-after traits. So, if you already possess these traits great. If not, don't worry all character traits can be taught and learned.

Our values and character traits motivate our passions that will help to determine our wishes, desires, and to set our goals. Some character traits will be essential to possess to accomplish certain goals. The President of the United States needs to be dependable, honest and cooperative to do the job. A nurse needs to be responsible and efficient to ensure the patients receive the proper care and medicine. Your values and character traits play an essential role in setting all types of goals, whether personal, financial, and spiritual.

You should focus on the positive or good values or character traits as much as possible to be successful. Although there are numerous successful people in the



world that possess unscrupulous character traits, it is preferable to display morally high standards for yourself.



On the next two pages are two example list of words for values and character traits. Use two different color pens or highlights for the tasks. **Circle or highlight** words that describe the values or character traits that you already have or display, then use a different color to describe the values or character traits that you want to possess or learn. **Compare the list when you are done. What do you think?**

**EXAMPLE LIST OF VALUES:**

Accountability

Individuality

Responsibility

Adventurous

Influence

Service

Balance

Justice

Spirituality

Compassion

Kindness

Stability

Competency

Leadership

Success

Curiosity

Love

Trustworthiness

Daring

Loyalty

Wisdom

Determination

Openness

Enthusiasm

Optimism

Fairness

Originality

Faith

Peace

Generosity

Power

Happiness

Resilience

Honesty

Respect

**EXAMPLE LIST OF CHARACTER TRAITS:**

Adventurous

Kind

Tolerant

Ambitious

Loving

Trustworthy

Bold

Loyal

Warm

Brave

Neat

Wise

Compassionate

Optimist

Cooperative

Patriotic

Dependable

Polite

Devotion

Quiet

Determination

Respectful

Easy Going

Responsible

Energetic

Serious

Honest

Self-confident

Independent

Studious

Integrity

Thoughtful



# ACTION STEP

## Worksheet #1

### Values and Character Traits

1. What values are the most important to you?

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2. What are your best character traits?

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3. What brings you the most joy? And why?

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4. What are your best skills you possess?

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5. If you could accomplish anything and would not fail, what is your heart's desire?

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ACTION STEP

MAKE A LIST OF YOUR ACCOMPLISHMENTS

## INSPIRATIONAL VERSES

“Some people dream of great accomplishments, while others stay awake and do them.” Anonymous

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” John Quincy Adams, American former President from 1825-1829

“Positive anything is better than negative nothing.” Elbert Hubbard, American Writer, 1859-1915

“If you can't?” said Jesus. “Everything is possible for one who believes.” (NIV)







## Choosing Goals

### What are goals?

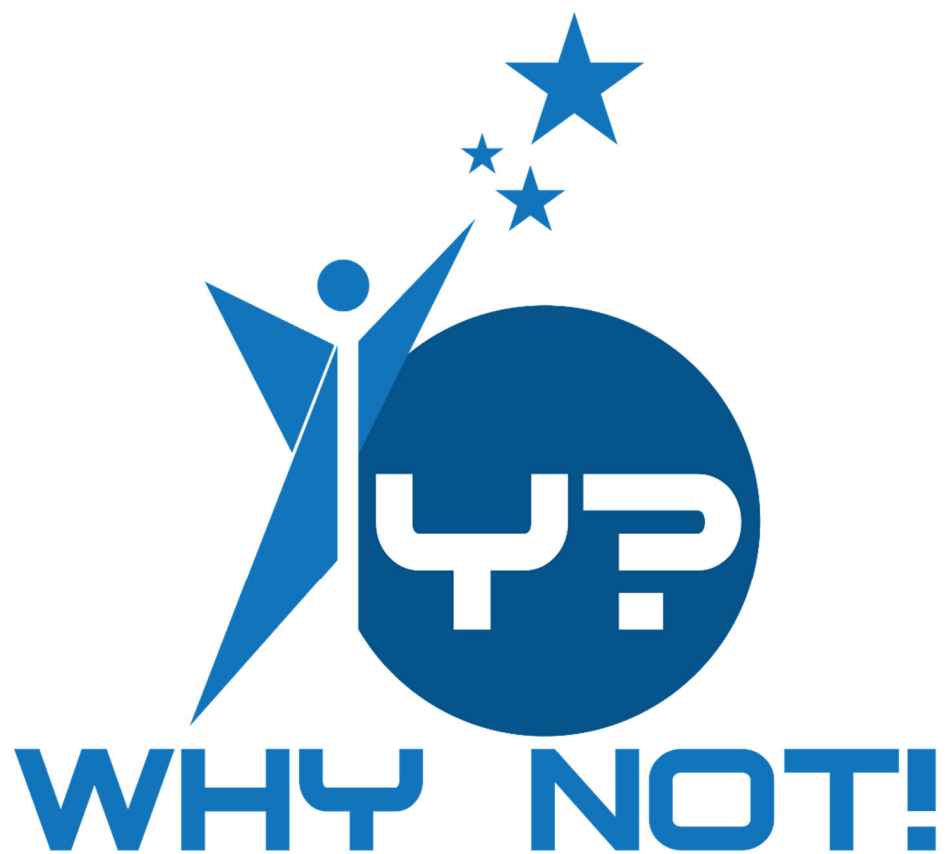
The definition of goals based on Dictionary.com is the result or achievement toward which effort is directed; aim; end. What exactly is the purpose of goals? Goals help guide you to the **WHO, WHAT, WHERE, WHY, WHEN, WHICH and HOW** you want to be in life. Goals help you plan the steps necessary to succeed. They provide you with a sense of direction to lead your life. If you don't know where you're going, how will you ever get there? People go around in circles, trying various things and opportunities, but never succeeding at anything. Some people go all their lives never reaching their full potential, achieving their goals, or being what their heart's desires want them to be.

Setting goals provides the direction necessary to reach the desires, wishes, and goals that you want to achieve. Goals set the target for all your plans and actions to focus on to increase the chances of actually accomplishing them. You have a higher chance of reaching your goals if you set a plan, put it down in writing

and take action towards its attainment. Setting goals is a positive action with unlimited possibilities. But the question is how do you choose your goals?

How do you choose and set your goals? What is considered a good goal? How do your personal values and character traits affect the goals that you choose? What drives goals? What is involved? How do they drive your life? Where are your focus and direction lying? Can you actually conceive a goal, believe in a goal and then achieve that goal? What past successes have you had that can direct your focus? Which goals are immediate, short term or long term? Yes, you can set definite goals for yourself. It's easy when following the lessons outlined in this workbook.

How do you choose and set your goals? You choose your goals by listening to your heart's desires, your passions, your interest, and to what drives your being. What your interest and passions are will lead you to determine your future goals and aspirations. These will guide you in constructing your goals for physical fitness, education, career, financial, travel, and family and friends. If you are interested in school and being around children, then your career goal might lead you to teach. If you are interested in law, justice and the rights of people then your career goal might lead you to be a police officer or lawyer. Your interests and passions are part of you and are influenced by your values, character traits, and skills you possess.

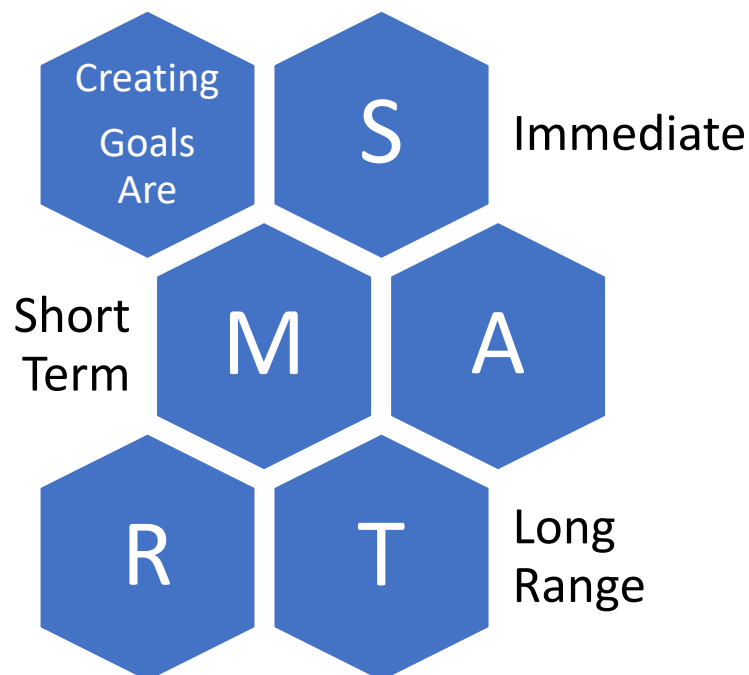


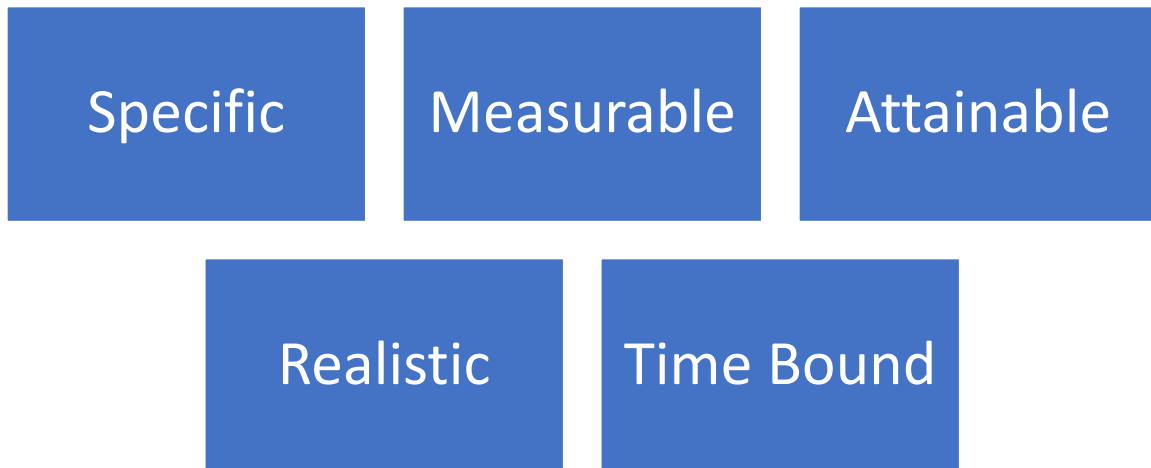




## S.M.A.R.T. Goals

S.M.A.R.T. is an acronym for Specific Measurable Attainable Realistic Time-bound goals. SMART goals should include as many of the seven “W” and “H” questions as possible: WHO, WHAT, WHERE, WHEN, WHICH, WHY, AND HOW. Goals need to be set with as much detail as possible so the focus can be directed towards achievement. All five parts of the SMART goal will come together to create your goal. It is necessary to have a positive mental attitude to develop S.M.A.R.T. Goals. In the end, you must believe it to achieve it.





**S** for Specific - Goals need to be specific and not general. They need to state exactly what the focus of the goal will be. You must know exactly what you wish to accomplish. How it will be accomplished. Who will help you in the pursuit of your goal or benefit? A goal of going to college is too general of a goal. A specific goal would be to attend the University of Illinois.

**M** for Measurable - Goals must have a way of accountability with concrete criteria for determining if it was obtained. Measurability allows for keeping track of how close you are to achieving your goal. You will know what is left or necessary to complete the goal. How will you know that you reached your goal if it is not measured?

**A** for Attainable - Goals must be attainable and not impossible or completely out of reach. Is it in the realm of your capability? Do you have the skills or tools currently or in the future that will allow you to achieve the goal? Can your desired goal be completed?

**R** for Realistic - Goals must be realistic and not just wishful thinking or the desires of someone else. If you are five feet tall, you will realistically not be drafted for the NBA (National Basketball Association). The goal must be reasonable.

**T** for Time Bound- Goals must have a reasonable amount of time to

complete the goal. But the time must be reasonable with enough time that will not be stressful or can't be completed during the allotted time. It also can't allow for too much time that it does not motivate someone to action and can become discouraging.

You need to be as specific as possible, in complete details. This helps to visualize the goal or desired item that you want. When I was seeking a teaching position, I wrote in details that I desired a special education resource teaching position that will service students under 5<sup>th</sup> grade in a Level 1 Chicago Public Elementary School. The school will be located within a 30-minute drive of my home for the commute with an early morning start. I didn't want to work further than a certain street for distance to work. I want my own self-contained classroom with a teacher's aide. I want to secure a position either full time permanent or temporary for the end of the school year or upcoming fall school year which will occur within five months for the time period). (I started looking in April).



I achieved everything I desired for my goal. Although, not every time you will accomplish everything specifically that you desired, we need to learn how to adapt or compromise, decide which specific item that you will compromise if you must. However, try to exhaust all reasonable efforts before compromising.

The goal was specific and in a detailed description of the job position and where I wanted the job. The goal was measurable that if achieved I would have a teaching position. The goal was attainable as I am a qualified teacher with credentials. The goal was realistic as there were several positions for my specific job. The goal was time bound as I wanted to secure a position within the next five months.



**DECIDE ON AN IMMEDIATE GOAL TO WORK ON. ANSWER THE QUESTIONS FOR GOAL SETTING ON WORKSHEET #2. AN IMMEDIATE GOAL IS SOMETHING YOU WANT TO ACCOMPLISH OR ATTAIN WITHIN LESS THAN 30 DAYS. THIS GIVES YOU A BABY JUMP START TO ACCOMPLISH SOMETHING SMALL FOR A WIN AND PREPARE YOU FOR THE NEXT MAJOR STEP – SETTING SHORT TERM GOALS.**

## Goal Setting Worksheet #2- Immediate

State a SMART goal you wish to obtain immediately (0-90 days). Answer as many “W” and “H” statements.

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What value or character trait do you possess that will help you achieve this goal?

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What past successes or accomplishments can motivate you with this goal?

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---

How will this goal benefit or add to your life?

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What steps do you need to take to accomplish this goal?

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Do you need to give up any habits or current traits?

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When do you expect to complete this goal? \_\_\_\_\_

How will you feel after you’ve completed this goal?

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## Goal Setting Worksheet #3- Short Term

State a SMART goal you wish to obtain immediately (90-365 days). Answer as many “W” and “H” statements.

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What value or character trait do you possess that will help you achieve this goal?

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What past successes or accomplishments can motivate you with this goal?

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How will this goal benefit or add to your life?

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What steps do you need to take to accomplish this goal?

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Do you need to give up any habits or current traits?

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When do you expect to complete this goal? \_\_\_\_\_

How will you feel after you’ve completed this goal?

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## Goal Setting Worksheet #4- Long Term

State a SMART goal you wish to obtain immediately (1-5 years). Answer as many “W” and “H” statements.

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What value or character trait do you possess that will help you achieve this goal?

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What past successes or accomplishments can motivate you with this goal?

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How will this goal benefit or add to your life?

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What steps do you need to take to accomplish this goal?

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Do you need to give up any habits or current traits?

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When do you expect to complete this goal? \_\_\_\_\_

How will you feel after you've completed this goal?

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## Goal Setting Worksheet #5- \_\_\_\_\_

State a SMART goal you wish to obtain \_\_\_\_\_ (\_\_\_\_\_ days or years). Answer as many “W” and “H” statements.

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What value or character trait do you possess that will help you achieve this goal?

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What past successes or accomplishments can motivate you with this goal?

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How will this goal benefit or add to your life?

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What steps do you need to take to accomplish this goal?

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Do you need to give up any habits or current traits?

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When do you expect to complete this goal? \_\_\_\_\_

How will you feel after you’ve completed this goal?

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## INSPIRATIONAL VERSES

I can do all this through him who gives me strength. Philippians 4:13 NIV

“If you can handle the worst, anything better is okay.” – Janice Newman

Apply your heart to instruction and your ears to words of knowledge. Proverbs

23:12 NIV









## **Determination Versus Motivation**

It comes a time when you wake up in life and it's a do it now or never situation. You want to reach your goals or maybe you have to with no options. You are motivated by all the benefits that comes with achieving your goal such as getting a new job, going to college, etc. However, for most people motivation does not stay long. Motivation is the ingredients and supplies that get your started, but it doesn't always get you to the finish line. You can get motivated by outside influences such as friends, family, career, etc. But it takes determination to bring the goal and dream to the finish line. Determination drives you to finished. Motivation is external influence and determination is internal influence.

Most of us say we want to accomplish something, or there's somewhere we really want to go. We say we want to run a marathon, learn to play the piano, etc. but when it comes down to starting the actual work, we seem to falter. It's like every year the number one resolution is the lose weight. Numerous people right after Christmas join a gym to start losing weight to look or feel good. We're

motivated by commercials, friends, can't fit into our pants, etc. All are typically good motivators, but there are outside factors that can fade with time or effort put in. That's when determination makes a difference in one reaching their goals or not. It's your internal decision and commitment to succeed and achieve no matter what with willing to pay the price to accomplish the desired goal.

Most people don't accomplish their dreams because they say they don't have enough time or it's not the right time or there will be a better time down the road. It's rarely the right time. Is there ever the right time? Is there ever enough time? There is typically enough time, it's just how we set our priorities and make the time for what we want to accomplish or really want. If it's a burning desire to fulfill the desired goal, we must be determined that we're going to achieve the goal. To seek, fulfill and complete that goal we are going to have to find the time.

Then next, you start to make up the excuses. I got the kids to pick up from school. The kids have baseball over the summer, and I have to coach them. I have to cook. I got work to do. I'm on the PTA. I understand that these are valid things that we have to do a lot in life. But we have to look at how bad do we really want to these goals. What is our burning desire? And if it's a burning desire why can't we find the time.

You must stop listening to other people regarding your goals and dreams if they are negative or doomsayers. Be careful with who you share your goals and dreams with as there are people that will not always support you. Since they are outside (external) forces you must focus on the internal dialogue of self-will and determination to achieve your dreams and to keep feeding the motivational self of the mind.

You must be determined to achieve the goals even if the motivation fades away or time seems to drag out to accomplishing your dreams. Determination gets you to the finish line and its fueled by your internal burning desires and will.

Learn what drives you to accomplish your goals. Look back on your list of accomplishments. Think about all of them and what motivated you to work towards that goal. What made you determined to achieve it? Can you repeat whatever made you determined in those situations and apply it to the new goals?

**Motivation is the spark that gets the fuel burning and gets you moving.**

**Determination is the drive that gets you to the finish line by any reasonable method possible without stopping.**





## **What is holding you back?**

What is holding you back from achieving your goals and heart's desire? Are past failures or missed opportunities discouraging you? Are you listening to a non-supportive naysayer crowd? What fears are preventing you from actualizing your dreams?

It is quite common that outside influences and past experiences have created doubt in us that prevents us from trying. We become stuck and defeated before we get off the starting block. Our fears become overwhelming and controlling. You can have fears of failure, success, being embarrassed, or ridiculed. Thoughts of defeat, not being good or smart enough, your background, or not having enough money can be crippling if you listen to those thoughts.

A lack of a definite purpose can prevent you from keeping the focus on a specific goal. Many people dream the big dream but fail to take the action necessary to realize those dreams. For many, they have the capacity to finish, but can't overcome the obstacles and barriers that they believe stand in their way of accomplishment. They may have also failed so many times at other adventures or

goals that they wrongly believe why would this time be different. Why should I try? They become resolved to failure and living an unfulfilled life with their dreams staying abstract versus concrete.

Other potential barriers are people giving up when they feel discouraged or hopeless. These feelings need to be fought head-on and discounted eventually to be completely wiped out of your mind and never to be revealed again. Review the assignment in chapter 2 that ask you to list your accomplishments. This should be a reminder for you that you have accomplished goals in the past. What motivated you and fueled your determination to complete those goals?



Fears, anxiety, negative talking and beliefs can prevent you from reaching your goals. They can sabotage your success and stall your progress to making your dreams and goals become a reality. You may have a fear of failure, extreme anxiety, or constantly make negative self-statements. It has been said that 95% of the things we worry about never happen. Finish the statements. Something may be blocking you from achieving your goals.

## What is holding you back? - Worksheet #3

What is holding me back?

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What has stopped me in the past?

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What False Evidence Appears Real?

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I need to finish

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I need to be good at

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What obstacles are preventing me from realizing my dreams?

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I'm really good at

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What would Finally Experiencing Another Realty look like if you achieved your goal?

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## INSPIRATIONAL VERSES

“Aim at nothing and you’ll succeed”. Anonymous

Now faith is confidence in what we hope for and assurance about what we do not see. Hebrews 11:1 NIV

Overhearing what they said, Jesus told him, "Don't be afraid; just believe." Mark 5:36 NIV





## SETTING PRIORITIES

Goal setting is not as difficult as one might think, yet many people believe this to be a daunting task. In reality, they vastly underestimate their own abilities. Let's take a look at the modern lifestyle. Just about everyone has a phone these days. As a matter of fact, many people just can't function without that device. Their entire existence revolves around being connected. But what are they connected to? Facebook? Snapchat? Twitter? Do you have to see if someone has liked your latest upload every ten minutes? Have you ever discovered yourself getting ready to eat with family and realized that no one is talking because everyone is in their own little world on the favorite device of their choice? We have all been guilty of antics like this and believe it or not, we have all made these pursuits a goal, all be it a subconscious one. Since we now know that we can set goals, let's try to set some goals with more substance and with conscious priority.

Prioritizing is probably the single most overlooked important detail in goal setting. In the examples above, we made all those pursuits of chatting and posting on Facebook, surfing the internet, or being on an electronic device playing a game

as priority. Most of us are completely unaware of that fact. Social media and video game playing have become our major priority with our free time. The time we've allotted for this, can be substituted for the time we say we don't have to accomplish our dreams. If we spend a total of 2 hours on our phones daily for activities outside of work, video game playing, or watching videos that totals 14 hours for the week. That's time you could have work on an online course needed for a degree that could provide a promotion at work, a change of career or learn the hobby you've been wanting to have.

In order to see goals manifested in your life, you must make them a conscious priority and dedicate the time and resources to see these objectives succeed. Imagine the success individuals would achieve if they put conscious effort into making their career, financial and health goal a top priority.

Think of all the activities that average individual allows themselves to make an unconscious priority: Gaming, Facebook, Snapchat, Twitter, Netflix, Hulu, and the list goes on and on. Many people are addicted to these activities, are unwilling to limit their time in their indulgence of these pursuits and then complain about their lot in life. In order to see your achievement of your goals come to fruition you must prioritize them over all other earthly pursuits and realize that you will be making sacrifices in time and finances. Anything that is worthwhile in life comes

with a price and one must be willing to make the payment to get where one wants to be.

This applies for every goal and other aspects of your life. You must be willing to sacrifice and put in the work and effort to achieve the desired results. One part of the sacrifice is setting time aside to work on your goal. Procrastination becomes a killer of dreams and a crusher of time. Time is limited to 24 hours a day of which we must fit everything in. We must sleep 6-8 hours a day, eating and preparation of food is about 2 hours a day, commute to work both ways perhaps 1 hour, work 8 hours, grooming 1 hour, and if we have children the clock depletes faster.

So, if we have limited time to work on our goals and limited time period, then we need to allocate our time appropriate and set our priorities to the maximum potential to achieve our goals. Purchase a calendar or personal size datebook to keep track of not only your daily schedule but keep track of time wasters and how much time was allocated for it. Playing a video phone game every day for 1 hour does add up. I'm not saying don't play any games especially if that is something that helps you unwind and relax, just allocate your time wisely that you still have plenty of time to reach those goals. **Get the work done first then play later.**





## **Quotes to Remember**

**"The only true wisdom is knowing that you know nothing." Socrates**

**"Let no feeling of discouragement prey upon you, and in the end, you are sure to succeed." Abraham Lincoln**

**"Be content to act, and leave the talking to others." Baltasa**

**"The more you lose yourself in something bigger than yourself, the more energy you will have." Norman Vincent Peale**

**"Without continual growth and progress, such words as improvement, achievement, and success have no meaning." Benjamin Franklin**

**“While most are dreaming of success, winners wake-up and work hard to achieve it.”** Unknown

“The elevator to success is out of order. You’ll have to use the stairs...One step at a time.” Unknown

**"To be successful, you have to maintain a balance between your thoughts, words, and actions. Be consistent in what you want, what you say, and what you do!"** Unknown

“Some succeed because they are destined. Some succeed are destined. Some succeed because they are determined.” Tejasw

**“Do not lower your goals to the height of your abilities. Instead, heighten your abilities to the level of your goals.”** Unknown

“Aim at nothing and you’ll succeed”. Anonymous









## **Positive Affirmations**

It's essential to utilize additional resources to assist in helping you achieve your goals. One essential tool is stating positive daily affirmations along with saying aloud your goal statements three times a day – when you rise in the morning, afternoon during lunch, and at night before you go to bed.

1. I'm getting closer and closer every day to achieving my goal.
2. If I can conceive it and believe it, then I can achieve it.
3. I am making the right choices every time.
4. I love, trust and approve of myself.
5. I will pursue my dreams regardless of what comes my way.
6. I get the strength I need from God.
7. I have faith in things not seen or heard.
8. Opportunities find me.
9. I am uniquely made.
10. I forgive myself and my past mistakes.
11. I am responsible for my actions and feelings.
12. I will have a spectacular blessed day.







## **RECOMMENDED READING**

How to Win Friends and Influence People by Dale Carnegie

The Holy Bible by Biblica, NIV

Who Moved my Cheese by Dr. Spencer Johnson

Think and Grow Rich by Napoleon Hill

Eat that Frog! By Brian Tracy

See you at the Top by Zig Ziglar

## Goal Setting Worksheet #2- Immediate

State a SMART goal you wish to obtain immediately (0-90 days). Answer as many “W” and “H” statements.

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What value or character trait do you possess that will help you achieve this goal?

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What past successes or accomplishments can motivate you with this goal?

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How will this goal benefit or add to your life?

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What steps do you need to take to accomplish this goal?

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Do you need to give up any habits or current traits?

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When do you expect to complete this goal? \_\_\_\_\_

How will you feel after you’ve completed this goal?

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## Goal Setting Worksheet #3- Short Term

State a SMART goal you wish to obtain immediately (90-365 days). Answer as many “W” and “H” statements.

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What value or character trait do you possess that will help you achieve this goal?

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What past successes or accomplishments can motivate you with this goal?

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How will this goal benefit or add to your life?

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What steps do you need to take to accomplish this goal?

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Do you need to give up any habits or current traits?

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When do you expect to complete this goal? \_\_\_\_\_

How will you feel after you’ve completed this goal?

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## Goal Setting Worksheet #4- Long Term

State a SMART goal you wish to obtain immediately (1-5 years). Answer as many “W” and “H” statements.

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What value or character trait do you possess that will help you achieve this goal?

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What past successes or accomplishments can motivate you with this goal?

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How will this goal benefit or add to your life?

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What steps do you need to take to accomplish this goal?

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Do you need to give up any habits or current traits?

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When do you expect to complete this goal? \_\_\_\_\_

How will you feel after you've completed this goal?

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## Goal Setting Worksheet #5- \_\_\_\_\_

State a SMART goal you wish to obtain \_\_\_\_\_ (\_\_\_\_\_ days or years). Answer as many “W” and “H” statements.

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What value or character trait do you possess that will help you achieve this goal?

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What past successes or accomplishments can motivate you with this goal?

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How will this goal benefit or add to your life?

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What steps do you need to take to accomplish this goal?

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Do you need to give up any habits or current traits?

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When do you expect to complete this goal? \_\_\_\_\_

How will you feel after you’ve completed this goal?

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**Y? Why Not!** is a workbook with lessons to help you transform your life from Ordinary to Extraordinary. Do you ponder and dream of achieving various goals but lack direction, a starting point, or a plan? Do you know what specific goals you want to achieve? What is holding you back? This workbook ignites your start and drives you to the finish line.



Janice Newman is an entrepreneur who owns, a Real Estate Appraisal and Brokerage business. She has a Master's degree in Professional Development with a certificate in Christian Counseling, and a Bachelor's degree in Interdisciplinary Studies, with a minor in Psychology. She also has a certificate in Life Coaching, which she is very passionate about. She created a summer youth community group. She is a producer and host of a Comcast public access television show, *Y? Why Not!* with the vision of helping others achieve their goals. She is the mother of three successful adult children and wife of Philip Newman.

