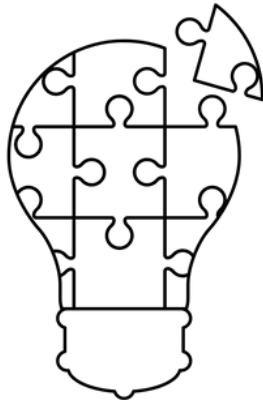


**BIZPERATION<sup>TM</sup>**

**GROWTH**

**TOOL**



**NEW YEAR AFFIRMATIONS  
AND SMARTER GOALS**

CREATED BY  
**KRISTY JACKSON, ED.S.  
COACH/ SPEAKER/ AUTHOR**

Hello

Hello ,

Let's be honest: Does "setting goals" ever feel like hard work? If so, I feel you. For many of us "goal-setting" can easily become an activity that's about as fun as watching paint dry --especially if we tend to set goals we never actually achieve. But you will see in this session that it doesn't have to be so hard (or boring!). If goal-setting feels soul-crushing right now, why not take a break from the traditional methods and join me using my brand new Bizperation method that uses affirmation cards to help you set goals you'll actually reach?

I love Bizperation because it sparks critical questions and thinking in new ways!

Get ready to be a part of something special!

Kristy

Author / Speaker  
Bizperation Creator & Coach

“

I use my deck of [Bizperation] cards at a minimum weekly. It always amazes me how it helps me find a solution in the most unique way. Sometimes I use it to just give me a different perspective on a problem.

Michell Stockmann  
CEO/Co-Founder at WEW

”

# AFFIRMATIONS

*Are...*



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

*Are Not...*



\_\_\_\_\_

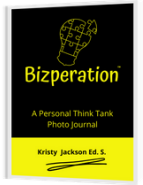


\_\_\_\_\_



\_\_\_\_\_





# NEW YEAR AFFIRMATIONS

**Personal**

Large empty rounded rectangular box for writing personal affirmations.

**Career**

Empty rounded rectangular box for writing career affirmations.

**Health / Wellness**

Empty rounded rectangular box for writing health and wellness affirmations.

**Financial**

Empty rounded rectangular box for writing financial affirmations.

**Spiritual**

Empty rounded rectangular box for writing spiritual affirmations.

# CREATE SMARTER GOALS<sup>2</sup>

**S**PECIFIC

**S**TART DATE

**M**EASURABLE

**A**CCOUNTABLE

**R**ESOURCEFUL

**T**IME-BOUND

# Make your affirmation a SMARTER Goal

---

START DATE

S

WHAT WILL YOU DO?

S

M

HOW MUCH? HOW MANY?  
HOW WILL YOU KNOW  
WHEN IT IS  
ACCOMPLISHED?

A

ACCOUNTABLE TO WHOM?

R

USING THESE RESOURCES

T

BY THIS DEADLINE

# Make your affirmation a SMARTER Goal

---

START DATE

S

WHAT WILL YOU DO?

S

M

HOW MUCH? HOW MANY?  
HOW WILL I KNOW WHEN  
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R

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T

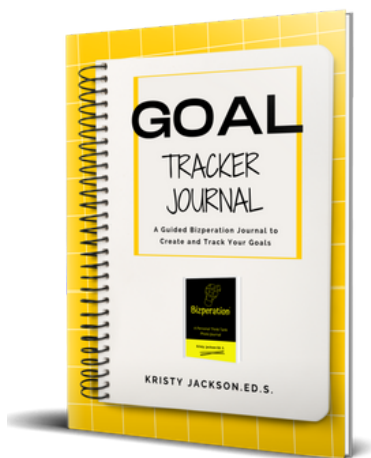
BY THIS DEADLINE



Kristy Jackson, ED. S. , a serial entrepreneur, is the CEO of DK Solutions.LLC creative multimedia consulting and creator of the Bizperation brand. She is a sought out mentor, author, facilitator and professional speaker with 20 years of experience training and empowering youth and adults. Kristy and her husband, James Jackson, II, CEO of Gator MediaSTL have been identified by the startup community as connectors and strong advocates for closing the diversity gap in the startup community.

Kristy leans into her creative gifts by writing books that inspire and educate readers how to dream big and actively pursue their goals. Kristy is a published author of Dream, Sink, Launch: Lessons from the Real Entrepreneurship Journey, The Dream Box Children's Book, The Bizperation and Goal Tracker Journal.

Kristy is a strategic catalyst that lives the business that she runs. She is the host of the Bizperation podcast and has been seen or heard on local and national platforms including TEDXWomen, St.Louis Public Radio, Venture Cafe, and Small Business Majority. She is recognized by the U.S. Small Business Administration as a National Emerging Leader. **Contact Kristy at [bizperation@gmail.com](mailto:bizperation@gmail.com)**



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GOAL TRACKER JOURNAL**

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