



GRACE SPACE

CHRISTIAN COACHING

How to Make Your Vision Board Come to Life this Year

(in 7 Simple Steps!)





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WELCOME!



Hi!! I'm Alexandra. I'm so thrilled you're part of the Grace Space Christian Coaching tribe of women & so excited that God crossed our paths.

Let's take a minute to pause and be real. Sound refreshing? I'll get us started!

I personally know how easy it can feel to be overwhelmed, stuck, and unsure of what's next. Back in 2013, my life looked super successful on the outside, but it sure didn't feel that way on the inside. Sound familiar? After a lot of internal work and more importantly, deep connection with Christ, He led me to become a coach for women who might be feeling the same way, but know there's more.

I partner with women (just like you!) to uncover a deeper understanding of who they are in the Lord and how to use their gifts & dreams to honor God, serve others, and live life from a place of joy and gratitude.

[Grace Space Christian Coaching](#) exists to provide an inspirational and judgement free space for women to grow. A space where you can transform from overwhelmed to overjoyed.

Our mission is to enable Christian women, through God, to experience the fullness of what He has in store for them. Our vision is to guide Christian women towards courageously pursuing intentional lives, while deepening their faith and more fully loving God, themselves, and others.

Let's unlock your potential and help you to find focus and energy so that you can make progress on what matters most.

Are you ready to transform from overwhelmed to overjoyed?

Cannot wait to go on this adventure with you. It is going to be *good!*



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What if you could make your vision board come to life this year?

I'm here to tell you, it can totally happen.

Let's work together to breathe life into your God given dreams.

Take a moment with me to consider...

What if this year is the year where everything changes?

Think to yourself.. "What if this year is the year when I finally..."

- Start the side hustle
 - Leave my job
- Establish a morning routine
- Figure out how to use my gifts for God's glory
 - Use my gym membership
 - Read the Bible
 - Hear God's voice
- Lead a women's group
 - Dream BIG
- Think + act with courage instead of fear + doubt

Sound good, right? These are just a handful of the successes that my clients have celebrated. (You can read all their love notes [here!](#)).



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Here are my top tips for breathing life into your God-given dream this year!

1) PRAY

Pause in prayer to begin. Yes, let's silence our minds and sit in stillness with the Lord.

Give Him:

- the opportunity to stir in your heart
- the chance to rid what's not serving His kingdom and welcome in what is
- the opportunity for His will to become your own

2) GET CLEAR ON YOUR GOALS

Brainstorm everything that comes to mind- have fun with it! Anything goes.

Spend 10, 20, or even 30 minutes writing it all out.

Dream big. And consider what God is leading you towards.

3) SIMPLIFY

Then, bucket into categories.

After many years of goal setting, I've recognized that my goals often fall into 5 F's!

- Faith
- Family
- Fitness
- Fun
- Fellowship



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3) SIMPLIFY (continued)

Pro tip: I would recommend having one or two goals per category, max.

Bonus: Ask yourself, “How will I know when I’ve met my goal?”

Will you hit a certain target? How will the goal impact your relationship with God or your family? Define what success means to you.

4) SIMPLIFY EVEN FURTHER

Yes- I double dare you.

But don’t worry, it won’t be as hard as you think.

Here’s how to do it:

Consider what all your goals have in common.

Then, write a word that ties them all together.

(Check out the book *the One Word that Will Change Your Life* to help you out!)

This is your theme word for the year.

As things come up, consider... do they align with that word? It’s kind of a filter test for you, if you will.



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5) MAKE IT VISUAL

Make it pretty! Write these goals on a gorgeous piece of stationery, jazz up an index card, use Canva, or a picture collage app and have fun with it! Then, leave your beautiful creation somewhere where you'll see it every day.

Challenge yourself to see it as much as your reflection in the mirror.

Pro tip: After your morning devotional time, look at this visual!

You'll want to be so familiar with these goals that they're ingrained in your memory.

Plus, it's the most energizing way to start your day.

Bonus: Consider making this your cell phone and/or computer background!

6) CALENDARIZE

"A goal without a plan is just a wish." - Antoine de saint-Exupery

And a big part of creating the plan is creating the timeline.

This step is so worth it. Yes, it'll take some time but it's critical if you want to see these goals come to life.

Create a timeline. Are some of these goals accomplished in a few months? Or do they need to be built into your week? Create a structure and then put it on your calendar.



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6) CALENDARIZE (continued)

Confession time... I used to use a paper planner for years. I'm talking consistently for probably 18 years.

I just this year switched to using Google Calendar. And I love it. I used to get so distracted by messy writing & having to move around commitments (when I started to prioritize what I needed to do... which is a game changer!) The virtual calendar is so much cleaner.

If making the switch seems unbearable, keep everything on Google Calendar, then write out your list out for the day. (This will also help you from getting distracted when opening up your calendar and wanting to look ahead if you're anything like me ;)

7) BE ACCOUNTABLE

Yes- this can be super uncomfortable but is also so critical!

Share your goals with someone you love and trust. Then, ask them to hold you accountable to them.

Bonus: Schedule time to periodically check-in with one another (pray about what cadence this looks like for you... e.g. daily, weekly, monthly). Having this extra support is like rocket fuel. And if they're interested, be a gift to them and offer to check-in on their goals & provide encouragement and accountability to them, too!

This is a great way to boost + strengthen a friendship as well <3



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EXTRA CREDIT: CELEBRATE!

Yes, celebrate!

Think of something GOOD that will motivate you when things get tough. What is it that you would love to see at the finish line?

Figure out what it is that you will do to celebrate you accomplishing your goal. And then do that thing!!!

I am so excited for you to put these in action! Can't wait to see how you breathe life into these goals and grow your relationship with God + those around you in the process. It is going to be good. <3

Quick pause.

Are you feeling unsure that you can tackle it all?

Have these goals been on your list in previous years and you've just not made traction?

Girl- I applaud you for getting honest with yourself.

It's okay not to do it all. We must lean into God and the wisdom of others to determine where to place our focus and to find the strength to persevere.

And guess what?

Christian coaching is an amazing tool to support you through this process.



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What can you expect through your experience with Grace Space Christian Coaching?

You will...

- Break through your biggest barriers
- Set goals that you are crazy excited about
- See Jesus show up in the process like never before
- Stay accountable (no more creating the idea and then putting it away in a folder for months on end)
- Take action. You'll create a strategy that matches who God created you to be
- Feel met right where you are. [Grace Space Christian Coaching](#) exists to provide a judgment free zone where you can lay out your challenges and make sense of it all

Let this year be the year that everything changes. Let this year be the year that you open your eyes + heart to God's will. Let this year be the year where you live like the spirit that raised Jesus from the dead is living in you. Because it is.

Ready to get started? [Reserve your complimentary clarity call now.](#)

Over about 30 minutes, we'll talk about where you're feeling nudged to make a change. With God, we'll dream about what can be. You'll leave feeling focused & motivated for what's next. You'll also learn what it'd be like to have your very own Christian life coach and will get a taste of what that would be like. Can't wait to meet you, sweet sister. <3

With love,

Alexandra



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LET'S STAY FRIENDS!

Reserve your complimentary clarity call

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