

AUTUMN



AMBITIONS!

Set Your Goals!
Harvest Your
Dreams This Fall

Welcome!

Ready to turn those cozy autumn vibes into actionable goals? Look no further than this "Autumn Ambitions: Your Goal-Setting Workbook." This isn't just your average planner—it's your personal roadmap to harvesting those big dreams this fall.

I'll help you sift through the fallen leaves of procrastination and plant seeds of success. Each day comes with a sprinkle of motivation, a dash of humor, and heaps of practical tips to keep you on track. From organizing your thoughts like a pro to smashing through obstacles like a pumpkin-spiced wrecking ball, this workbook has got your back.

Grab your favorite flannel, pour yourself a warm cup of ambition (pumpkin spice optional), and let's make this autumn, the season you turn your goals into golden realities.

Ready, set, harvest!





Workbook

Date: _____

Setting goals is like giving your life a GPS; without them, you're just driving around aimlessly, probably running out of gas. Goals give direction, purpose, and a sense of accomplishment when you finally tick them off your list. Plus, they let you measure your progress, helping you stay motivated and, let's be honest, who doesn't love a good reason to celebrate?

What is on your to-do list?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Fun fact: "Did you know squirrels are nature's goal-setters? They stash away nuts for the winter!"

Daily

Date: _____

Mood/Emotion Tracker



Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

Workbook

Vision Board

Creating a vision board is like crafting a word collage of your dreams. Slap those inspiring words into each section, and voila! You've got a daily reminder of your goals to keep you motivated and on track, minus the glitter glue mess.

Health

Travel

Career

Finances

Relationships

Spirituality

Daily

Date: _____

Mood/Emotion Tracker



Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)



Workbook

Date: _____

Reflect on Your Year So Far

What are you currently reevaluating in your life?

Goals are like a GPS for your dreams. Without them, you'll just keep asking, 'Are we there yet?'

Daily

Date: _____

Mood/Emotion Tracker



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Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)



Date: _____

What area of your life do you want a new beginning?

Short List to Identify Your Goals

Setting goals is the first step in turning the invisible into the visible. Plus, it gives you something to cross off your to-do list!

Daily

Date: _____

Mood/Emotion Tracker



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Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)



Workbook

Date: _____

Identify Your Goals in More Detail

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Dream big, set goals, take action. And remember,
coffee is the secret sauce.

Daily

Date: _____

Mood/Emotion Tracker



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Journal Prompts to Help Identify Your Goals

"If I could accomplish one big thing this fall, it would be...?"

Take a moment to dream big. What's that one major goal that will make you jump out of bed in the morning?

"What areas of my life need a little extra TLC this season?"

Take stock of your life. Is it your health, career, relationships, or perhaps your Netflix queue?

"What new skill or hobby do I want to explore before the year ends?"

Fall is the perfect time for new beginnings. What have you always wanted to try but never had the chance?

"What's one habit I can develop to improve my daily routine?"

Small changes can lead to big results. Think about a habit that could make your days more awesome.

"Who in my life can I lean on for support, and how can I return the favor?"

Life is better with a little help from our friends. Who's your go-to person, and how can you show them some love?

"What professional goals do I want to achieve by the end of the year?"

Whether it's a promotion, a new project, or just surviving the next staff meeting, jot it down.



Daily

Date: _____

Mood/Emotion Tracker



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Workbook

Date: _____

What would be the ideal small business for you to start?

Steps to breaking down big goals into manageable chunks.

- _____
- _____
- _____
- _____
- _____

Daily

Date: _____

Mood/Emotion Tracker



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Workbook

Date: _____

How Are You Overcoming Obstacles?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

A goal without a plan is just a wish. And we all know how well wishing upon a star worked for Jiminy Cricket.

Daily

Date: _____

Mood/Emotion Tracker



Things that I am grateful for:

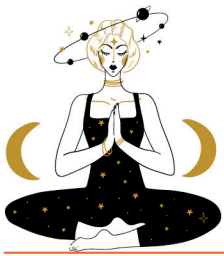
My Goals and Intention:

Reflections:

What I accomplished today

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)



Workbook

Date: _____

How are you creating a healthy lifestyle for yourself?

How do you show up every day?

If your dreams don't scare you, they're not big enough. Or you need to watch fewer horror movies.

Daily

Date: _____

Mood/Emotion Tracker



Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)



Workbook

Date: _____

What is bringing you love and peace?

What is your idea of a perfect career?

The difference between try and triumph is a little
'umph.' And a whole lot of chocolate.

Daily

Date: _____

Mood/Emotion Tracker



Things that I am grateful for:

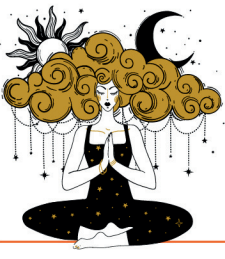
My Goals and Intention:

Reflections:

What I accomplished today

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)



Workbook

Date: _____

List Your biggest Goals For the Holiday Season.

- _____
- _____
- _____
- _____
- _____

Describe a day in the life 3 months from now.

Daily

Date: _____

Mood/Emotion Tracker



Things that I am grateful for:

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Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)



Workbook

Date: _____

What is your communication style?

How do you work to connect with others?

You don't have to be great to start, but you have
to start to be great. And maybe a little bit
caffeinated

Daily

Date: _____

Mood/Emotion Tracker



Things that I am grateful for:

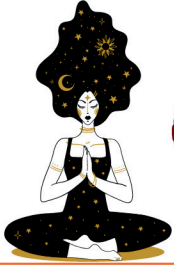
My Goals and Intention:

Reflections:

What I accomplished today

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)



Workbook

Date: _____

When is the last time you felt extremely confident?

Do you struggle with being consistent?

Daily

Date: _____

Mood/Emotion Tracker



Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)



Workbook

Date: _____

Are you a 'fake it until you make it' type of person?

What 5 Things Are Inspiring You Right Now?

You don't have to be great to start, but you have
to start to be great. And maybe a little bit
caffeinated

Daily

Date: _____

Mood/Emotion Tracker



Things that I am grateful for:

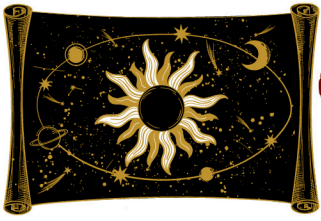
My Goals and Intention:

Reflections:

What I accomplished today

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)



Workbook

Date: _____

How Are You Keeping Yourself Accountable?

What is the most surprising thing that has happened to you?

Daily

Date: _____

Mood/Emotion Tracker



Things that I am grateful for:

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Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)



Workbook

Date: _____

How do you cope with stress?

How often do you take risks?

Daily

Date: _____

Mood/Emotion Tracker



Things that I am grateful for:

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Reflections:

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Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)



Workbook

Date: _____

How do you deal with toxic people?

What is something funny that happened recently?

Daily

Date: _____

Mood/Emotion Tracker



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Workbook

Date: _____

What is on your master to-do list?



















Aim for the moon. Even if you miss, you'll land
among the stars.

Daily

Date: _____

Mood/Emotion Tracker



Things that I am grateful for:

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What I accomplished today

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Workbook

Date: _____

What are you really happy you got done this month?

When did you feel the most loved this month?

Daily

Date: _____

Mood/Emotion Tracker



Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)



Workbook

Date: _____

Why are you grateful this month?





















Daily

Date: _____

Mood/Emotion Tracker



Things that I am grateful for:

My Goals and Intention:

Reflections:

What I accomplished today

Space for Creativity

(DOODLES, ILLUSTRATION, TEXT, ETC)

Affirmations To Help You Set Your Autumn Ambition Goals

1. "I am a goal-setting ninja, slicing through procrastination like butter."
2. "Every day is a new chance to crush my fall goals with style and grace."
3. "I am a magnet for success, and my autumn goals are lining up like ducks in a row."
4. "I have the power to turn my pumpkin-spiced dreams into reality."
5. "My goals are like leaves changing color—beautiful and inevitable."
6. "I'm raking up achievements this fall like they're autumn leaves."
7. "This fall, I'm harvesting the fruits of my dedication and hard work."
8. "I am as cool and collected as a fall breeze when I set my goals."
9. "Every step I take towards my goals is like a cozy sweater hug for my future self."
10. "I'm falling into success, one goal at a time, and it feels amazing."

Hi, I'm Claire,

Are you ready to take charge of your life and embrace the powerhouse you truly are?

I've been on a crazy journey myself—navigating the choppy waters of difficult relationships, learning to stand on my own two (fabulously independent) feet, and discovering the fierce warrior within me. Now, I'm here to help you do the same.

I'm not talking just about surviving; it's about thriving. When you work with me, we dig deep to uncover your inner strength, nurture that unshakeable self-love, and arm you with the courage to conquer whatever life throws your way.

We're going to laugh, and maybe feel a little emotional, but most importantly, I'm here for you to grow into the unstoppable force you were always meant to be.

So, are you ready to rewrite your story? Join me, and let's turn the page to a chapter filled with empowerment, resilience, and endless possibilities. Your warrior spirit is calling—let's answer it together.

Claire Cappetta

