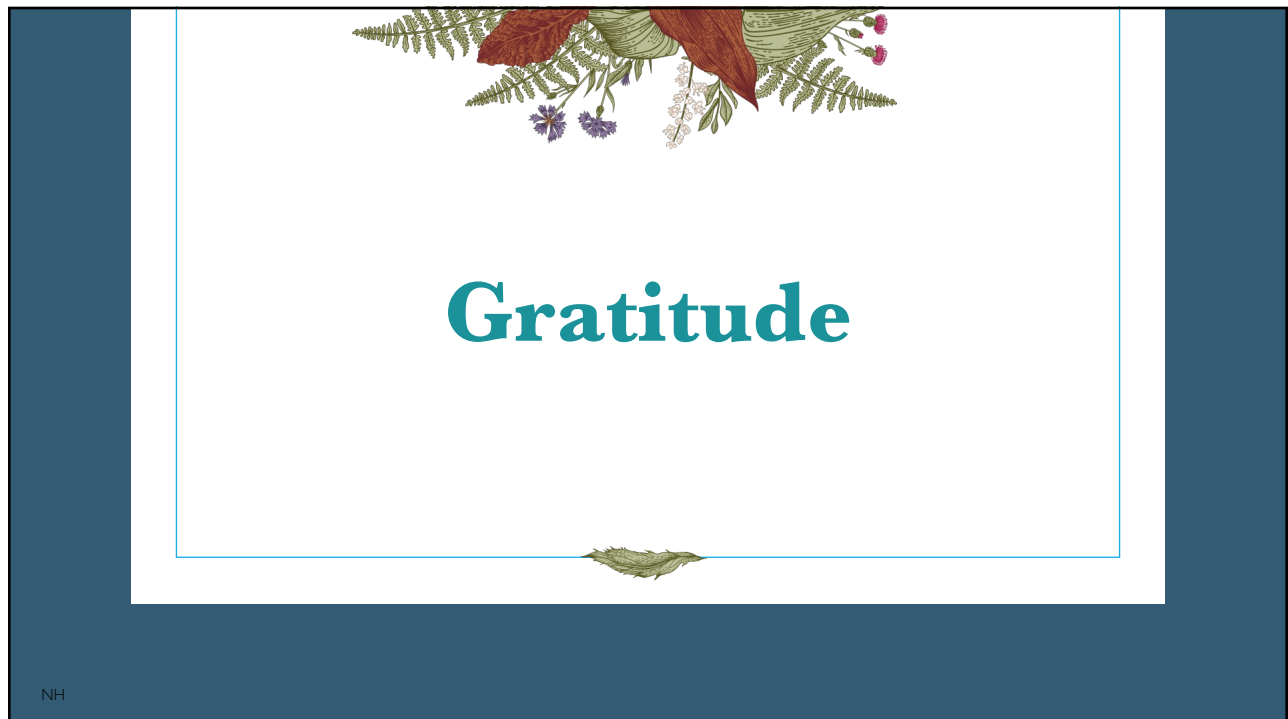




1



NH

2



Wife & Mom

Friend & Sister

Master's Degree: Professional
Counseling/Marriage & Family Therapy

Executive Director of Heart & Soul Fitness

Certified Personal Trainer
Level 1 CrossFit Coach

Love Jesus, running, lifting weights,
traveling, chai tea, and soft baked
chocolate chip cookies.

NH

A little bit about me...

3



**A short story
about planting corn**

5

2023 – 2028 – 2033



What are your goals for this year?

What are your goals for the next 5 years?

What are your goals for the next 10 years?

NH

6

SMART GOALS

Specific – What will be accomplished?

Measurable – What data will measure the goal?

Achievable – Is the goal achievable?

Relevant – Is the goal relevant to your values?

Time-bound – What is the time frame for accomplishing the goal?



NH

7

Group Activity – Two Lists



- ❖ Make a list of goals that have manifested and another list of goals that did not manifest as you expected.
- ❖ Turn to a partner and discuss one from each list. If you feel comfortable, share what held you back from accomplishing the goal.

NH

8

My Goals



Did not manifest:

- Started the process to complete my Doctorate
- Started the process to get licensed as a Professional Counselor

Did manifest:

- ✓ Completed the Richmond Marathon on November 13, 2022
- ✓ Opened Heart and Soul Fitness Studio November 19, 2022

NH

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Trust the Process



The Vision

The Seed

The Process

The Harvest

The Impact

What do you
expect to
see?

What is in
your hands?

What do you
need to do?

What is the
accomplished
Goal?

What are the
long-term
implications?

NH

10

Trust the Process



❖ The Vision

❖ What do you expect to accomplish

❖ The Seeds

❖ What is in your hands?

❖ What resources do you have?

NH

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Trust the Process



❖ The Process

- ❖ What is required to reach your goals (time, resources, contacts, etc.)
- ❖ Can you recognize and pull up the weeds (distractions)
- ❖ Who is working along side you and who do you need to ask for help

❖ The Harvest

- ❖ The manifestation and reality of your desired goals!!

NH

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Heart & Soul Fitness with Nicole



❖ The Vision – Fitness Studio

- ❖ The Seeds – 2013 CrossFit Level 1, 2014-2015 Get Fit Seymour Coach, First studio in our home, 2016 Personal Trainer Certification
- ❖ The Process – CIC Program, Additional Certifications, Professional Networking
- ❖ The Harvest – Non-profit Fitness Studio Opened November 19, 2022
- ❖ The Impact...

NH

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Your Goal for 2023



The Vision

The Seed

The Process

The Harvest

The Impact

What do you
expect to
see?

What is in
your hands?

What do you
need to do?

What is the
accomplished
Goal?

What are the
long-term
implications?

NH

15

**Hold the Vision – Trust the Process
Cherish the Impact**



16



Never underestimate the valuable and important difference you make in every life you touch. For the impact you make today has a powerful rippling effect on every tomorrow.

Anonymous



17

My Gift to You...



NH

- ❖ May this year be the year you accomplish every desire of your heart!
- ❖ May you find favor with those who may support and encourage you to along the way.
- ❖ May you have wisdom to know when to ask for help, when to pivot and when to let some things go.
- ❖ May you rest and refuel your body to give you the endurance to see your goals come to a fruitful harvest.
- ❖ May you take these seeds as a reminder to use what is in your hands and make this world a more beautiful and flagrant place.

18



Be Well!

Nicole Hawker
Heart and Soul Fitness
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Nicolehawker.com

