

CYCLE-BOOSTED BUSINESS

BOLD GOAL blueprint.



**A POWERFUL GUIDE TO THINKING BIGGER, GAINING CLARITY, &
TAKING BOLD ACTIONS TO ACTUALIZE YOUR DREAMS**

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The Process

01

KNOW YOUR WHY

— The Fuel in Your Fire

02

ENVISION YOUR DREAM LIFE

— The Coordinate to Your Journey

03

SCALE THE VISION

— Let yourself dream 100X bolder & wilder.

04

REFINE THE BOLD GOAL

— The momentum driving the Dream.

05

COMMIT & CELEBRATE

— From commitment & clarity, the Dream is alive.



01. *KNOW YOUR WHY*



WE BEGIN WITH WHY BECAUSE

- It's what keeps you going when you want to quit, when life throws curve balls, when you don't feel perfect or ready, and all those life things.
- It's what connects us to others, leading us to both future clients & collaborators.
- It's the anchor to the grander mission if and when pivots arise in life & business.
- It stands as your True North, making decisions and your life vision clear.

01. KNOW YOUR WHY

**WHAT KEY TRANSFORMATIONS IN YOUR LIFE STORY
SHAPED YOU THAT CAN NOW SERVE TO INSPIRE OTHERS?**



WHAT DRIVES YOUR SOUL?



**WHAT LEGACY DO YOU WANT TO LEAVE IN THE WORLD
& WHY?**



02.

ENVISION YOUR DREAM LIFE



WE CULTIVATE LIFE VISION BECAUSE

- We've been given incredibly powerful gift as humans: the power to create our lives intentionally. This is an opportunity to use this powerful gift for good.
- Clearly writing down your Dream Life Vision is like knowing the address of your destination and putting it in the GPS before driving. You can just drive randomly, and that may be fun. But, if you were called to a "Bold Goal blueprint" I know you don't just want to go anywhere. You want to go somewhere EPIC.
- When you know your direction in Life, it's easier to choose a business model that will support your Dream Life.
- Note: Crafting your Dream Life is not an all in one process. It evolves with time, experience, reflection, and refinement. You have the freedom to shift it as you discover more about your desires and gifts.

02. ENVISION YOUR DREAM LIFE

SINCE **YOU CAN CREATE ANYTHING YOU DREAM**,
LET YOURSELF DREAM WILDLY.
IMAGINE THAT ALL THE SUPPORT, SKILLS, SYSTEMS,
AND STRUCTURE IS AVAILABLE TO YOU TO FULFILL
YOUR VISION.

IF I WOKE UP LIVING MY **DREAM LIFE**, WHAT
WOULD **YOUR DAY** LOOK LIKE FROM MORNING
TO NIGHT?

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02. ENVISION YOUR DREAM LIFE

WELLNESS:

HOW DO YOU FEEL IN YOUR MIND, BODY, & SOUL?



RELATIONSHIPS & FAMILY:

WHAT DO YOUR RELATIONSHIPS FEEL LIKE?



02. ENVISION YOUR DREAM LIFE

CONTRIBUTION & LEGACY:

WHAT DOES YOUR IDEAL WORK ROLE LOOK LIKE?
HOW IS IT CREATING IMPACT FOR OTHERS?



WEALTH:

HOW MUCH INCOME DO YOU WANT TO GENERATE,
ACTIVELY AND PASSIVELY?



02. ENVISION YOUR DREAM LIFE

WHAT CORE THEMES DID YOU NOTICE ABOUT YOUR DREAM? WHAT DOES THIS TELL YOU ABOUT WHAT TO **PRIORITIZE** IN YOUR LIFE?

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03.

SCALE THE VISION



WE SCALE THE BUSINESS VISION BECAUSE

- It helps you see beyond your now self & gives you a journey to grow through.
- It creates a vision that can support future team members, welcoming their missions to come alive within your vision and nourishes their growth too.
- It shifts the action you choose to take by catalyzing you to think creatively about how to accomplish something that you don't YET have any idea how to do.
- It's strange but true that the bigger the vision, the easier the path becomes.

03. SCALE THE VISION

NOW, FOCUS ON YOUR BUSINESS DREAM:
REFLECT ON THESE THREE BUSINESS DREAM **EXPANDING QUESTIONS** TO BUILD THE **FOUNDATION OF A SCALABLE BUSINESS** THAT WILL BOLDLY SERVE YOUR DREAM LIFE AND THE WORLD'S DREAMS.
REMEMBER—**SUCCESS IS ON YOUR SIDE.**

WHAT WOULD THIS MISSION-DRIVEN BUSINESS
OFFER AND ACHIEVE IF YOU HAD
10 OR EVEN 100 PEOPLE SUPPORTING IT WITH YOU?
WHAT ROLES WOULD BE SUPPORTIVE?

03. *SCALE THE VISION*

IF YOU IMAGINE 100 YEARS FORWARD, INTO THE
NEXT GENERATION, WHAT IMPACT HAS YOUR
MISSION-DRIVEN BUSINESS ACHIEVED?



03. *SCALE THE VISION*

WHAT COULD YOU ACCOMPLISH IF YOU
DEDICATED A DECADE (10 YEARS) TO BUILD THIS
BUSINESS TO ITS MAX POTENTIAL?

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04.

REFINE THE BOLD GOAL



THE BOLD GOAL BLUEPRINT

— **The Bold Goal is focused on momentum-building action. The input > the output.**

Rather than focusing on outcomes that are less predictable to control (ex. to make 1 million dollars this year), the Bold Goal focuses on the consistent action inputs that will lead to the dream vision (ex. promoting my value offer on social media platforms 10x weekly & connecting with 100 leads weekly).

— **The Bold Goal beckons you to be LOFTY with your idea of “reality,”** while grounding into reality through action. By **committing** to a goal that scares you a little, excites you a lot, and makes you think, “HOW?,” you’ll automatically activate the hidden wells of your power and gifts to make it a reality.

— **The Bold Goal is driven by Quantum Leaps.**

It invites you to choose your Bold Goal from the embodiment of the You who is already living your Dream Life. What key actions do they prioritize?

04. *REFINE THE BOLD GOAL*

IMAGINE YOU ARE LOOKING THROUGH THE LENS OF YOUR FUTURE SELF, LIVING YOUR DREAM LIFE. SET THE INTENTION FOR THIS FUTURE SELF TO GUIDE YOUR ANSWERS.

**WHAT WOULD MY FUTURE SELF PRIORITIZE
DAILY AND/OR MONTHLY?**

04. REFINE THE BOLD GOAL

1. MAKE A LIST OF THE TOP 10 CONSISTENT ACTIONS THAT WILL LEAD TO YOUR BUSINESS DREAM.

****If you don't know this yet, that's okay! That means your truly dreaming BOLD. I encourage you to explore & research people who are living a similar version of your dream. Learn from who they are & the path they took.**

2. CIRCLE THE TOP 3 MOMENTUM-BUILDING ACTIONS: THE STEPS THAT LEAD TO THE BIGGEST PROGRESS TOWARDS THE DREAM.

04. REFINES THE BOLD GOAL

3. NOW IT'S TIME TO REFINES THE SPECIFICS OF YOUR BOLD GOALS. START WITH 1 CIRCLED ACTION FROM THE PREVIOUS PAGE.

WHAT IS THE
SPECIFIC ACTION
YOU'LL TAKE:

HOW OFTEN &
WHEN WILL YOU
MAKE SPACE
FOR IT?

HOW WILL YOU
MEASURE
PROGRESS?

WHAT STRATEGY
CAN HELP
YOU STAY
ACCOUNTABLE?

WHO COULD
SUPPORT YOU IN
YOUR GOAL
SUCCESS?

04. REFINES THE BOLD GOAL

EXTRA BOLD GOAL SETTING PAGE FOR MOMENTUM-BUILDING ACTIONS #2.

WHAT IS THE
SPECIFIC ACTION
YOU'LL TAKE:

HOW OFTEN &
WHEN WILL YOU
MAKE SPACE
FOR IT?

HOW WILL YOU
MEASURE
PROGRESS?

WHAT STRATEGY
CAN HELP
YOU STAY
ACCOUNTABLE?

WHO COULD
SUPPORT YOU IN
YOUR GOAL
SUCCESS?

04. REFINE THE BOLD GOAL

EXTRA BOLD GOAL SETTING PAGE FOR MOMENTUM-BUILDING ACTION #3.

WHAT IS THE
SPECIFIC ACTION
YOU'LL TAKE:

HOW OFTEN &
WHEN WILL YOU
MAKE SPACE
FOR IT?

HOW WILL YOU
MEASURE
PROGRESS?

WHAT STRATEGY
CAN HELP
YOU STAY
ACCOUNTABLE?

WHO COULD
SUPPORT YOU IN
YOUR GOAL
SUCCESS?

05.

COMMIT & CELEBRATE!



I, _____, COMMIT
TO MY BOLD DREAMS & BOLD GOALS.
THIS COMMIT MEANS...

A large, empty, rounded rectangular box with a light beige background, intended for writing a commitment or goal.

BOLD THINKING & COMMITMENT DESERVES CELEBRATION!

**SHARE YOUR GOAL AND THE FIRST BOLD STEP YOU'LL TAKE
WITH ME, AND I'LL CELEBRATE WITH YOU.**

MESSAGE ME DIRECTLY @LILLY.FIELD ON INSTAGRAM OR FACEBOOK.

SHARE YOUR BOLD GOAL & I'LL GIVE YOU A CELEBRATION GIFT!

Do you want to be supported as you take bigger and bolder leaps into your Dream Life & Business Success?

Cycle Boosted BUSINESS ACCELERATOR

LEARN MORE:



Through this 3-month journey, you will:

- Transform dream into dollars, mission into monetization
- Gain the Cycle-Boosted Business + Wellness blueprints for building a successful, scalable, burnout-free business
- Receive a supportive 1:1 coach AND cohort team by your side
- Gain the tools & practices to break free of limitations & rise into your beautiful, expansive dream life.

YOUR FUTURE SELF IS CELEBRATING YOU!

Written by Lilly Field, Cycle-Boosted Business Coach, @lilly.field

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