



# Review & Goal Setting

## WORKBOOK



**You have the power to create something very special - a business that showcases your strengths, feeds your ambition and inspires you to think big despite the pressures of our military lives.**

*But, sometimes, we all need a little bit of support and accountability.*

Alongside the January Business Boost Challenge, the [Milspo® Network CIC](#) run monthly Review & Goal Setting sessions to help you stick with your 2023 Bigger Picture Goals and to help you grow your business to be the best it possibly can be in 2023!

In the following few pages, we'll cover...

- What went well and not so well in your previous month,
- What challenges have you faced, and what have you learnt that you want to take forward in the month ahead
- Your income and what methods will help grow it
- What your social media analytics are doing
- How and where your clients and customers are finding you

**This workshop is the best way to stay accountable in business and achieve those resolutions you made in January.**

*We're right here, cheering you on, and we can't wait to see what you achieve!*

#MILSPOGOALSETTING #MILSPOBN

# Review of the Month

How was the last month for you? The good, the bad and the ugly - get it down!

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## Achievements

What are the top 5 things you achieved in the last month?

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# Review of the Month

Which challenges did you overcome in the last month  
and want to take that lesson into the next month?

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What frustrations or disasters do you want to let go of and move on from?

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What's one thing that really helped you in your business this month?

It could be a strategy, a tool, a person..

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# Review of the Month

Let's talk stats!

How much revenue did you make in the last 30 days?

What were your total expenses?

What did you net?

How many new customers did you get?

In the last month how many....?

*Email Subscribers*



*Facebook*



*Instagram*



*LinkedIn*



*YouTube*



*Pinterest*



*Twitter*

Don't worry if you aren't 100% sure, but try to find out as much as possible. It'll help you in 2023.

#MILSPOGOALSETTING #MILSPOBN

# The Bigger Picture

**Remind yourself** - What are your 5 Bigger Picture Goals for 2023?

1

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**How do you want the next month to be - what would you love to achieve?**

What do you want to experience? What do you want to do?  
Just have fun writing it down, and don't overthink it.

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# The Bigger Picture

List all you want to get done this month that works towards your 2023 Bigger Picture Goals.

Breaking them into smaller, manageable tasks will make them easier to achieve and grow your business. You might even want to add deadlines.

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### DON'T FORGET!

Write each of your smaller goals onto the post-it notes and add them to your calendar, diary or planner.

It's important that they're on post-it notes as it adds flexibility to your goals. We all know that military life can throw us a curveball sometimes, but post-its are easily moved from day to day.

This may seem like something that can take time and be awkward, but I promise it works. I use this post-it technique to plan every goal in my business.

It helps me see the bigger picture without becoming overwhelmed.







# Targets for Next Month

Time to commit to an amazing month ahead!

How much revenue are you going to make in the next month?

What will your net income be?

How many new..?

	<i>Email Subscribers</i>	
	<i>Facebook</i>	
	<i>Instagram</i>	
	<i>LinkedIn</i>	
	<i>YouTube</i>	
	<i>Pinterest</i>	
	<i>Twitter</i>	

You already know how your followers find you from your stats on page four. Now you know how you will attract more and turn them into customers and clients in the next month?

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# Daily Planner

Plan, plan, plan! This page is to help you plan your working day.  
Print off as many as you like as the year runs on.

Date : .....

What is the main goal for today?

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- 2 .....
- 3 .....

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EXERCISE



TODAY I FELT





## NOTES

A series of horizontal dotted lines for writing notes.

## NOTES

A series of horizontal dotted lines for writing notes.

# Huge congratulations for committing to an amazing month!

**I AM SO EXCITED TO SEE YOUR BUSINESS BECOME THE SUCCESS IT'S MEANT TO BE OVER THE NEXT YEAR WITH HELP FROM MILSPO®.**

Make sure you keep sharing your ideas, progress and successes in the [online Facebook community](#).

FREE ONLINE WORKSHOP

## Review & Goal Setting

### DON'T FORGET

These [online Review & Goal Setting Workshops](#) are held monthly on the last Wednesday of the month. So, make the most of the time you spent completing the Business Boost Challenge and pop these in your calendar now!

Running a business can be challenging, but it can also be very rewarding - my business is the perfect accompaniment to my crazy 'magnolia wall life'. That's why I am so passionate for other military spouses, partners and other-halves™ to feel that there is support if they, too, are running their businesses whilst living this modern military life.

These [online workshops](#) are just a tiny part of the support that the Milspo® Network CIC provides, so do keep your eyes peeled on the Milspo® events page to see what else we are up to - [www.milspo.co.uk/events](http://www.milspo.co.uk/events)

And don't forget to invite your business BFF's to the community group too - [www.facebook.co.uk/groups/milspo](http://www.facebook.co.uk/groups/milspo) - so they can join the most amazing Milspo® business network there is!

*The Milspo® Network CIC funds this workshop, a self-funded social enterprise created especially to support the spouses, partners and other-halves™ of the UK Armed Forces. This event is specifically for the partners of serving UK personnel.*

Jess