

Dare to Dream Big:

**THE PATHWAY TO PERSONAL GROWTH
AND ULTIMATE FULFILLMENT**

with Kari Saylor



10/50:

Failing

We are good company...

The demands on our time as women is significant,
which can easily move our goals to the BACK SEAT.

1. **57%** of mothers report having less personal time for hobbies and leisure.
2. Mothers spend **30 - 40%** less time on leisure activities.
3. **43%** of working mothers reduced their hours or made career adjustments (e.g., stepping down from leadership positions) after having children, resulting in a significant loss of time dedicated to professional growth and development, compared to 15% of fathers.
4. **62%** of mothers report losing significant sleep, around 15-20% of their nightly rest.

We are good company...

The demands on our time as women is significant,
which can easily move our goals to the BACK SEAT.

- 5. 40% of mothers report losing substantial social time, with social activities declining by 50% or more.
- 6. 53% of mothers report spending 30 - 40% less time on exercise and health activities.
- 7. 60% of mothers feel they handle more household chores, while 30% of fathers believe tasks are equally divided.



My epiphany

I ~~CAN~~ ^{GET TO} be a...

Mom

&

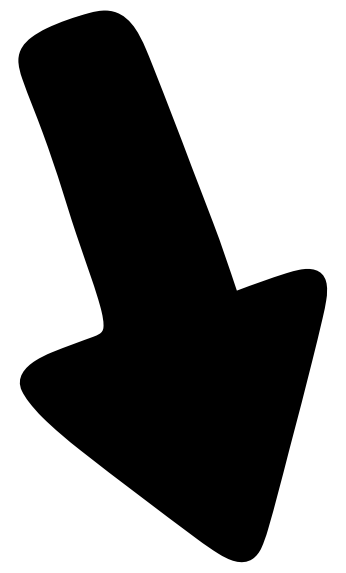
a Goal
Getter

My epiphany...

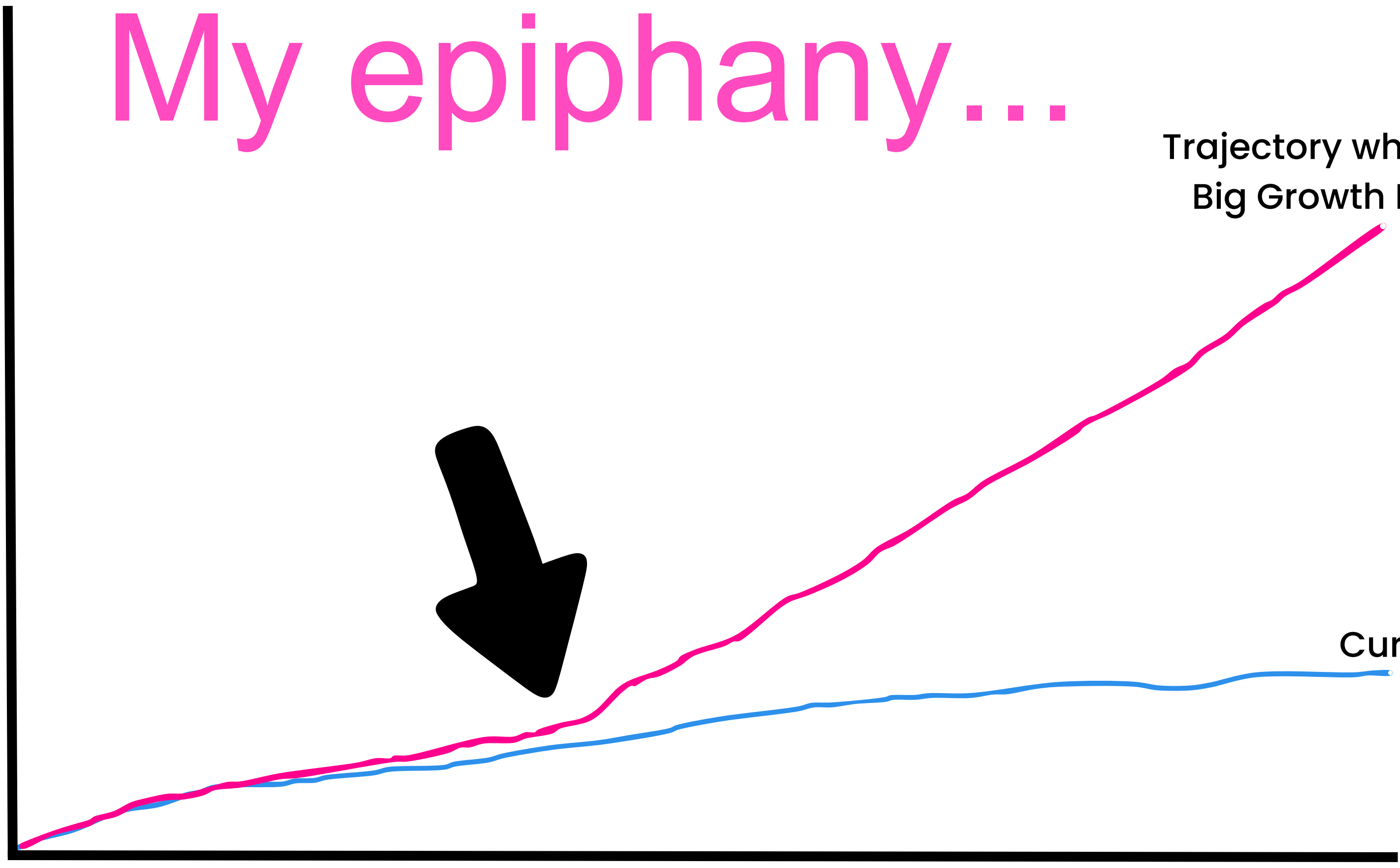
Big Life
Goals
Achieved

Trajectory when you build
Big Growth Habits now

Current trajectory



Years of your life



WHAT IS

Big Growth?

01

I n t e n t i o n a l

Making a conscious effort of growing for the purpose of experiencing joy and fulfillment in your life.

02

E x p a n s i v e

It changes the trajectory of your life.

03

E x c i t i n g !

Because it is all about you!

Big Growth Overview



Planning

When you clearly define the vision for your future, you confidently decide your life.

Determine
YOUR
Dreams

You Need
a Plan



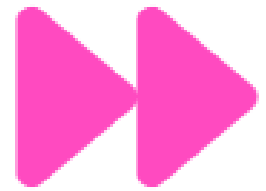
Purpose

When you are clear on your why, your path becomes well defined.

Your
Why

Why for
Your World

Big Growth Overview



Action

Get started and see
your vision come to
life!

Pick
1 Goal



Leadership

Learn the self-leadership skills to keep growing, especially when it
gets tough.

Who's in
Your Corner?

Self -
Leadership

Keep
Going

Big Growth Goal Planner

Copy over your goal from the "Overall Goal Planner" Tab:

		WHEN	WHEN	WHY	WHY	WHO	WHO	WHO	WHAT	WHAT
Goal Name	Goal Description	Target Decade (20s, 30s, 40s...)	Target Completion Date	Why is this important for YOU?	Why is this important for your world?	Who benefits from this goal?	Who can you engage to help you?	Who are fellow goal journeyers, and where might they be located?	What does it look like upon completion?	What is the anticipated overall cost?

Mini-Goals

Now, let's break this goal down into bitesized pieces to make it a little easier to accomplish! Depending on how involved and/or difficult your goal is, you may consider breaking it down into 15-30 minute mini-goals. This way, you can make progress, start logging small wins, and build lots of momentum! I like to color code my steps - green = complete, yellow = in process. But do what works for you to stay focused and organized!

Phase	Description	Target Date	Anticipated time to complete	Who can help	Percentage Complete	Notes

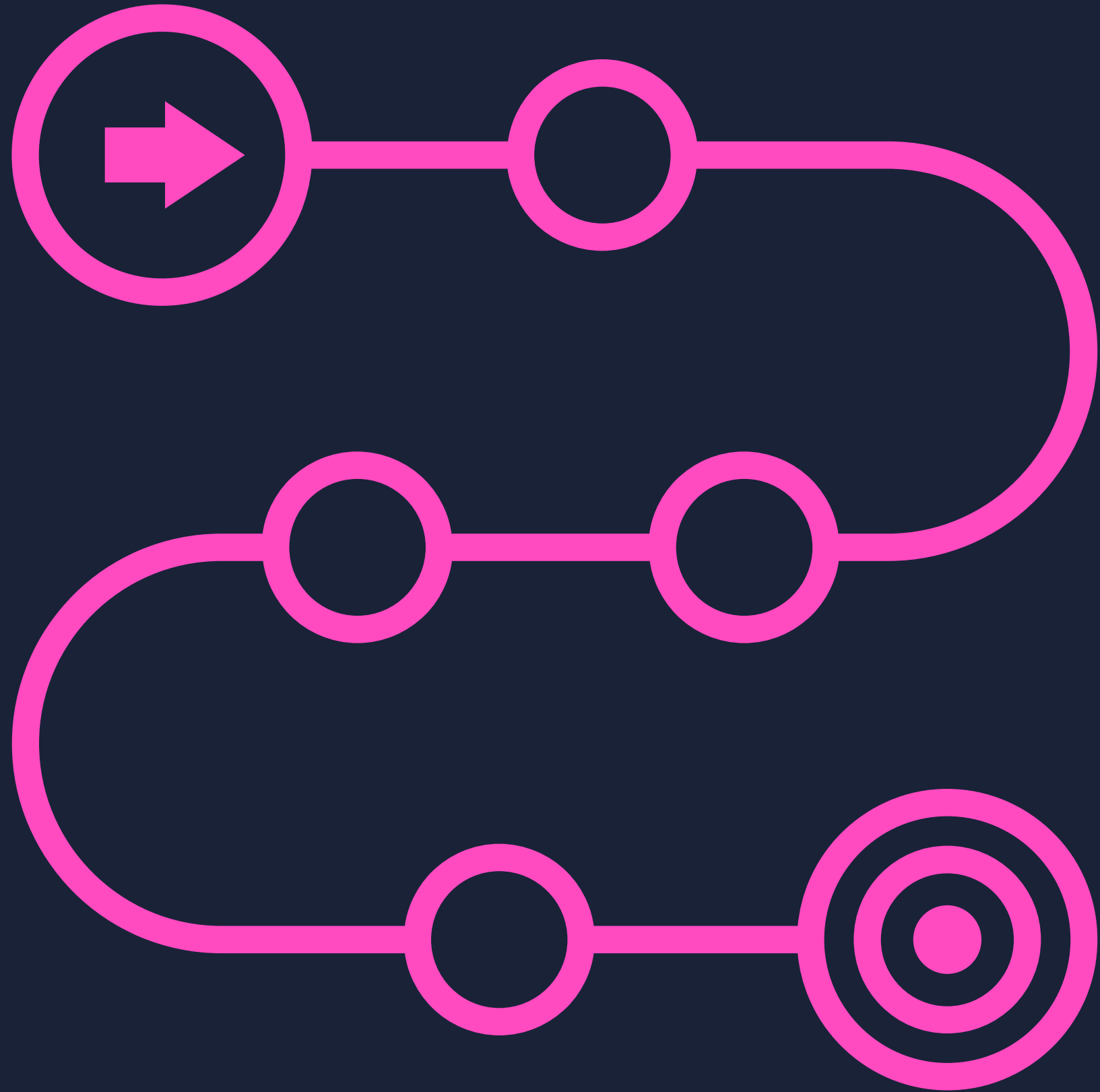


Ka riSa ylor.com / Go a lPl a n n e r



Define the VISION

When you clearly **define** the vision for your future, you confidently **decide** your life.



Clear roadmaps
reach really
great destinations.
– Kari Saylor

So, how DO we
define our future
and figure out what our
big goals
are?

Vision:

**DETERMINE
YOUR DREAMS**

	DREAMS
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	DREAMS
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50
DREAMS

5 QUESTIONS TO GET YOU STARTED

- Where would you like to travel?
- What new skills would you like to develop?
- What annual traditions would you like to implement?
- How would you like to give back?
- How do you want to show up for yourself?

Rediscover You

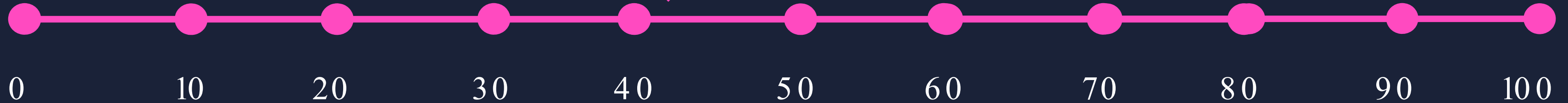
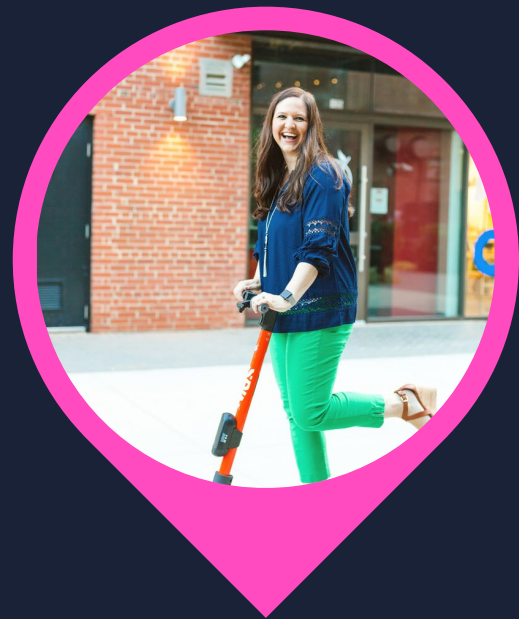
- What did you enjoy as a child?
- What did you enjoy as a teen?
- What did you enjoy in your 20's? 30's?
- Look back at pictures.
- Get together with friends from those times

Tactical

tips to map out
your big goals
so they don't feel scary!

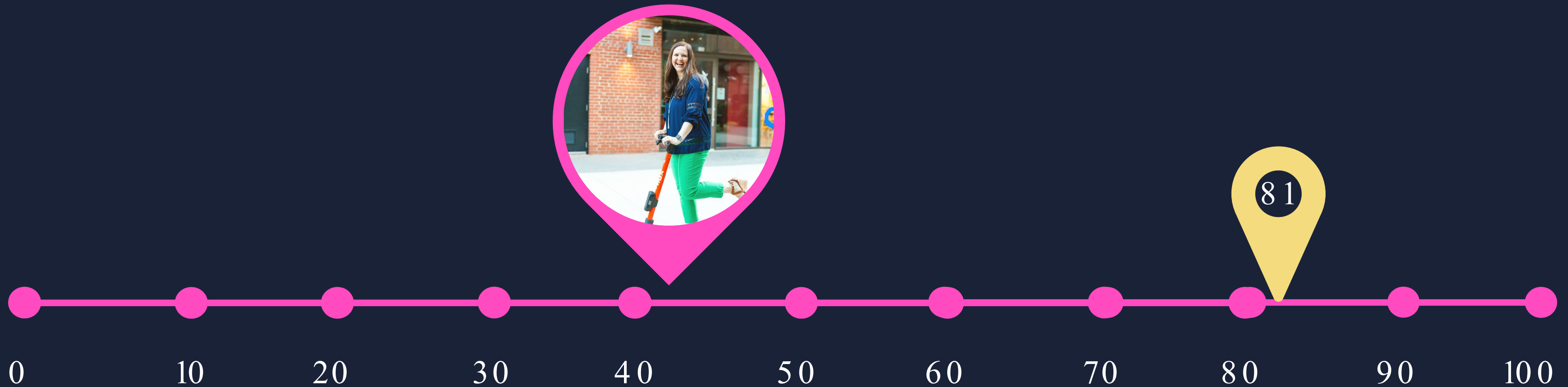
1

Get serious about your life.



1

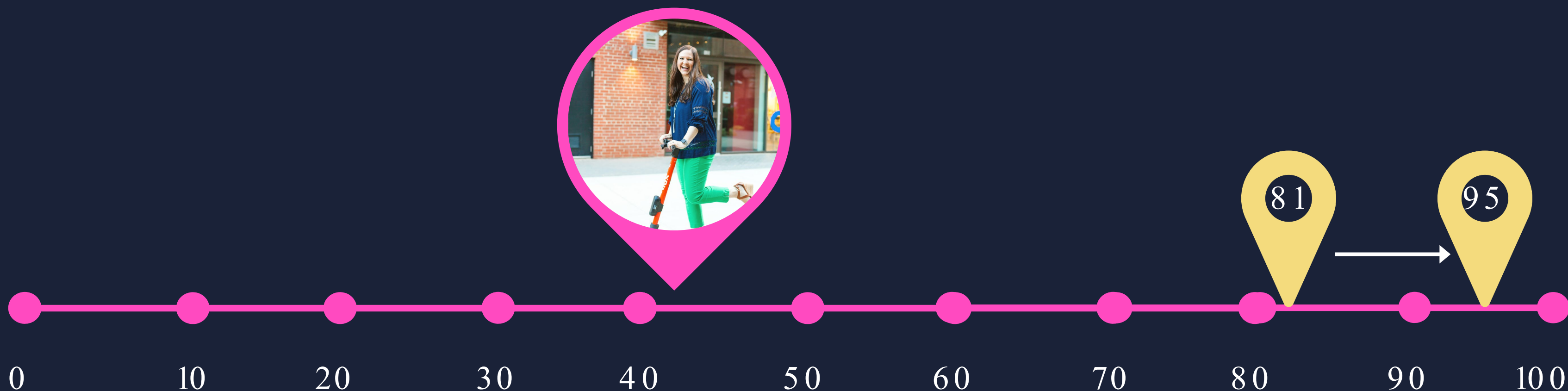
Get serious about your life.



CDC: Average life expectancy of women in 2024 is 81. 76 for men.

1

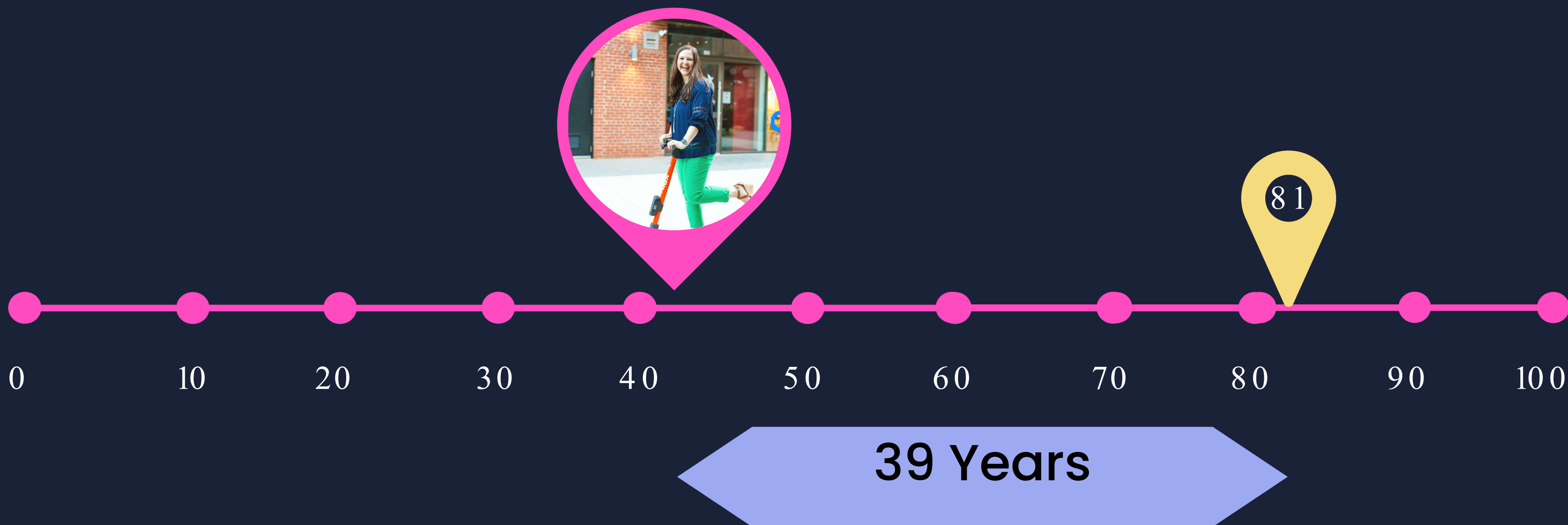
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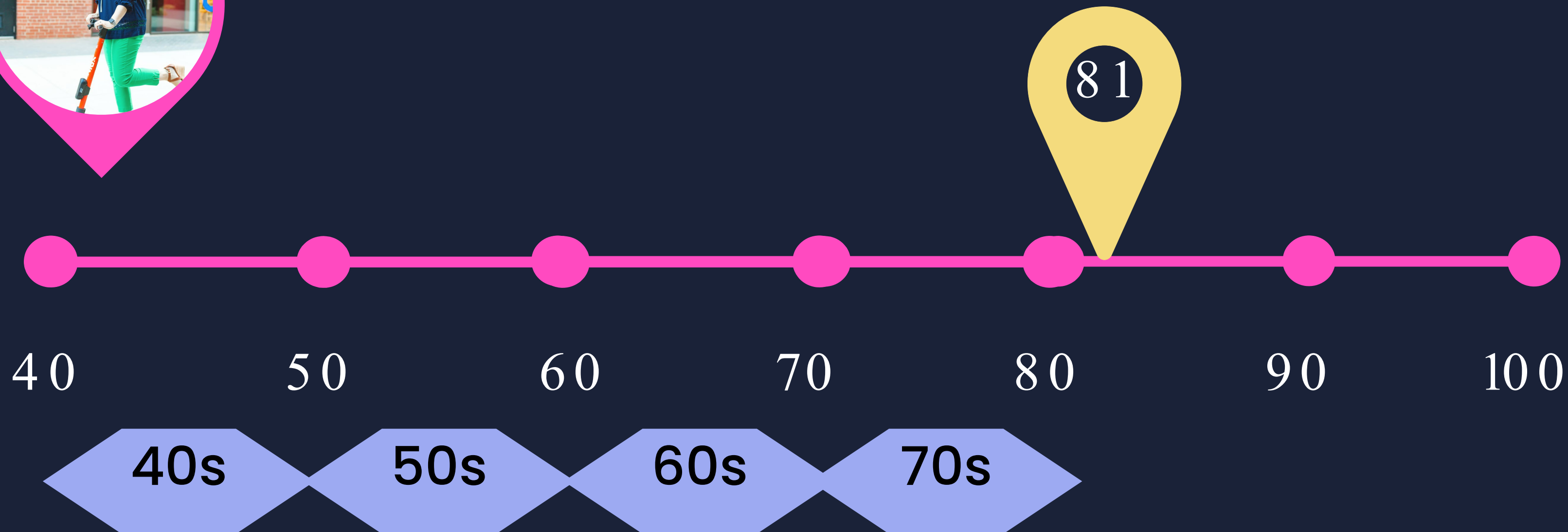
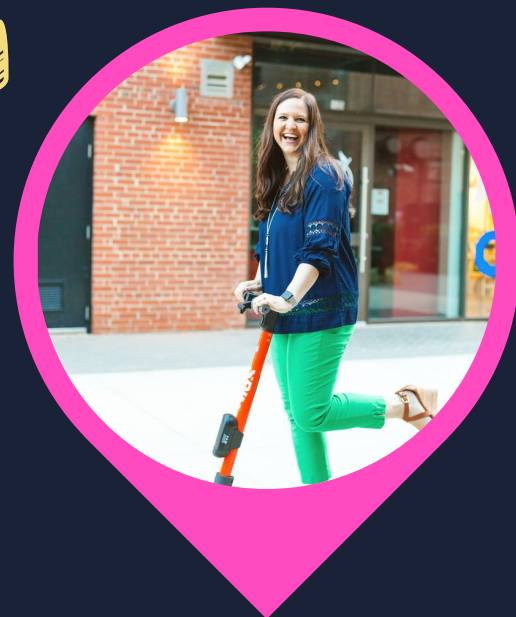
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Get serious about your life.



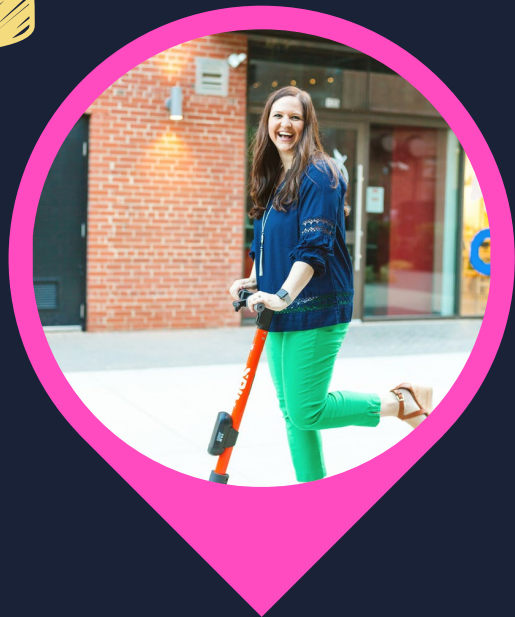
CDC: Average life expectancy of women in 2024 is 81. 76 for men.

1



CDC: Average life expectancy of women in 2024 is 81. 76 for men.

1



40

50

60

70

80

90

100

40s

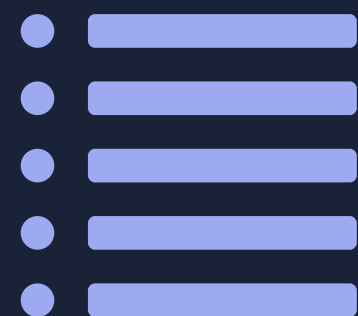
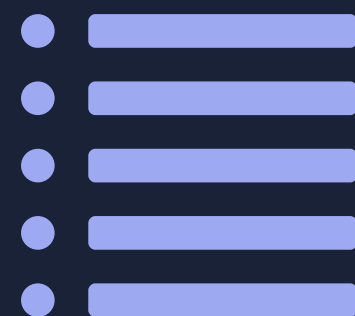
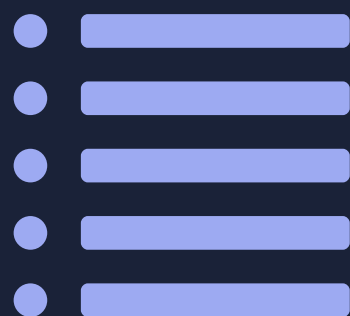
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80s

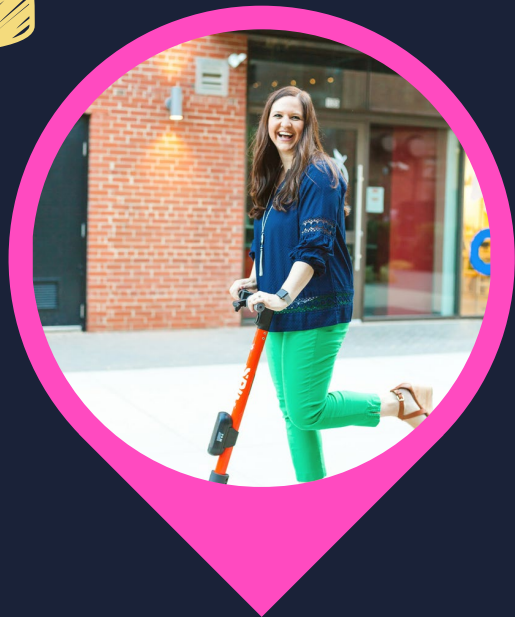
90s



81

95

1



40 50 60 70 80 90 100

40s

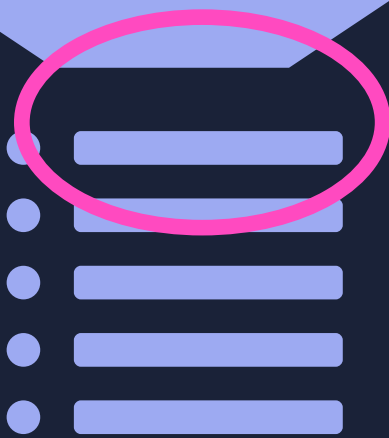
50s

60s

70s

80s

90s



2

Mini-Goals are life.

40s

- Goal 1
-
-
-
-



Mini-Goals =
15 minute tasks

- 1
- 2
- 3
- 4
- 5

3

Track your progress.

Copy over your goal from the "Overall Goal Planner" Tab:										
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Phase	Description	Target Date	Anticipated time to complete	Who can help	Percentage Complete	Notes				

Big Growth Goal Planner

4

**NO ONE ELSE
PRIORITIZES YOU...**

You do!

PLAN TIME FOR YOU.

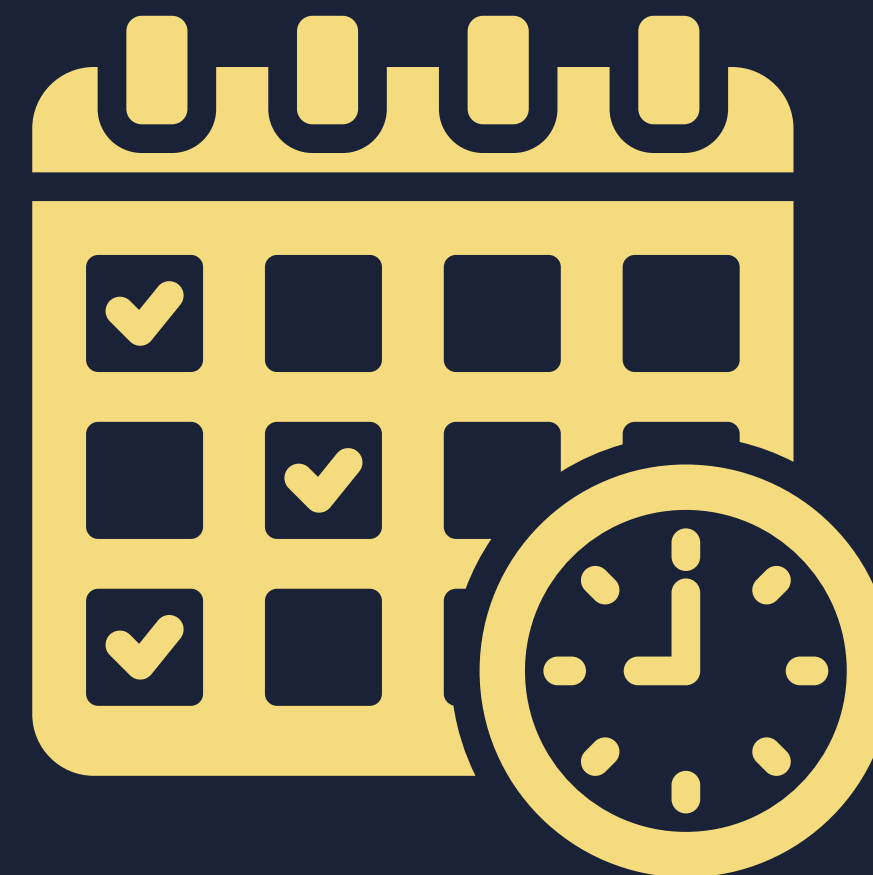
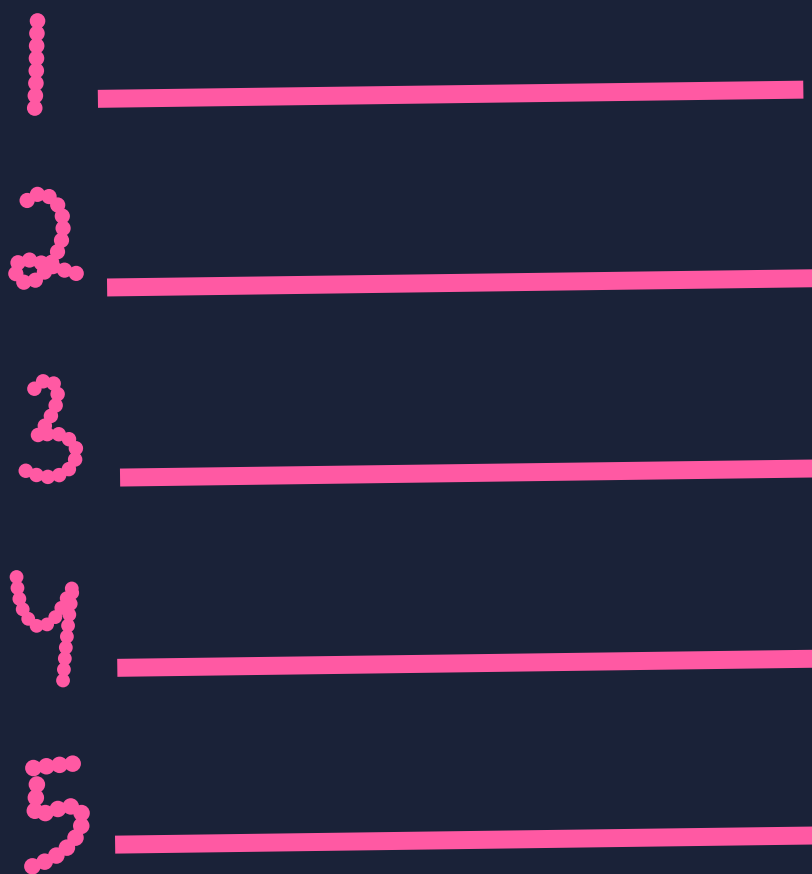
Top Tip Alert:
Break Big Goals into Mini-
Goals.

4

Actually put it on the calendar.



15 minute tasks



Ending this pillar with a thought...

“We were not put on this Earth to respond to stuff all day long, but to fulfill our God-given purpose.”

- Kari Saylor

Vision:

**YOU NEED
A PLAN**

“Most people overestimate what they’re going to do in a year, and they underestimate what they can do in a decade or two or three or four.”

- Tony Robbins



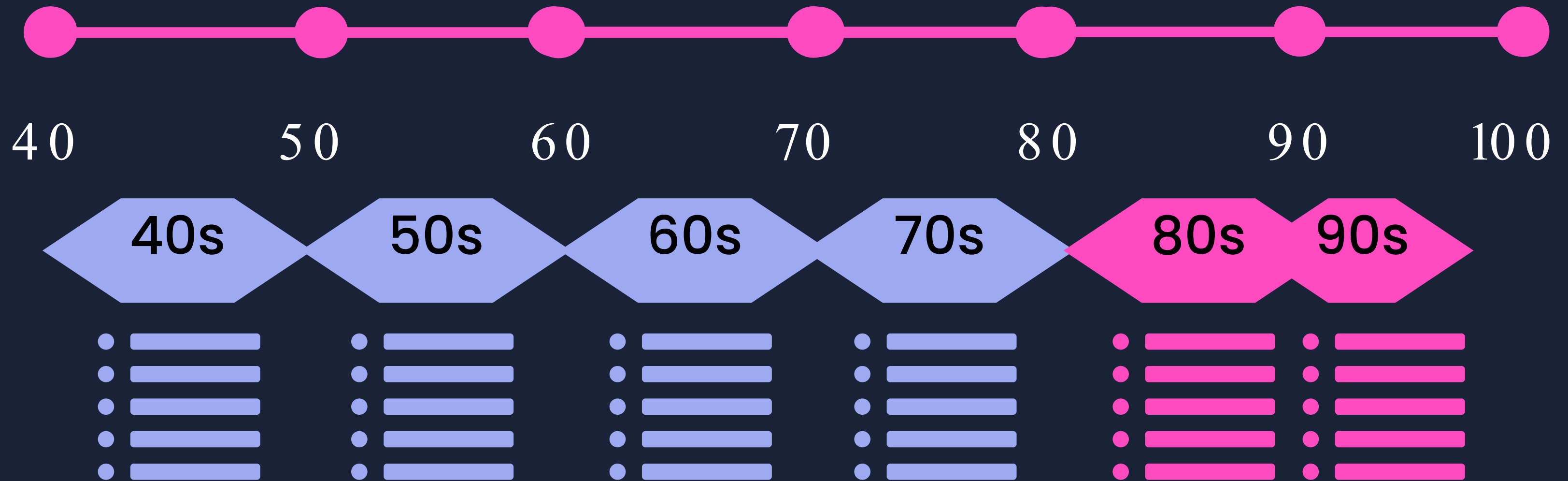
You Need a **PLAN**

Big Growth begins when you
map out your future.

Organize by: Types of Goals



Organize by: Decades



Top Tip Alert:
Start with 1 goal.

BREAK IT DOWN

Pick 1

- What: (clearly define)
- When: (overall target completion date)
- Why: (for me and my world)
- Who: (will help me stay focused and move forward)
- How: (what are the mini milestones & their target dates)

HOW TO PICK YOUR FIRST GOAL

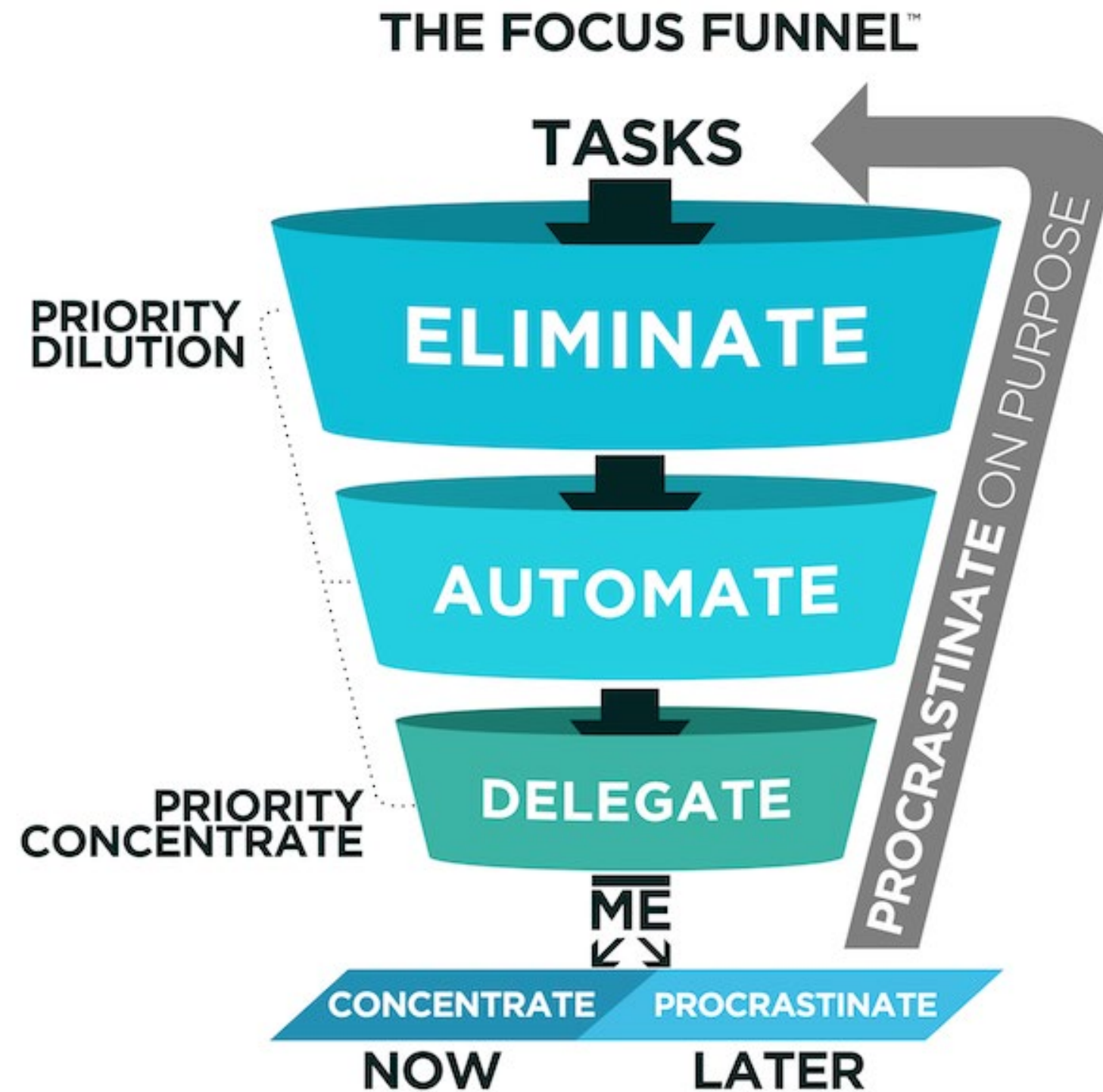
- Review your current decade column
- What are you most excited for from that column?
- What feels the easiest to start with to gain momentum?

How to find the time
and create

momentum

towards your dreams!

The Focus Funnel by Rory Vaden



Eliminate:

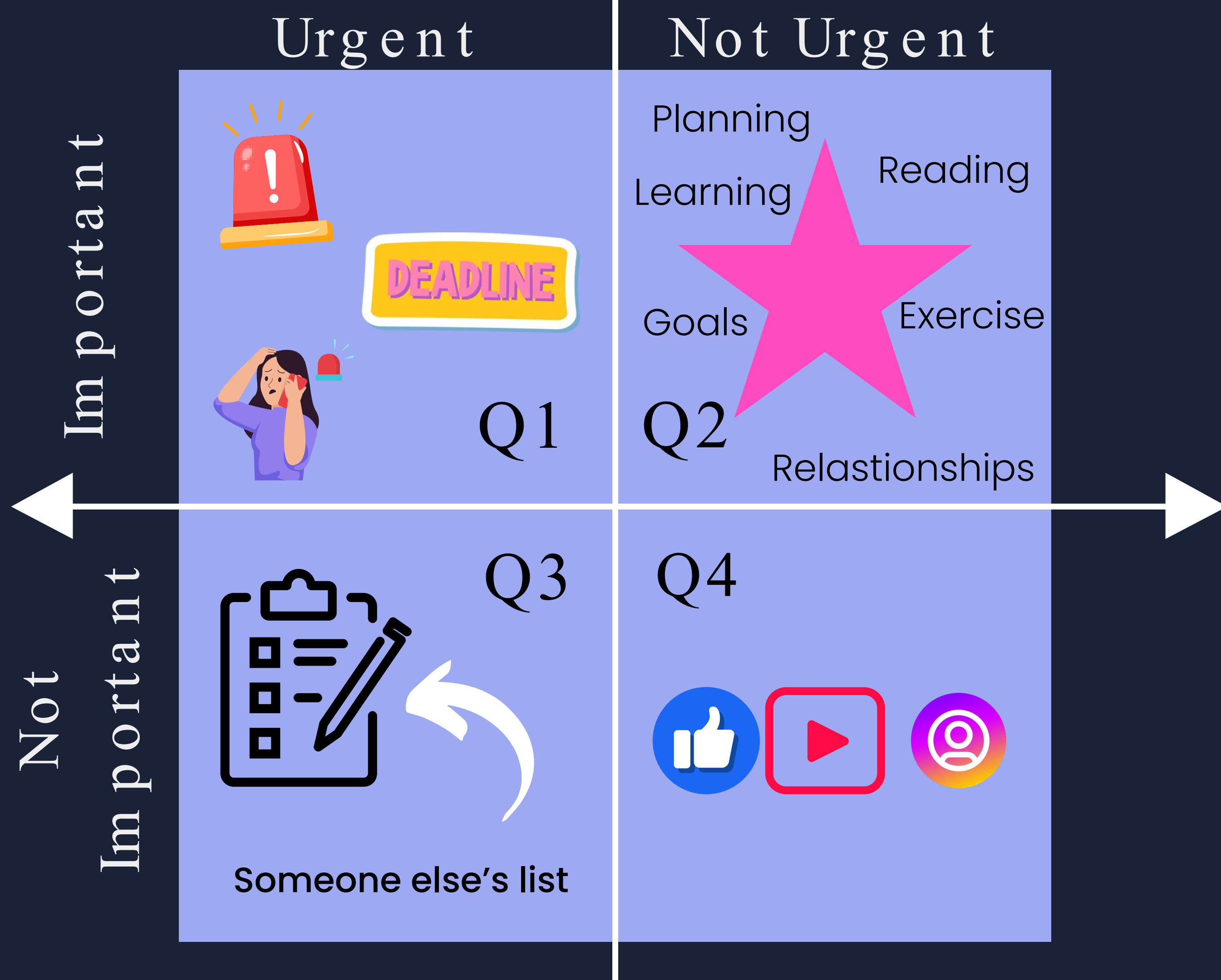
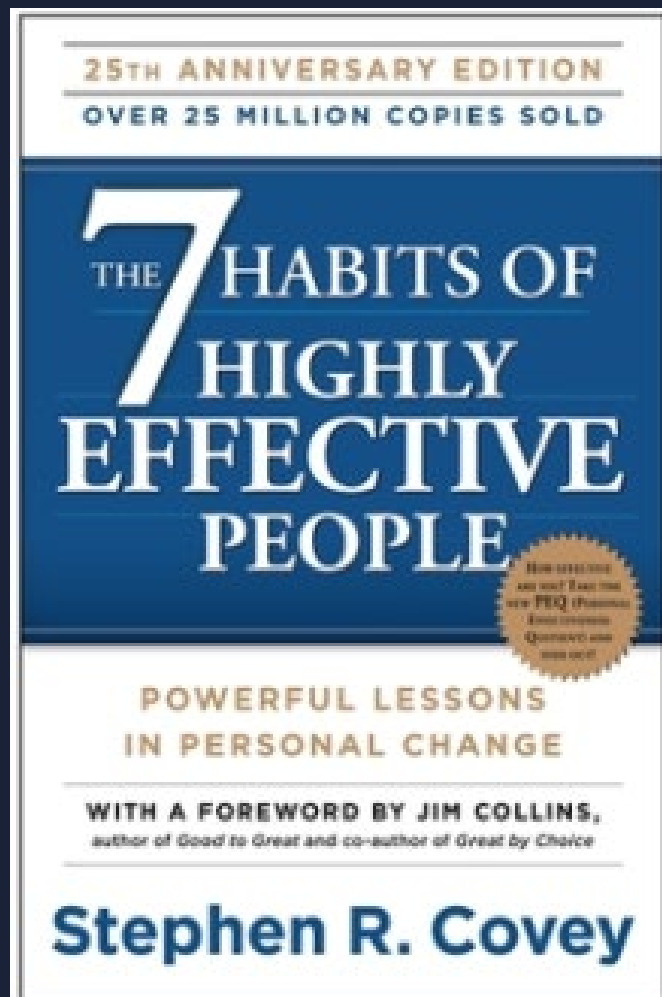
- Do I need to do this task at all?

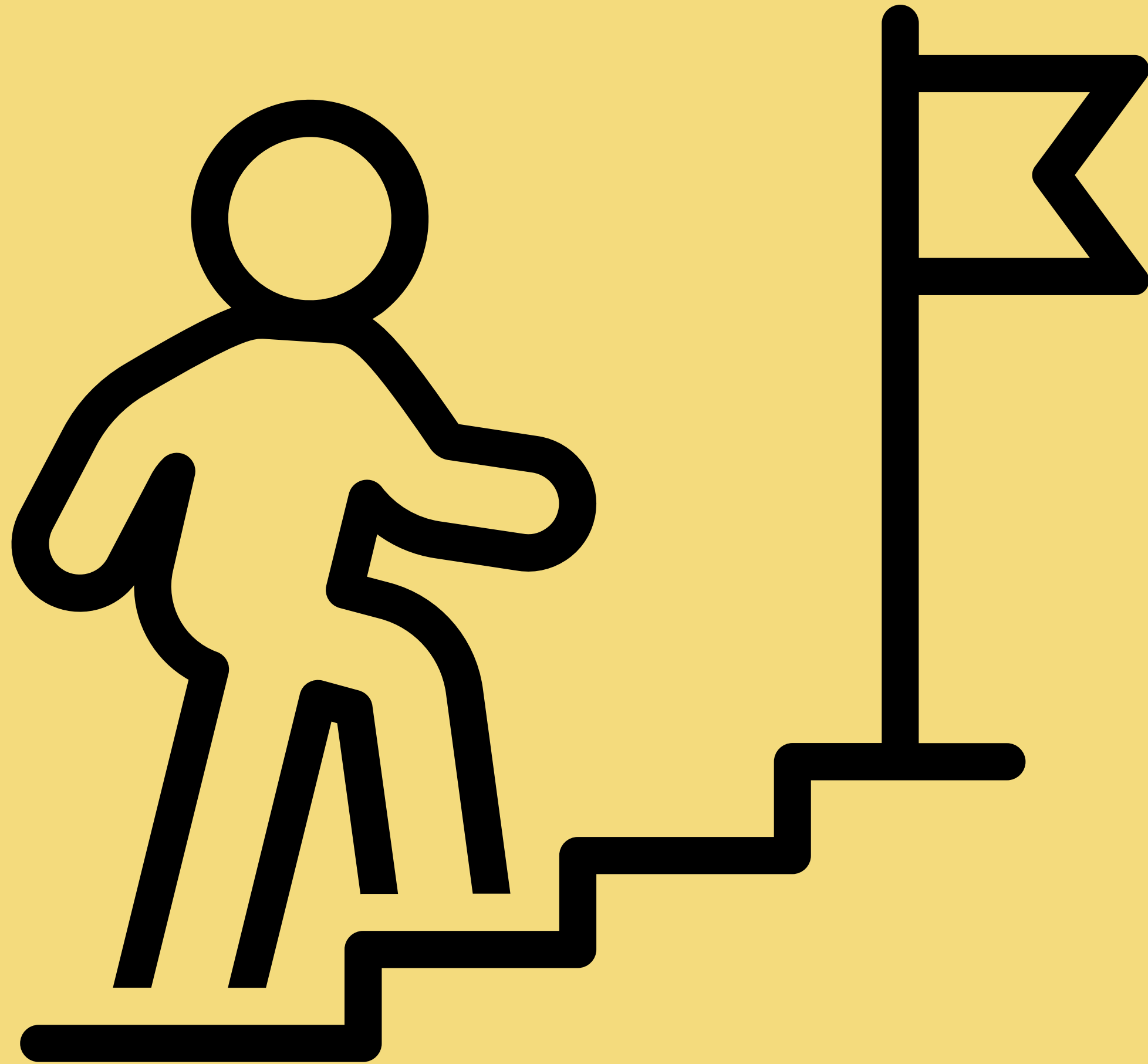
Automate:

- Bills – can I set up autopay?
- Dog food – Can I subscribe to a monthly shipment?
- Floor cleaning – robot vacuum (be careful!)
- Grocery orders/delivery
- Subscribe & Save
- Automatic transfers at bank or investing
- Reminders throughout the day – medicine, meditate, goal check-in
- Birthday and anniversary reminders

Delegate:

- Significant other – what can they take off your plate?
- House cleaning
- Food prep
- Grocery getting
- Expense reports





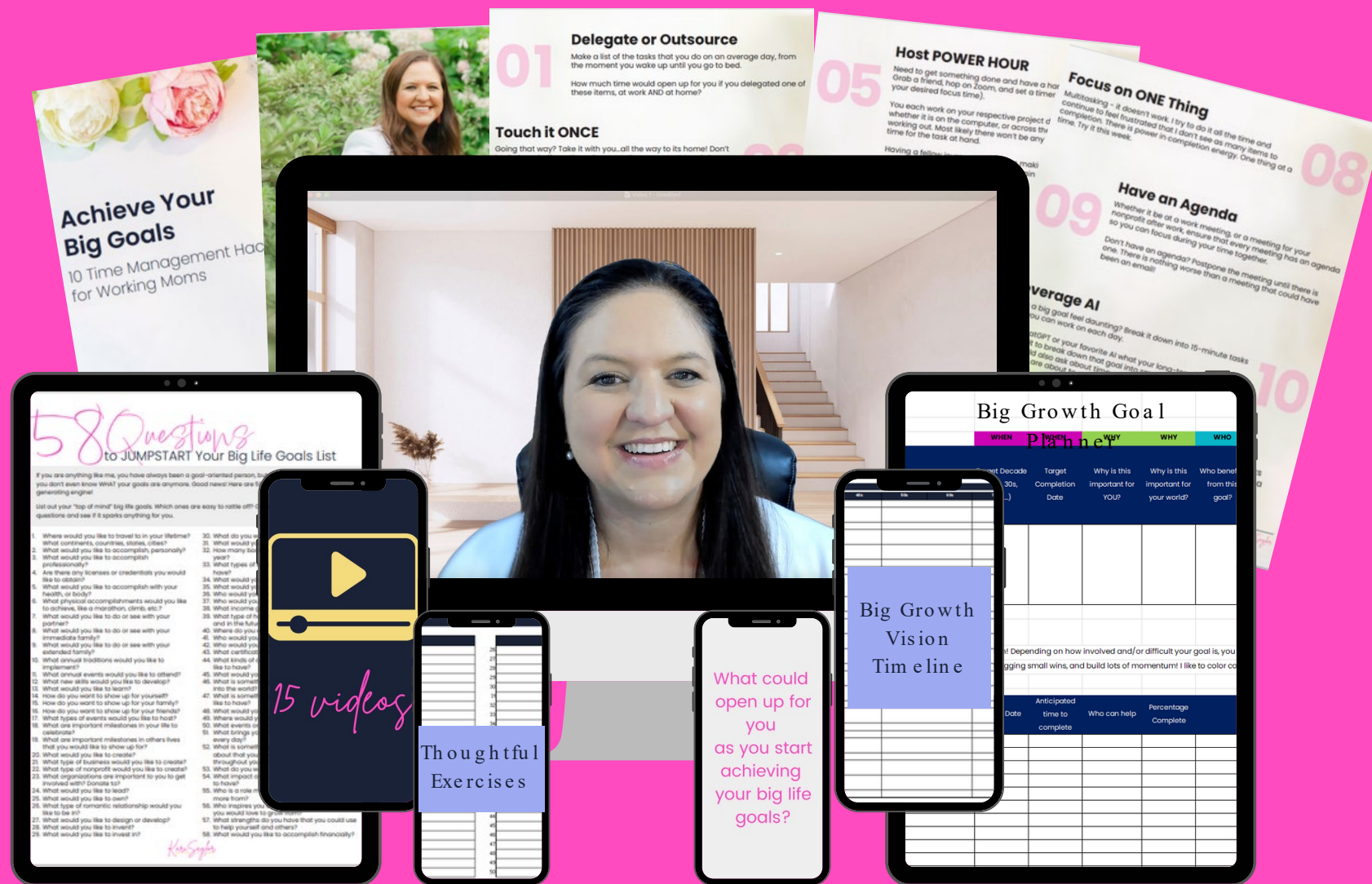
Mini-Goals
fit in small
windows of
time!

1. I am worthy of living a full life, and accomplishing the goals I would like to accomplish.
2. Every challenge I face is an opportunity for growth, and I embrace it with courage.
3. I celebrate my accomplishments, big and small, and acknowledge my progress.
4. My worth is inherent; I don't need validation from anyone else to feel worthy.
5. My dreams are important, and I am taking steps every day to manifest them.
6. I am capable, strong, and equipped to handle whatever comes my way.
7. I deserve success and happiness in all areas of my life.
8. I honor my journey, knowing that each step I take leads me closer to my goals.
9. I am enough just as I am, and I deserve all the good that comes into my life.
10. My dreams matter, and I am actively creating the life I envision.
11. God has already prepared the way. He is just preparing me.

To recap...

- How to define your future and figure out what your big goals are
- Tactical tips to map out your big goals so they don't feel scary
- How to find the time and create momentum towards your dreams!
- Made some new Big Growth friends!

Big Growth Vision Course Bundle



Ka riSa ylor.com / VISION



Big Growth Vision Digital Course

Retail
Value

\$250



Big Growth Goal Planner

\$100



58 Questions to Jumpstart Your Goals List

\$57



Big Growth Vision Timeline

\$27



10 Time Management Hacks for Working Moms

\$27

\$47

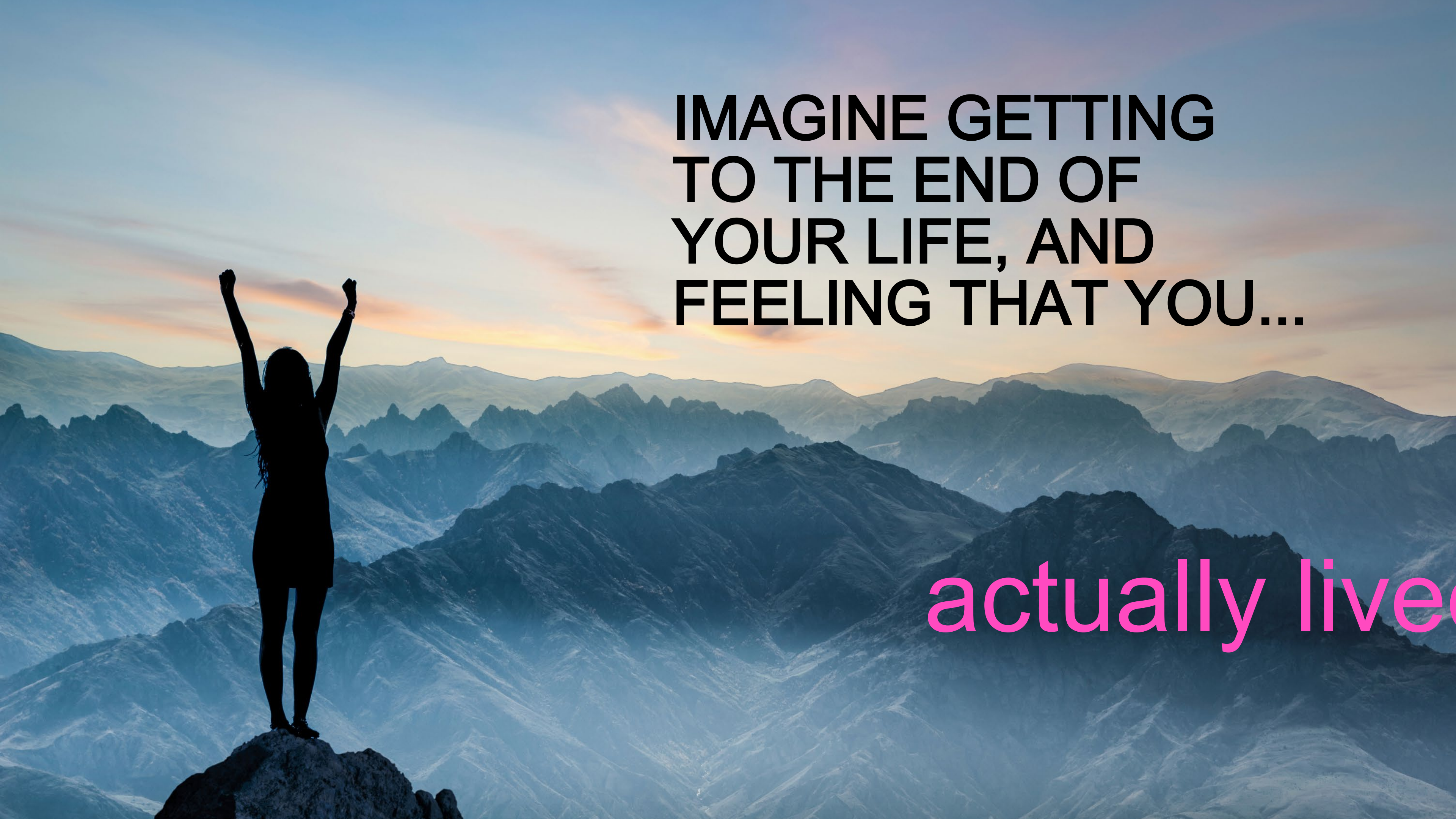
Good through
10/27

~~\$461~~

Big Growth Vision Course Bundle



[K a r i S a y l o r . c o m / V I S I O N](https://karisaylor.com/VISION)

A silhouette of a person stands on a rocky mountain peak, arms raised in a gesture of triumph or joy. The background features a vast, hazy mountain range under a sky with soft, warm light from a low sun, creating a sense of accomplishment and freedom.

**IMAGINE GETTING
TO THE END OF
YOUR LIFE, AND
FEELING THAT YOU...**

actually lived

♥ THANK
YOU

-Kari

