

5 STEP



SLAY

Your 5 Step SLAY.

Your Action Plan

Thinking about that promotion, retiring from the J.O.B., starting a new venture, traveling, donating, losing weight, competing in something, or finally taking the first steps towards your younger self's dream?

Then girl...this is exactly what you need!

Need a little help getting there? We all hear of Vision Boards, Dream Boards, Goal Lists, etc. Sure you COULD open up your phone right now and make a list in your notes app even...but will you?

We believe guided goal/vision/dream work is exactly what a girl needs...so how about you get started, get inspired, get your mind unstuck in where you currently are...and open it to the big amazing things you want and will start to see accomplished...manifested in the year ahead.

So set about 20 - 30 minutes aside for yourself, because doing this or not doing this will either set next year on repeat, or be the launching pad to your dreams.

The choice is yours! We hope you're here to change your life. We truly believe that intentions set with priorities, dreams, and goals will change a girl's life. We believe that all life has brought you in your past are the building blocks to your future and given you what you need to succeed.

So this is where you won't let fear, time, money, or lack of confidence interfere with your dreams. Leave them at the door for this book.

It's time to reach high and Slay.

Let's get started,

Stacie & Melanie



"All I know is that this time next year I better be somewhere else."

This does NOT necessarily mean a discontentment in life...but we're talking about vision and goals here..not hoping the next year brings it to us by luck.

We're referring to 100% taking responsibility for what you DO have control over...and that's YOU!

We MUST continue to dream, work on ourselves, grow, write, create, learn, practice, become better. WHY? Because nothing huge will change on a whim and whichever way the wind blows a certain day.

You are not the kind of girl who will simply sit back and wait until luck finds you...but by creating luck by doing the work.

If you're afraid of work or have a million excuses why you can't or won't...then don't expect much change. Tired of that? It's time to move, be determined and be deliberate.

Work on yourself, grow and think yourself into the person you want to be and the life you want to live.

Now is the PERFECT time to get started...now is the time to SLAY!

STEP 1

"Clarity of vision creates clarity of priorities."

~ John Maxwell

Your dreams cannot be complete without your priorities. It's the only way to have 100% commitment to them. You must have them aligned with each other.

Priorities:

What top 3 - 5 things do you want your dreams/visions to enhance and uphold? These are the things that will never vary and you will never trade a dream for...ie. faith, family, etc.



1.

2.

3.

4.

5.

STEP 2



Dream BIG!

We know you have and will throw limitations of time, money, ability and such into your goals & dreams...we deny ourselves the idea of pursuing it any further before we even have a chance to really LET ourselves dream about it.

Are you guilty of this?

So right this moment, let's play pretend. You have so many talents and abilities. You never run out of money. Time loves you.

Write It:

My over-the-top, crazy, big, amazing, makes-my-palms sweat and my heart race dreams are...



STEP 3

Set Your Goals

We read that only 3% of adults set goals...crazy right?

But we hope you'll be one of the few who will set goals and actually work towards them.

1. As your first REAL goal-writing exercise, we want you to go back to STEP 2 and reread your crazy amazing dreams.
2. Now, with your big dreams in mind, what goals do you want to accomplish that will get you there?

Example: You dream of becoming a published, best-selling author. So a goal would be to start a blog, self-publish an ebook, and/or guest blog on blogs you follow.

Think it out WHILE you write. Don't throw this exercise to the side right now. Yes, marinating in the thoughts help too, but writing randomly, thinking "out loud" on paper or if you're writing on your computer - it opens up the flow to allow the thoughts and brainstorming to really happen.

How many goals will you write?

* Feel free to print off extra blank pages at the end of this book if you need more space.



STEP 4

Make Daily Manageable Goal Tasks

We've learned over time that we will actually work on the things we believe are worth it. If we believe the time and effort will pay off in the long run, we stick to it and make it a priority.

So your job now is to do just that.

Create your goals into bite-sized pieces so you don't just see a crazy goal that is overwhelming.

Remove limiting beliefs, limits of time, lack of money as a stumbling block by making it something you can start this very day or even next week.

Example: Big Dream - Published author. Goal - Self published ebook. Daily manageable goal - daily or weekly blogging, sharing, and getting subscribers. If you aren't sure of what the daily task would be, then start following people who are doing what you dream of. Start reaching out, asking questions. Get involved in learning how. Doing this would also be part of your daily goal task.

Make sense? The small things lead eventually to bigger ones. As you do the bite-sized daily work, you'll learn new and better ways to expand, discover new opportunities that weren't open to you before, grow your network and so on.

Exercise

Go back to Step 3 and break down each goal into bite-sized goals and tasks. Use the blank page for more writing space if you need it.

STEP 5

Connect your daily goal tasks to your Step 1 Priorities.

A little step back for reflection goes a long way. As we've stated before, we must have alignment between our dreams and goals to our top priorities or we'll ultimately never do them.

On the flip-side, once we truly connect our dreams and goals to our priorities, see and believe the benefits, the positive impacts, and the legacy it will create...now the daily goal tasks will become a priority to us. We will create what is needed to make them happen.

Example: Family is a top priority. You want to provide the best education, opportunities, and more quality time together. A goal of a published author doing daily goal tasks to create a future income and possibly have a home office, no commute to work or quitting Corporate America J.O.B.

Exercise:

Write out how accomplishing your goals will positively impact your top priorities. What excites you about your priorities when you think about them connected to your dreams and goals?



YOU DID IT!

Girl, give yourself a pat on the back! We know that taking the time to stop and work on yourself is so easy to push aside...but you did it!

Before You Go...

Keep this exercise handy by transferring your list into a neat and concise format that you can reference back to often. Consistently being reminded is vital to seeing it through.

Use the following page to concisely rewrite your Priorities, Goals, and Goal Tasks. OR, feel free to use an app on your phone, write in a document, or take a picture or screenshot of. Do what works best for YOU!

NEED MORE HELP?

Our passion is to see YOU succeed.

Ready to take that leap? We have opened up new spots for our [Fast-Track Transformational 2:1 Coaching](#) or [Elite Group Coaching Program](#).

We work with women who are ready to get to work and get results. Inquire by applying for a free discovery with us [HERE](#). Stay connected and follow us on [Facebook](#).

Now, go SLAY!



#GlamGirlBoss™

*Upgrading Your Business
Transforming Your Life.*

PRIORITIES

3-5

1. _____
2. _____
3. _____
4. _____
5. _____

GOALS

1. _____
2. _____
3. _____
4. _____
5. _____

DAILY GOAL TASKS

1. _____
2. _____
3. _____
4. _____
5. _____

#GlamGirlBoss™
www.GlamGirlBoss.com



Melanie

Stacie

We're Stacie Simons Segall & Melanie Edwards, Founders of #GlamGirlBoss.

Two Coaches - One Mission:

To provide tools, coaching, and community that teach women to discover, pursue, build, and succeed in business.

Working With Women Who...

- √ - Have their own business and sell their own products & services.
- √ - Are ready to launch a new business from the ground-level.
- √ - Have a Direct Sales, Network Marketing, Business.

We are your hand-UP, swift kick of boss motivation, take action NOW instead of later hustle you need, to slay & create the life you dream of.

Girl, we're your wake-up call!

So let's get dreaming, pursuing, working, LIVING.

Not Just A Boss, A

#GlamGirlBoss™