



Gina Renee Designs

Create Clothes you Love.

My Goals Worksheet

(use #GRDMETHOD, #MAKINGAMOULAGE, & @GinaReneeDesigns on Instagram)

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IN THE "MAKING A MOULAGE WITH THE GRD METHOD" COURSE, YOU'LL CREATE A CUSTOMIZED MOULAGE FROM YOUR BODY MEASUREMENTS. THIS MOULAGE WILL GIVE YOU A SOLID FOUNDATION FOR YOUR SEWING PATTERN JOURNEY.

YOU'LL FIRST WORK THROUGH THE QUESTIONS ON THIS PAGE AS A BRAINSTORMING SESSION, TO REALLY START THINKING OF WHAT YOU WANT TO ACHIEVE IN YOUR SEWING AND PATTERN MAKING JOURNEY.

Why DO YOU WANT TO TAKE THIS COURSE?

.....

HOW DO YOU SEE YOUR *future* AFTER YOU TAKE THIS COURSE?

.....

WHAT IS YOUR *dream outcome* IN YOUR SEWING JOURNEY?

.....

WHAT ELSE DO YOU WANT TO ACHIEVE IN *Pattern Making?*

.....

WHAT KIND OF *possibilities or opportunities* DO YOU SEE FOR YOUR FUTURE, MONTHS OR YEARS AFTER COMPLETING THIS COURSE?

.....

WHAT'S THE *worst result* IF YOU DON'T ACHIEVE THE OUTCOME YOU WANT?

.....

WHEN YOU ACHIEVE THE OUTCOME YOU WANT, *how will it feel* AND HOW WILL IT *change your life?*

.....

THINK DEEPLY ABOUT WHAT YOU WOULD LIKE TO ACHIEVE IN THIS COURSE AND THEREAFTER. THIS IS SUCH A POWERFUL PROCESS WHEN YOU WRITE DOWN YOUR GOALS. IT ALLOWS YOU VISUALIZE THE POSSIBILITIES AND IGNITES EXCITEMENT.

YOU’LL ALSO NOTICE ONE OF THE QUESTIONS ON THE PREVIOUS PAGE DISCUSSES WHAT COULD HAPPEN IF YOU DON’T ACHIEVE YOUR DESIRED OUTCOME. THIS IS VERY GOOD TO UNDERSTAND THE CONSEQUENCES OF NOT TAKING STRIDES IN TRYING TO ACHIEVE OUR GOALS. IF WE DON’T HAVE SOMETHING NEGATIVE THAT COULD HAPPEN (OR A LACK OF POSITIVE), THEN IT’S OFTEN HARDER TO ACHIEVE THE GOAL. WE OFTEN TRY TO AVOID THE NEGATIVE CONSEQUENCES, THEREFORE WORKING HARDER TOWARDS THE DESIRED OUTCOME.

AFTER FILLING OUT THE QUESTIONS ON THE FIRST PAGE, HOPEFULLY YOU’VE DETERMINED WHAT ARE YOUR MAIN OBJECTIVES IN THIS COURSE, AND IN YOUR FUTURE OF PATTERN MAKING AND SEWING. WRITE DOWN YOUR TOP 5 GOALS IN THE SPACE BELOW.

OFTEN TIMES, THESE INTENTIONAL STEPS IN ACHIEVING OUR GOALS REQUIRES HARD WORK! AT ANY TIME DURING THIS COURSE, IF YOU GET STUCK, FRUSTRATED, OR JUST DON’T FEEL MOTIVATED, I WANT YOU LOOK THIS ENTIRE WORKSHEET. IT WILL HELP REMIND YOU WHAT YOU WANT TO ACHIEVE AND WHY YOU’RE DOING IT. HANG IT UP, SO YOU CAN SEE IT!

YOU CAN DO THIS! I KNOW YOU CAN. I BELIEVE IN YOUR ABILITIES. YOU’RE GOING TO CLIMB UP THIS HIGHER STEP IN YOUR JOURNEY.

My top 5 Goals

WHAT ARE YOUR SEWING OR PATTERN MAKING GOALS? WHAT WOULD YOU LIKE TO ACHIEVE FROM THE “MAKING A MOULAGE” COURSE? HOW DO YOU SEE THIS COURSE HELPING YOUR SEWING JOURNEY?
I WANT YOU TO DIG DEEP AND REALLY WRITE DOWN YOUR BIGGEST GOALS YOU CAN THINK OF.

1.
2.
3.
4.
5.