

# Relentless Pursuit

## PODCAST



Here are a few of the ways I am going to intentionally move FORWARD in 2021. Although this isn't the entire list, you can see where I am headed in 2021. My favorite part about this list is that most of these goals were inspired by the topics and our conversations during Seasons 1 & 2 of the Relentless Pursuit Podcast. So, maybe that could work for you too! Go back through this year's 24 episodes and see if any of the topics or challenges are ones that you could let guide you in to the new year.

What is important to note is that sometimes we think all of our goals, resolutions, targets have to be about adding things to our list. But, if we think about growing, often times it has to be about taking away the things that hold us back, whether it's a bad habit, task, or perspective.

In 2020, I looked at some big picture goals and values that helped guide who I said I wanted to be. In 2021, I am focusing on smaller goals and targets that will continue to challenge me to be who I say I want to be, and do what I said I wanted to do.

## ROSANNA'S GOALS 2021

### Think Big Picture.

What do you want this year to look like? How do you want your year to feel? Who do you want to be once 2021 is over?

### Word of the Year = Engaged

I am choosing to be all in! No matter where this year leads me, wherever I am, I need to be all there. No more distractions, no more wishing I was somewhere else. I want to focus my time and my attention on what is in front of me. From people and relationships to my business or my daily chores around the house. I have no idea what 2021 will bring, but no matter what it does, being engaged with what is in front of me will no doubt be important.

#### Goal 1

LOOK AT FACES, NOT DEVICES

#### why?

I'm on my phone too much. I am not engaged with what is in front of me. I am wasting time. This habit does not make me move closer to who I say I want to be.

#### plan

Enable the "Screen Time" feature on my phone  
Set daily time limits on my device  
Have Jordan hold me accountable  
Keep my phone AWAY from where I am when I don't need to be on it.

#### Goal 2

21 BOOKS IN 2021

#### why?

I am interested in learning and growing, and I can do that through self-education. Also, reading as a hobby can help me relax and keep me off devices.

#### plan

21 books in 2021  
At least one book a month for the first 4 months of the year  
Choose books in areas of interest and personal growth  
Share my knowledge with others

#### Goal 3

TAKE UP A NEW HOBBY

#### why?

Life should contain moments for rest and fun. Hobbies are a great form of self-care. I don't HAVE TO MONETIZE everything I do.

#### plan

I've been wanting to learn/try calligraphy for as long as I can remember--always making excuses for why I couldn't. But I've found some virtual classes I can take that will allow me to order a kit and learn from home and I couldn't be more excited. Wanna join me? Let's connect!

#### Goal 4

ATTITUDE OF GRATITUDE

#### why?

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. I want to continually be aware of how blessed I am/we are, and use that gratitude as a source of good energy.

#### plan

52 Weeks of Gratitude Book  
Practicing and modeling gratitude with the kids  
Engaging others in conversations about gratitude & thankfulness

#### Goal 5

GIVING BACK

#### why?

When you are really thankful, you share. I'd like that to be a part of who I am. Giving from our own abundance.

#### plan

Research local, national, and global charities.  
Find a cause or mission I believe in.  
Donate to the charities of my choosing.  
Volunteer and be a part of working towards those missions.

#### Goal 6

30 DAY CHALLENGES

#### why?

Good habits bring success. Habits are forever. Habits are easy to accomplish. Habits often exceed goals. Habits are small but certain. Plus, I'm competitive, especially with Jordan, and it would be fun to do this together. Be mindful of how we feel completing the challenges, try something new, and see which habits we'd like to continue.

#### plan

30 Days of No Alcohol  
30 Days of No Sweets  
30 Days of No Coffee  
30 Days of No Social Media

# Relentless Pursuit

## PODCAST

If 2020 was hard and you didn't achieve your goals, you don't feel like you're thriving, and you are just barely hanging on, It's OK! Be proud that you made it. Sometimes just surviving is enough. 2020 was laced with having to be reactive to the world around us, but now, knowing that 2021 won't be what we are quite used to means we can take a proactive approach.

So, whether 2020 was your best year (it may just have been) or your worst (thanks Corona!) there's really only one way to intentionally move FORWARD. Goal setting is a powerful process because it helps you CHOOSE where you want to go. It can help you simplify your life, focus your time, and grow.

In preparing for 2021, I was reminded of our Season 2: Episode 10 podcast interview with Jason Waller regarding resiliency. He reminded us to 1. Focus on what we can control and let go of what we cant 2. Allow gratitude to ground us and give perspective 3. Find solutions to move forward

xo, Rosanna



## 2021 GOALS

### Think Big Picture.

What do you want this year to look like? How do you want your year to feel? Who do you want to be once 2021 is over?

### Word of the Year

Let a word help define your focus. Discover the "one word" concept that motivational speaker, Jon Gordon made popular. Instead of focusing on multiple things, the idea is to focus your time, energy and headspace on one thing. Before you start your day, a conversation, or even a workout, learn to check-in with your mental attitude. How is it showing up in your words and actions?

Goal 1

why?

plan

Goal 2

why?

plan

Goal 3

why?

plan

Goal 4

why?

plan

Goal 5

why?

plan

Goal 6

why?

plan



# Relentless Pursuit

## PODCAST



Instead of coming up with the "usual" list of categories (health, professional, financial, etc.) and making a to-do list off of those, this year I decided to challenge myself with one simple question: "WHO do I want to be in 2021?" I felt like this year if I focus first on character, then the appropriate goals and resolutions would follow organically.

After answering those, it was easier for me to "see the big picture" and connect my daily habits to my larger aspirations. Instead of just coming up with a random list of "things I want to do" in 2021, I looked at what I'm already doing that I need to amplify, and how I can add habits or explorations more aligned with my ultimate character goals.

Im excited heading into 2021, inspired by the conversations on The Relentless Pursuit Podcast and by all of our listeners sharing love, feedback, and wisdom along the way!

## JORDAN'S GOALS 2021

### Who do I want to be in 2021?

1. I want to have increased awareness and care for others around me.
2. Be committed to consistently doing the things I care about and know that work.

#### Maintain

Daily Workouts  
Monday Night Conversations  
with Rosanna

#### Improve

Eating Habits  
Knowing what I Stand For  
Money Management  
Asking for Advice & Feedback  
Morning Habits/Routines

#### Stop

Electronic Device Use  
Putting myself before others

#### Goals

Try something new  
Become more others oriented  
Consistent & surprising charity with  
time, money and energy  
Write more about education  
Write Stories/Poems  
Get obsessed with something

#### Experiments

No Alcohol  
No Caffeine  
No Sweets  
Writing Challenge  
Conversation Challenge

#### To Do's

See a sleep consultant  
See a nutritionist  
Take a class

# Relentless Pursuit

## PODCAST



We can't just casually turn the page to a new month or a new year. Shifting from surviving 2020 to thriving in 2021 will require intentionality.

The life we want won't just happen. We need a purpose, a plan, and some accountability if we want to cultivate our days, weeks, months, and year to create the life we say we want, and to help transform ourselves in to the people we say we want to be.

As you prepare for the new year, carve out some time to sit and reflect. Take stock of what worked and what didn't. Think about where you are and where you want to be. And then make a plan, a challenge, a goal, a resolution to move forward. There's no right or wrong way to do it. But here are few examples to help you get started.

*take care, Jordan*

## GOALS 2021

*Who do I want to be in 2021?*

*Maintain*

*Improve*

*Stop*

*Goals*

*Experiments*

*To Do's*