

Business Bohemia video: Kaizen-Muse Goal Toolkit

by
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Jill Allison Bryan, Creativity Coach and founder of Creative Oasis Coaching, helps people to make time and space in their lives for creative fulfillment and aha moments. Click on Jill's video to watch "Why I Create," and dip into her **Kaizen-Muse Creativity Coaching Toolkit** to help you bring the magic of small steps to your own life.

To watch
the video,
click on
the image
to the
right.



Kaizen-Muse Goal Toolkit

It's that time again. We're wrapping up one year and looking into the future to visualize our hopes and dreams for a new one. I'm happy to share a few ideas inspired by the treasure chest of Kaizen-Muse Creativity Coaching tools and techniques to help you make the most of your goal-setting this season.

1. Create a snappy comeback for those inner critic voices.

We all hear them from time to time ~ those negative, nagging voices that whisper, "Don't waste your time," "You're not talented," "You have better, more important things to do!" Our inner critic can supply a seemingly endless array of Grinchy sounding reasons why we shouldn't plan for our creative passions. Creating a snappy comeback to use when that nasty voice pops into your head is a great way to hush it up!

Your comeback can be childish like, "Go away! You're not the boss of me!" or "So what ~ I'll do it anyway!"

Or perhaps your style is suited to something more gentle such as, "I understand you're feeling scared, but I'm still going to do this," or "Thanks for the input, but it's really not necessary."

2. Make it fun!

Play is a wonderful way to energize our goal-setting. Ask yourself, how can I make this process a bit more fun? What if I use jumbo crayons and huge pads of paper? What if I take my planning project to the park? Perhaps some bubble bath brainstorming is in order here. You get the idea.



3. Kaizenize it! (Take small steps.)

Goal-setting can be overwhelming. By breaking down the process into super-small, doable steps, you make it easier on yourself and lower your own resistance. For example, rather than trying to plan all of 2014 in one sitting, you might break it down into quarters, or, better yet, one month at a time. To take it further, schedule your goal-planning sessions for just ten or fifteen minutes at a time. Very quickly, those small steps add up to a great set of goals for the coming year. This can be so much more realistic and doable than waiting for the perfect, clear chunk of time that never seems to materialize.

4. And speaking of perfect, let's not!

In other words, don't let perfection be the enemy of the good. Remember that you have the power to go back and make changes whenever you like. If you allow yourself to take a first pass in a quick and playful way, you can always go back and tweak your goals later. Releasing the need to devise the perfect plan allows you to lower the pressure and just begin!

5. Ask for help. (It's okay ~ really!)

You might choose to have a goal-planning party with a group of friends. (That would bring the fun factor!) You could look for an e-course or book to use as your goal-setting guide. Taking a class or working with a coach one-on-one are two more ways to reach out for the structure and support that could make your goal-setting a much more pleasant experience.

Whatever your goals for 2014, I wish you all the best from my Creative Oasis to yours!



She coaches individuals around the globe via one-on-one coaching; she also works with groups and businesses through her e-books, teleclasses, presentations, workshops, and retreats.

Visit Jill's website at

<http://www.creativeoasiscoaching.com>

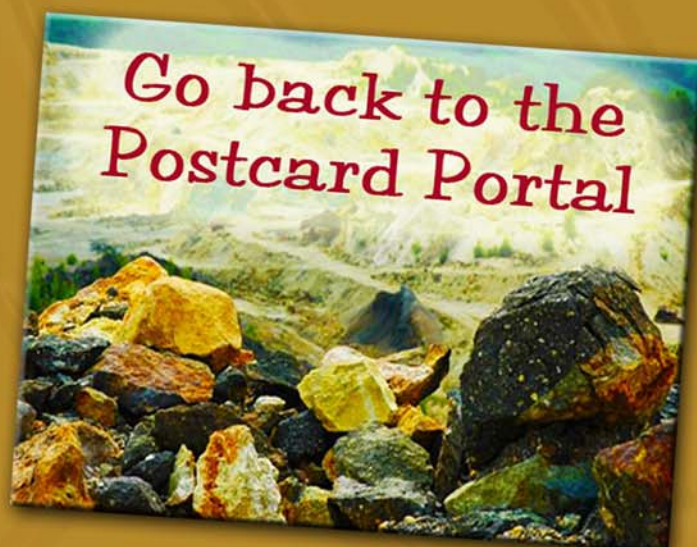
and her blog at

<http://creativeoasiscoaching.blogspot.com/>.

Her CD, *Dancing In Limbo*, is available on [CDBaby](http://www.cdbaby.com).

Jill Allison Bryan is a certified Master level Kaizen–Muse® Creativity Coach, founder of Creative Oasis Coaching™, and singer/songwriter, who helps people move past creative blocks to make the time and space for creative joy and fulfillment in their busy lives.

She knows firsthand the life-changing power of creativity coaching. Using the unique and effective methods of KMCC, Jill wrote and recorded her debut solo CD, “Dancing in Limbo,” hosted her CD release as a silent art auction benefit that raised over \$10,000 for Women for Women International, and founded her own successful business, Creative Oasis Coaching™. A recovering procrastinator herself, Jill believes if she can do it, anyone can learn to enrich his or her life with creative satisfaction, and she is passionate about helping people do just that.



You can connect with Jill at

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