



# 10 KEYS TO MAKE WHAT MATTERS HAPPEN



Hi! I'm Lara.

### **I THINK WE WOULD BE GREAT FRIENDS.**

Because we share something, me and you. We want to do this life well. We want to cultivate what matters. We want to simplify.

I've gone through a lot of change these past few years: I had a baby and adopted another six months later, wrote a book, and I struggled with this question: How do I do it all? How do I balance motherhood and business?

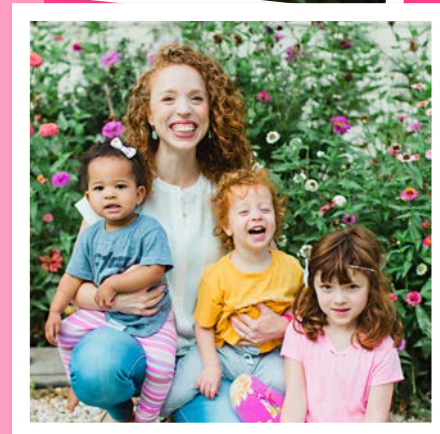
The answer: **IMPERFECTLY**. But, I've discovered that perfection is not a prerequisite for an intentional life. Cultivating what matters is about living with intention in the thick of it, right where you are, with what you have, in the season you're in.

**I DON'T BELIEVE IT WAS AN ACCIDENT THAT YOU DOWNLOADED THIS GUIDE.** Maybe you want change. Maybe you want to finally do the things you were created to do. Maybe you just want to learn to be more present in your everyday life.

I created the **POWERSHEETS**, an intentional goal planner, to help you uncover your goals and take action on what matters most. But you don't need PowerSheets to do that. My free, five-part Goal-Setting Series on the next page will help you start cultivating what matters, right where you are.

Cheering you on,

*Lara* ♥



# DO LARA'S FREE GOAL SETTING SERIES

## THERE'S NOTHING MAGICAL ABOUT JANUARY 1ST

*Set good goals, starting with these blog posts from Lara:*

**PART 1**  
GET STARTED

**PART 2**  
CULTIVATE  
WHAT  
MATTERS

**PART 3**  
CHOOSE  
A WORD

**PART 4**  
UNCOVER  
YOUR GOALS

**PART 5**  
MAKE IT  
HAPPEN

HOW TO GET  
STARTED ON  
YOUR GOALS

## GET MORE



DOWNLOAD THE  
FIRST THREE  
CHAPTERS OF  
*CULTIVATE*



ORDER THE  
CULTIVATE WHAT  
MATTERS STICKER  
BOOK



ORDER LARA'S  
FIRST BOOK, *MAKE  
IT HAPPEN*



LIVE GOAL  
COACHING ON  
FACEBOOK

## PEONIES GROW THROUGH THE DIRT

*and so do we.*

We believe that growing an *intentional* life is possible, right where we are:  
in the mess, in the tension, in the wait, and in what may feel imperfect.

We believe the *imperfect* is rich growing ground.

We do not have to have it all together or do it all to live a **PURPOSEFUL LIFE.**

We believe that *Goal Setting* can be life-giving instead of guilt-inducing.

We believe that good goals have the power to **SIMPLIFY OUR LIVES,**  
and give us our time back!

We believe that good things grow over time, through *little by little* progress.

We believe that cultivating what matters isn't magic: it takes hard work  
and intentional decisions. From tilling up the earth and planting seeds,  
to tending and pruning, to the harvest, **GROWING GOOD THINGS TAKES MUSCLE,  
HEART, AND LEAPS OF FAITH,** which is believing in what we can't yet see.

**WE BELIEVE IN GROWING TOGETHER,**

in blooming where we've been planted, and in helping others do the same.

**WE BELIEVE *Cultivating what MATTERS* CHANGES EVERYTHING.**



10 TIPS FOR

# GRACE-FILLED GOAL SETTING

*Make it HAPPEN*

# Choose what MATTERS.

Our time is the currency we use to invest in what matters. How you spend your time is how you spend your life. If something really matters to you, you'll act on it. What are your actions saying about your priorities and what you value most?

Maybe what you want to be your priority isn't where you find yourself putting the majority of your time and effort.

If you aren't taking action on your goals, it's possible that something else matters more.

All of our decisions in life have arrows attached to them, pointing us in one direction or another. Point your arrows to what matters.

# Dream Like a Gardener

Envision the end of this year, having lived with intention.  
What does that look like for you?

How do you get motivated? Break out of your narrow thinking and imagine the positive possibilities. Dream like a gardener.

Gardeners know their garden isn't going to look like anyone else's in the world.

Gardeners evaluate their land, carefully planting just enough, and what's appropriate for the season they're in. Gardeners know that good things grow over time, not all at once. Gardeners use what they have, right where they are. Gardeners dream using all five senses. Gardeners look forward to getting out in the dirt, because growing things is fun!

And most of all, gardeners know that they don't have to do any of this perfectly.



## MAKE IT HAPPEN

Take a moment and close your eyes. Envision what you hope your life will look like in one year. Where are you? Who is with you? Write down everything you see, smell, taste, feel, and hear. That specific vision can help you see how each small step you take today can help you make that vision a reality.

## TEND TO OTHERS LITTLE BY LITTLE

Being a good friend doesn't have to be full of extravagant doings. Lean in to the power of little by little! Later in this guide, you'll have a chance to choose a relationship to tend to in this season. Transfer these action items to your PowerSheets as a monthly, weekly, or daily goal on your monthly Tending List. On this page, we've listed some of our favorite goals to tend to!

### MONTHLY

- ♥ Make list of things your friends love
- ♥ Send a care package
- ♥ Write all of your friends' birthdays in your calendar
- ♥ Try a new activity with a friend
- ♥ Offer to babysit or petsit for a friend
- ♥ Invite a new friend or neighbor to dinner
- ♥ Organize a meal train for a new mama
- ♥ Plan a girls' weekend away
- ♥ Prune schedule to make room for weekday friend meet-ups
- ♥ Start a monthly club (book club, cooking club, etc.)



### WEEKLY

- ♥ Call a friend
- ♥ Lunch/dinner/coffee date
- ♥ Google Hangout or Skype with a faraway friend
- ♥ Offer to pick up something for a friend on your grocery run
- ♥ Send a gratitude email

### DAILY

- ♥ Respond to text messages
- ♥ Pray for a friend
- ♥ Encourage a friend
- ♥ Make eye contact
- ♥ Put away your phone when spending quality time together



# FRUITFUL FRIENDSHIPS ARE POSSIBLE

Tend to them with the Fruitful Friendship Workbook



# Dig under the SURFACE.

I often get asked these questions: How do you get unstuck? What to do when you hit a roadblock and how to overcome goals that have lost steam? How to get back up after you fall off for a few days, week, months? How to stay motivated when you feel like you've already failed?

The answer: you dig under the surface. You first cultivate the soil. Cultivate means to prepare the soil for new growth by tilling up the land, breaking up hard places, and nourishing it.

What has been weighing you down lately? What is your greatest source of stress, pain, or worry? While the solution to these things may be layered and complex, stepping into the dirt allows our mess to become our message. Let the dirt be dirt. Examine what's there and what needs nourishing.



## MAKE IT HAPPEN

Sometimes the heart of where you are most alive, or the biggest thing that's holding you back, is the one thing that you don't admit or write down. Dig in. Discover what's in the dirt. Set a timer for 10 minutes and **WRITE IT DOWN.**

Write out everything big and small that's been on your heart and mind. Don't be afraid to get messy and honest.

# Are you ~~planning~~ OR Planting?

*“Setting goals is fun and games. Going after them is another matter. Without perspiration to match your inspiration, your dream imagined will turn into a dream deferred.”*

**MARK BATTERSON**

Planning is good. Forethought is important. But are you planting an intentional life, or stuck just planning one? Fear is sneaky and it likes to masquerade as forethought. What’s holding you back from planting?



## **MAKE IT HAPPEN**

Name your fear. I am afraid of \_\_\_\_\_ because of \_\_\_\_\_.

What would you regret if you let this fear continue to hold you back?

Take action. Take a risk and plant. Choose seeds. **DO SOMETHING WITH THEM.**  
Break through the fallow ground.

Don't fertilize your fear. Dig in and plant seeds!

# Tend it little by little

The best things in life grow little by little: friendships, babies, and everything in my garden. This tip is simple and powerful: lean into the little by little. One step forward, and another, and another will add up.

# Lean into Your SEASON

We were created for seasons, and they don't last forever for a reason. Each season we go through is meant to prepare, teach, or ready us for what's next. It's hard when you're in the thick of the wait, or tension, or transition, to see the good happening, though, isn't it? But, remember this: after winter, always comes spring.

**IN SPRING**, new life appears out of what felt bleak. It's a time of planting, blooming, and celebration. **IN SUMMER**, we cultivate, prune, and tend. We get our hands dirty in the soil and work hard in the scorching heat. **IN FALL**, our crops bear fruit and bounty to share. We reap the harvest, uprooting our fields and clearing out life before the stillness of winter arrives. **IN WINTER**, the frozen fields are bare, and the soil is still. Winter is a time we are drawn inside. It's a time of forced stillness, allowing us to reflect on our lives and how we can live them more fully in the seasons ahead.



## MAKE IT HAPPEN

What season are you in? What season are you craving?

# Do the HARD WORK

There is a false belief in our culture that when something *feels* good, we're on the right path. And if it feels hard, something is wrong. Have you experienced that?

When you look back at times in your life that were hard versus times that were easy, which times were the most fruitful in the end?

# Step away

My peony bulbs are smart. Without a cold winter season, they cannot sprout in the spring. They require rest to bloom. It's the same with us. Our bodies were created to need periods of rest in order to produce energy.

When we step away, we come back more clear and sure of our direction. Perspective helps us to think bigger. Breaks help us reevaluate our goals, and focus on the big picture.

*“When you work on a task continuously, it’s easy to lose focus and get lost in the weeds. In contrast, following a brief intermission, picking up where you left off forces you to take a few seconds to think globally about what you’re ultimately trying to achieve.”*

**HARVARD BUSINESS REVIEW**



## **MAKE IT HAPPEN**

Make margin happen. Define and plan for rest in your year, months, weeks, and days. Look at your calendar and block off rest days before your schedule fills up, leaving you unable to find margin. Next, make a list of rest ideas to implement weekly and daily. Productive rest breaks will fuel you and help you focus on what matters. In our office, we call them “Well Breaks.”

Put them on your calendar too!

# "GET AFTER GRATEFUL."

RACHEL KINCAID

Gratitude isn't just for the month of November, or a fluffy thing to do that makes you feel good for a moment. Gratitude unlocks contentment, and that can change your life and everyone around you. "Getting after grateful," as my friend Rachel says, means choosing gratitude and praise even when you don't feel like it, because it matters. It changes things. Getting after grateful is actively pursuing contentment. Because contentment doesn't fall into our laps when our circumstances and stuff are all in order; contentment is a choice. Get after it!



## MAKE IT HAPPEN

Start a gratitude text group with a friend or a group of friends. Each day, for one week, commit to texting each other three things you are grateful for that day. This will add up!

Find contentment with what you have.  
Do **NANCY RAY'S CONTENTMENT CHALLENGE.**

# Celebrate PROGRESS!

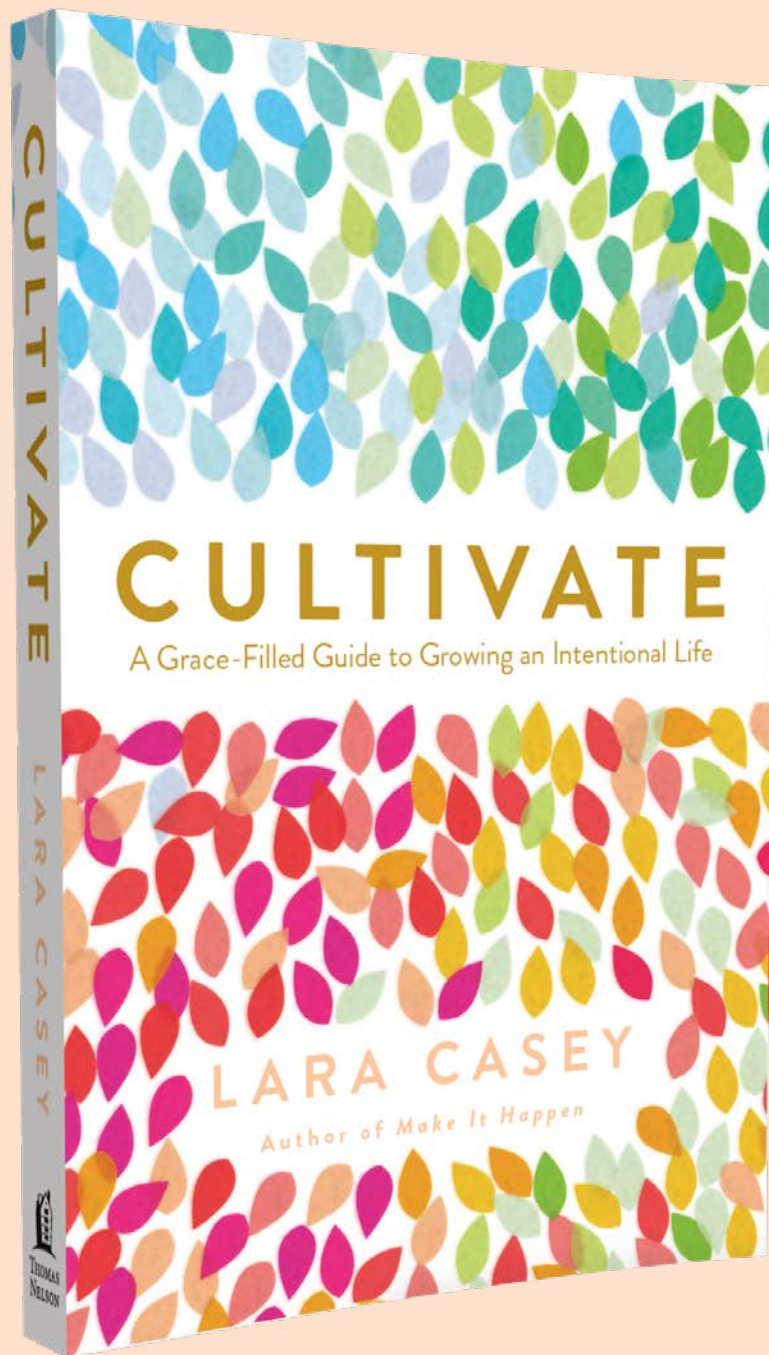
Seemingly “slow” or imperfect progress is still progress. Seeds only grow a tiny bit at a time. They’re growing even when we can’t see them popping out of the soil yet. Celebrating our small steps forward gives us momentum to keep going and growing!



## MAKE IT HAPPEN

Get out your calendar or planner right now. Find a day to celebrate all the progress you’ve made so far, whether it’s taking action on a small step or crossing off a goal. Write down a celebration big or small (maybe it’s a weekend getaway or a trip to your favorite coffee shop).





A flourishing life is possible,  
no perfection required.

GET LARA'S SECOND BOOK

[LARACASEY.COM/CULTIVATE](http://LARACASEY.COM/CULTIVATE)

You know all  
THOSE THINGS  
you've always  
wanted to do?  
You should go  
DO THEM.

**SHARE THIS WITH A FRIEND!**

Send this to someone who needs encouragement!