



# PAWS BLUEPRINTS

*Practical guidance for pet pros*

**This resource is for pet sitters, dog trainers, pet groomers, dog walkers and other pet business owners.**

**To Start:** Pick a quiet, comfortable place away from distraction.

**What you'll need:**

A journal, a pen and the willingness to discover some new things about yourself and your new or existing business and your personal life.

Close your eyes. Begin by sitting quietly for a minute to get yourself really present in your desire to set clear goals for this year. When you are ready, begin writing.

In the last year, in the following areas of my business, what were my specific successes and accomplishments?

Financial \_\_\_\_\_

Marketing \_\_\_\_\_

Hiring \_\_\_\_\_

Accounting/Recordkeeping \_\_\_\_\_

Taxes \_\_\_\_\_

Customer Service \_\_\_\_\_

Promotional Materials \_\_\_\_\_

Commitment to the Business \_\_\_\_\_

Work schedule that works for me \_\_\_\_\_

Stress Level \_\_\_\_\_

Office Organization \_\_\_\_\_

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Write a few paragraphs about how I limit myself; how I will stop this behavior; what I will replace the limiting behavior(s) with and how great it will feel to stop this limiting behavior:



What are my top five most important personal and business values and how can I live them more fully in my work and life? (honesty, dependability, love, courage, trustworthiness, etc.)

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What roles do I play in my personal/business life and what were my major accomplishments in each role in the last year? (business owner, mother, father, wife, friend, son, daughter, etc.)

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What were my major mistakes, failures or shortcomings in each role?

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What is my major desire or focus for each role in the coming year?

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What is my top goal for each area of my *business* this year? What is one thing I can do regularly that will carry me toward achieving each goal?

Top Goal:

What I can do regularly:

Financial \_\_\_\_\_

Marketing \_\_\_\_\_

Hiring \_\_\_\_\_

Accounting/Recordkeeping \_\_\_\_\_

Taxes \_\_\_\_\_

Customer Service \_\_\_\_\_

Promotional Materials \_\_\_\_\_

Commitment to the Business \_\_\_\_\_

Work schedule that works for me \_\_\_\_\_

Stress Level \_\_\_\_\_

Office Organization \_\_\_\_\_

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What are my top goals for each area of my *personal life* this year? What is one thing I can do regularly that will carry me toward achieving each goal?

Top Goal:

What I can do regularly:

Family \_\_\_\_\_

Social \_\_\_\_\_

Romantic Relationship \_\_\_\_\_

Mental \_\_\_\_\_

Spiritual (if appropriate for you) \_\_\_\_\_

Physical \_\_\_\_\_

Home \_\_\_\_\_

Personal Possessions \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(Imagine yourself a year from now: What qualities will it take to create what you most want? Write a paragraph or two below.) Some qualities might be: courage, playfulness, commitment, etc.

What support do I need in order to create my *business and personal goals*? (Write a paragraph or two below. List the contacts, resources, training, information, etc. that will help you achieve your goals. Also, is there a friend you can share this with, so you can support each other as you grow your business and succeed in your goal?)



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Write a couple of paragraphs or more describing what your successful business will look like a year from now and how you will feel accomplishing your goals.



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Clarify your action plan From the lists above, write the steps you can take to achieve your business goals:



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Write a couple paragraphs (or more) describing what your *fulfilling business life* will look like a year from now and how you will feel accomplishing your goals:



Clarify your personal action plan From the lists above, write the steps you can take to achieve your personal goals:



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Write a couple of paragraphs (or more) describing what your *fulfilling personal life* will look like a year from now and how you will feel accomplishing your goals:



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