

Episode #30: Create Your Own Goal Rulebook



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with Lara Johnson

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Welcome to the *Mom on Purpose Podcast*. I'm Lara Johnson, and I'm here to teach you how to get out of your funk, be in a better mood, claim more with your kids. Manage your home better, get your to-do list done and live your life on purpose with my proven method. This is possible for you, and I'll show you how. You're not alone anymore. We're in this together.

Hello, hello! It's Lara Johnson, *Mom on Purpose Podcast*. And I just wanted to welcome you back to another wonderful episode—because I think they're all wonderful and we're always going to have fun here. So, I wanted to start with a couple of funny stories in light of having some fun, because after we have a baby, things are a little adventurous and I think it's important for us to find some humor in these things.

So, we are going to be talking about goals, so I thought this was a perfect opportunity to share these stories. So, a couple weeks, I was standing in my kitchen. You know, I had a baby not too long ago. And my son comes in and he's got like this Lego board that he has that he, you know, builds his creations on, and he is using it to like fan me off. And I turned to him. I said, "Oh wow, buddy. Like, that is so nice of you. Thank you, that feels wonderful. How did you know I need that?"

And he goes, "Because I smelled you." I just started laughing. I was like, "Yeah, you know, after you have a baby, you just don't smell the greatest." And so, okay, so there's one. And then the other one is I had taken my daughter to her therapy appointment and we're sitting there, you know, with a therapist and it had been a while since she had seen her, you know, maybe like a year or so. And we've had some challenges. So, we've brought her back, and we love, we absolutely love her therapist. And so, she's asking her, you know, Taylor, it's my daughter's name. You know, "What's new with you? It's been a while since I've seen you." And my daughter's like, "Well, you know, not much."

And she's like, "Well, you had a new baby in your house." She's like, "Yeah." And my daughter's like, "You know, I've been going to school, and we have the new baby, and my mom has stopped brushing her hair." Like it was so, like, nonchalant as she said it. I sat there and, you know, I, Colleen, her therapist and I, we kind of look at each other and we just start laughing and I was like, "I did brush my hair today. It just air dried and so it doesn't look like it's been brushed because I have very crazy hair."

I just wanted to use those stories, you know, to kick off this episode. As we talk, I want you to really understand that it's okay for your goals to change. Over the last few months, my goals were to eat and to shower. Those were the only two goals that I had. Brushing the hair, it was kind of optional, you know. And I didn't always get a shower in as I illustrated with my son smelling me. And I just was very disgusting. But that was okay with me because different times mean that there are different goals and I think it's important.

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And why I wanted to start this episode with those stories is because I think it's so easy for us to look at other people and think that they have very high goals. That, you know, they're knocking it out of the park every time they're running this marathon. They're in shape, they're, you know, this or that, or, you know, whatever it is. It's so easy for our brain to think that they're expert at achieving goals and their goals must be better than whatever our goals are. And so, I want you just to really think about that, you know, for yourself. Like, my goals, now that my baby is almost ten weeks old, are very different than what my goals have been for the last few months.

And at no point during that time did I shame myself that my goal was only my shower and feeding myself. Those were my only goals. And so, as we're going through this episode, I want you to really think about that for yourself; on what are your goals right now and do you feel okay about having those goals. Or are you judging yourself and thinking that they're not good enough, or that you should have some other different goals?

And so, what we're going to be talking about on this episode is, you know, why we have goals and how to focus on our personal growth over whatever that end result is with our goal. So, our game, you know, ***This Podcast Episode is For You*** is if you are waiting to feel good about yourself once you reach your goals. This is something that I can't tell you how many times I've coached on my clients, I've coached in workshops, I've coached myself on how we think that once we feel good, then you know, we get that gold star, and we can finally feel better about ourselves.

You also know ***This Episode is For You*** is if you feel like you need to "reach for the stars" with every goal, and that you are set such big impossible goals every single time, but that you've ended up feeling kind of discouraged about them because one) you're not reaching them, and two) you're making it mean something about you.

Another thing as you know ***This Episode is For You*** is if you have a set of rules that qualifies a goal. And a perfect example of that is if you have ever said or have thought for yourself: "a goal not written down is only a wish." Or you know, the smart goals, or they need to be time bound and measurable, and you have a whole list of things that these goals have to meet in order for it to "qualify" as a legit goal.

You'll also know ***This Episode is For You*** is that you are more concerned about reaching the goal than who you're becoming in the process. Again, that goes kind of with number one, that, you know, you want to wait to feel good about yourself until you reach that goal. And then the last thing is, you know, and I kind of touched this on this already, is if you are making yourself feel bad for whatever goal that you have, and that when you're on social media, when you're talking with other people, when you're talking vision boards with your friends or you know, whatever that is, that you kind of don't want to tell people your goals. You kind of feel a little cringe-y about it, or you're very envious about other people, and you're looking at them and

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thinking that they're better than you in some way. So, that's just, you know, to kind of setup for this episode.

We kind of talk a lot about goals, and I want you, for just a second—we're going to do a little activity. So, if you're in a safe place where you can close your eyes, great. If you're, you know, doing laundry, I want you just to pause for about ten seconds. If you're driving, keep your eyes open, okay?

And I want you just to kind of imagine, like, going into your body. I want you to see how you feel when you say or think the word *goals*, okay? And I'm going to give you just a second to let that settle in. So, close your eyes. Take a really deep breath. And it's almost like you look inside of your body and I want you to think the word *goals* and recognize how your body responds.

Now the first thing that will happen is you'll probably have a lot of thoughts about what you think you feel like. "I haven't met goals in the past," or "goals are really fun. I love to set goals."

So, those are thoughts. That's not exactly what you are feeling, okay? So, when you're tapping into your body, I call it tapping in because I want you to... it's almost like you get outside of your head and you start looking at the inside of your body. Now I want you to go inside of your body. You'll know you're inside of your body when you say things like, "My chest feels tight," or "there's a pit in my stomach," or "a lump in my throat." Or, "When I say goals, my heart starts to race, and I smile." There's such a range, you know, people can feel around goals. I know for me, for the longest time, every time I said the word *goals*, I almost like—you can't see me right now because it's a podcast—but like my lips, like, start to curl up. Like, I'm thinking about how I used to feel like... my lips would curl up and I'd almost feel like, like a bad taste in my mouth. Okay, so the reason why I ask this, and the reason why I really want you to do this activity is because we have a lot of subconscious thoughts around specific words.

And based on your life experiences, chances are you have a lot of subconscious thoughts about the word *goals*. So, anytime you're working toward it, logically, you may say, "Yeah, I want this goal," but subconsciously, if you have a lot of thoughts or experiences and your body is responding in a negative way, the whole experience will just be miserable for you whether you realize it or not.

And so, it's important to really stop and see how you feel with that. And once you understand how you feel, then you can start unraveling. What are some of the things I've internalized about goals? And so, once we start unraveling some of those things, we can really get clear on just what a goal is. And a goal is just an aim, or a desired result.

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That's it. It doesn't mean anything about us. It doesn't. It has no value on our worth as a human being. It's just a desired result. And so, when we get really clear that, that's all it is. Then every single time you have that envious feeling, or you're embarrassed to talk about your goals, or you're shaming yourself because you haven't met something in the past, you know there are subconscious thoughts that are happening as background noise that are keeping you, you know, from holding you back.

And so, when I think about goals for myself, and how I really started to unravel some of these subconscious thoughts, is I realized for me, I viewed people that were doing a specific set of rules around goals; I viewed them as better humans than me. Now, I would never have said that because it was so deeply subconscious, but one of the things that I felt was when somebody talked about waking up early, I immediately felt like I should wake up earlier.

Okay. Another example is, you know, if somebody was exercising and eating healthier than me, I felt like they had more value in the words that they... the words they spoke. Again, this was so subconscious. I didn't realize this was happening until I started to slow my mind down and really started to question how I felt about goals.

Another really great example, and we can really see this across the board, is that—and this is, you know, kind of an outrageous example—but if somebody has gone to an Ivy League school, their opinion, we think, matters more than someone else's opinion. You know, another really good example is we often will trust a doctor over our own instincts as a mother because they have reached a goal outside of us.

Granted, I get that, like, they have expertise in a specific area they studied, but I want you just to look at it from the sense of a goal. Like, if you wanted to become a doctor and didn't, chances are you put a lot of weight in the things that they say and often question your own knowledge, and your own experience, and the information within your own brain more. Okay?

So that's where I just want you to get really clear on that because this will matter for whatever goal you are working toward. You have to kind of scale back and realize that goal is just a desired result and is in no way a reflection of you as a human being and your worth or value to yourself, to your family. Okay?

So, then, that really like begs the question on if it's just a desired result. Like, why do we set a goal? And I've talked about this in the past and, and you know, I've created the Goal Cycle, which is what I use for my own goals, and it's really effective for me and for my clients. But really just like the purpose of a goal? Sometimes it's just to have... like, it doesn't make my life better. I have a really good life, but sometimes it's just fun to give myself a challenge. You know, sometimes it's like, "Well, why not try this?" You know, why not shoot, like, why not, like, lose weight and get back to my pre-pregnancy weight in a certain amount of time? Like that might just be kind of fun.

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I never talk about it with anybody else. I'm very personal about, you know, my body and all of that. And there's very few people I actually talk about with my body. But it's just kind of fun. It's just kind of fun to think about that for myself on, like, "Oh, I really wonder if I can manage my emotions instead of eating an entire bag of Doritos when I'm stressed." Okay?

So that's just an example. The other thing is sometimes I just want to. I want to, like, and that's a valid reason to set a goal. The other reason that I see for myself, as I've evolved and gotten, as I've cleaned up a lot of my subconscious thoughts, and I've gotten really clear for me on like what goals mean to me? A lot of it really comes down to just growth. I like to grow. That's just something that's fun for me. Now, there are times where I choose not to grow while I'm having a baby, and while I was out on maternity leave, I did no self-help whatsoever. The only thing that I wanted to do at that time was just be.

That was it. That was growth for me. Okay. But I wasn't, like, forward thinking and, you know, setting these goals or you know, whatever. Like I released all of that and I just was present. That was the only thing. And that was such growth. And it was so much fun. And then I could feel when the tables turned, and I was like, "Okay, yeah, I actually want to do these things again. And I want to grow in this different way."

Okay? So, I want you to really think about that for yourself. What is the purpose of your goals? And again, this will be very important that you tap into your body during this because you will have a lot of subconscious thoughts based on your life experiences about goals.

Then you really can start getting clear on what is the purpose. Like I know you want to, you know, make more money. You want to fulfill your life's purpose and work with God, but why? Why do you want those things? Okay? Again, we're really getting deep on this very specific thing. So, the other thing that I really wanted to mention is that as I'm growing, one of my favorite things to do is to write my own rule book.

And this is really important for you as well. Like, I teach the Goal Cycle, and that's a framework. Within that framework, every person has some kind of subconscious rules that they think has to happen in order for it to be a legit goal. And so, I wanted to share just a couple of my rules that I have, as I've written my own rule book. And I want you to be thinking about what you would want your rules to be about a goal, because there's no right way to go about this.

So, the first thing is, for me, writing down a goal is optional. Now I mentioned this in the beginning where it was like, "a goal not written down is only a wish." That's just someone's thought that they offered to you, and it may or may not be useful. Okay? I have lots of goals that I have never written down, and I love those goals. Okay? I don't have to write them down in order for it to be legit. That's one of my own rules that I have established as part of my Goal Rule Book. Another one that I have written

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down is that I like to set small goals, and this goes back to, you know, reaching for the stars, or reach for the moon and maybe you'll land in the stars or, you know, something like that. Or the impossible goal, which is what, you know, I was taught by my mentor, which is all fantastic and it's really useful for a lot of people. What I found for me is it wasn't useful, and I was keeping myself to this standard that just didn't resonate with me as an individual. And so, what I started doing is I started setting smaller goals.

What happened in the process is I realized I keep commitments to myself, which was a narrative that I had told myself for so long. That, you know, I hadn't reached these big goals, and therefore I didn't keep commitments to myself. That was just garbage. I keep so many commitments to myself and I had to start setting smaller goals in order for me to see that. In order for me to build the evidence that I actually do these things. So, I actually really love to set small goals, and the more I show up for myself and keep those commitments I'm growing my confidence in that, in that way as well. And so, for me, that's just something that I like to do as part of my own Goal Rule Book.

The other is, I like to think about timelines as arbitrary. These are the timelines where I just pick a timeline I think it might happen. And sometimes I get there faster and sometimes it takes me years longer, and that's okay. I don't really care because I just pulled a timeline out of the air. Like, we hold ourselves to these timelines and then beat ourselves up when, in reality, you just pull it out of the air. It's not a big deal. And so, when I'm talking about the Goal Cycle, and you can go back and listen to that episode, I do talk about the reasons why I like to set a time for that. It doesn't really matter. It's just for me, personally, I do like to have an end time, but that end time is just so I can take a break and celebrate myself. And so that's when I talk about, you know, a timeline on it. I'm not holding myself to it in order to beat myself up if I don't reach it. And then I just start to evaluate some of the things, and what I want to try to do different next.

The other thing that I want to get really clear on is that I love myself before I set the goal. And I love myself after whatever goal it is. And my love for myself doesn't shift based on where I'm at in the Goal Cycle. And whether or not I've reached a goal that is so critical for you to understand. I want—I'm going to repeat this because I really want this to sink in. The love I have for myself is there before I set a goal.

It's there during my goal and it's there after my goal. It in no way fluctuates based on where I am in reaching a goal. Now, there are times where I will be proud of myself for doing something hard. But that doesn't affect the love I have for myself. And the other thing, you know, along the lines with that is through this process, I do feel emotions.

I feel a range of emotions, and it's good to feel the range of emotions. Sometimes I feel disappointed if I don't reach my goal. That is very different. That is like what we

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call a pure emotion. That's very different to feel disappointed, then it is to make that disappointment mean that I am unworthy or less valuable as a human. Okay?

And that's kind of the difference between, like, a pure emotion like disappointment versus shame, which I'm telling myself that I'm no good because I didn't reach it. Okay? So, that's another thing. That's another part of my rule book, is I have the right to feel every emotion through the process, but I work really hard on not shaming myself wherever I'm at in there.

And then the last rule that I include is that I reserve the right to change my goals at any time. This sounds so simple, but I am the adult in my own life. I have the right at any given point to change my process to reach a goal, to change the goal itself, to change, you know, whatever I want, because I am the one in control of it.

I get to create my own rules about my goals, and I get to focus on who I'm becoming in the process more than whatever that end thing is because I choose to do that. So, I want you to create your own. This is, you know, a challenge for you. I want you to create your own rule book about goals for yourself.

I want you to release a lot of what you think should happen around a goal, and I want you to start writing what you choose to do in your goal setting. And as you do that and as you know, kind of throw out the "should rule book" and you start building out your own, what you'll find is that you start having a better relationship with goals. You know, going back to that feeling when you create your own rules, suddenly it's going to feel lighter, it's going to feel more fun, it's going to feel more authentic to who you are as an individual. I remember coaching a client on this once and I asked her, "You know, what are your relationships with goals?"

And she said, "You know, I have all these things that I do. And, you know, I go to the gym, I..." You know? And she listed off all of these things. She's like, "But I don't really view those as a goal because I haven't written them down." And, you know, and she gave me a couple reasons. And so, that's, you know, kind of where this came from.

I'm like, "You know what? Those are her goals. That's just who she's become. And she's going to keep doing those things because of the rule book she has for her goals. She doesn't need to write it down. She just becomes the person who does these things." And for her, that was part of her rule book. So, I want you, again, to sit down.

I want you to write down all the rules that you have for yourself. I want you to even think about, you know, ones that you want to throw out the door, the ones that you think you should do, and just keep the ones that you want to do. And that's what's going to help you really focus on growing and having fun in the process then beating yourself up and thinking you should be doing something in a specific way in order to

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feel better about. All right? Have fun writing your own rule book to date and we will continue some more goal talk over the next few months. See you.

Thank you for listening. Please share, review, and subscribe to this podcast so that together we can live life on purpose.

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