

# GOAL GETTERS



*5 Steps to Finally  
Getting What You Want*

STUDY GUIDE



NICOLE  
CRANK





# GOAL GETTERS

*5 Steps to Finally  
Getting What You Want*

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**NICOLE  
CRANK**

**STUDY GUIDE**

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# CONTENTS

## *Getting Ready*

Steak, Bones, and Hotdogs: Getting  
Your Dream Capacity Ready .....6

## *Step One:*

Set It and Get It: Dreaming and Setting Your Goals ... 12

## *Step Two:*

Get a Vision: Turn Your Dreams into Goals ..... 18

## *Step Three:*

Get Going: The Action Plan to Get You There..... 24

## *Step Four:*

Get Results: The Benefits of Commitment ..... 34


## *Step Five:*

Get Happy: The Fuel of Taking Time  
to Enjoy the Reward ..... 44

## *Bonus:*

Get Tips, Tricks, and Hacks..... 52





*You're  
changing the  
way you think  
and it's going  
to change the  
way you live!*

—NICOLE CRANK

*Getting Ready*

# Steak, Bones, and Hotdogs: Getting Your Dream Capacity Ready



*“We’ve been settling for the leftovers. We’ve been surviving on just the scraps that come our way. Today, I want to encourage you. You’re not living a “scraps” kind of life anymore.” —Nicole Crank*

# READING TIME

Read Chapter 1 “Getting Ready” in *Goal Getters*, and reflect on the questions and discuss your answers with your study group.

In what areas of your life have you settled for the “bones” instead of the “steak” that God has for you? Explain your answer.

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What do you think has been holding you back from identifying your goals?

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## REFLECT ON

Read Hebrews 116 (ESV)

*“And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.”*



What ‘hot dog’ goal or dream have you had that you’re ready to upgrade to a ‘steak’ goal or dream?

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How does it make you feel to know that God can do more than you can ask or imagine—and that He wants to do it in your life?

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Looking at the “Five Simple Steps” that Nicole previews in this section, which one are you most excited to work on? Which one needs the most attention in your life right now?

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# SHARE YOUR STORY

*“Live little, and you’ll stay exactly where the enemy wants you to be. You have unseen forces trying to keep you from dreaming today. We’re going to release those dreams.”*  
—Nicole Crank

Share your story on social media:

[nicolecrank.com/letstalk](http://nicolecrank.com/letstalk)



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How have you already seen God’s plans for your life manifest themselves? How has He grown you, developed you, and used you already?

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What practical steps are you going to take to get ready for this journey? It could be starting a planner, identifying a few key verses to write down and post somewhere, or finding an accountability partner.

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*When you know  
where you're going,  
people tend to get  
out of your way!*

—NICOLE CRANK

*Step One:*

# Set It and Get It: Dreaming and Setting Your Goals



*“What would it take for this year to be the most amazing year of your life? That’s the question we’re going to answer with our goals.”—Nicole Crank*

# READING TIME

Read “Step One Set It and Get It” in *Goal Getters*, and reflect on the questions and discuss your answers with your study group.

Have you ever caught yourself veering off-course when it comes to your goals and dreams? Why do you think this happened?

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Why is it so essential to pray and get confirmation from God about the goals we set for ourselves? What do we risk when we skip this step?

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# REFLECT ON

Read Proverbs 36 (MSG)

*“Listen for God’s voice in everything you do, everywhere you go; He’s the one who will keep you on track (or path).”*



In this section, we looked at Isaiah 55:8-9 (NIV). How does this truth about God’s ways and thoughts affect our goal-setting process?

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What are your goals? Take 3 minutes to pray and write them down—this will automatically increase the likelihood of reaching them!

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# SHARE YOUR STORY

*“Clarity of vision brings clarity of life. So let’s GET CLEAR and write it down”*  
—Nicole Crank

Share your story on social media:

[nicolecrank.com/letstalk](http://nicolecrank.com/letstalk)



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Why do you think Pastor Nicole writes, “If the enormity of our dreams doesn’t scare us just a little, then we may be walking by sight and not by faith”? Do your dreams intimidate you, or do you feel completely comfortable when you think about them?

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Look back at your list of goals. Are there any tweaks you can make so that they’re more specific? What parameters, benchmarks, etc. can you add to make them measurable and attainable?

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How are you feeling now that you have a concrete list of attainable goals written down?

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Spend some more time praying and asking God to be with you and to bless these goals. Seek His confirmation as you move forward, and write any thoughts, words, or other notes below that you want to remember.

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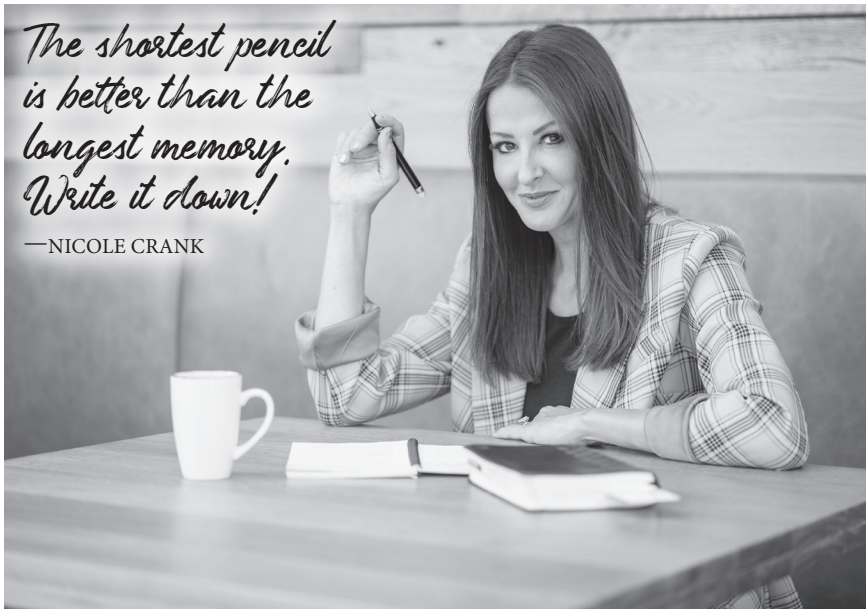
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*Step Two:*

## **Get a Vision: Turn Your Dreams into Goals**



*“Clarity is what we get when we turn our goals into a full-color, internalized vision.”—Nicole Crank*



# READING TIME

Read “Step Two Get a Vision” in *Goal Getters*, and reflect on the questions and discuss your answers with your study group.

Have you ever used visualization to gain clarity on your goals? If so, what did that look like? If not, how can you utilize this tool to help you move towards your goals?

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Why do you think so many people give up on their New Year’s Resolutions so quickly?

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# REFLECT ON

Read Isaiah 54:2-3 (ESV)

*“Enlarge the place of your tent,  
and let the curtains of your habitations be stretched out;  
do not hold back; lengthen your cords  
and strengthen your stakes.*

*For you will spread abroad to the right and to the left,  
and your offspring will possess the nations  
and will people the desolate cities.”*

Did anything about the neuroscience behind writing and re-writing your goals stand out to you in this chapter? How did the scientific aspect of this exercise shift your perspective?

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How is prioritizing time in the morning to write out your goals better than waiting until after you've accomplished other important tasks and to-dos?

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Would you say that your past determines your future? Or do you operate relatively independently of your past? Explain your answer.

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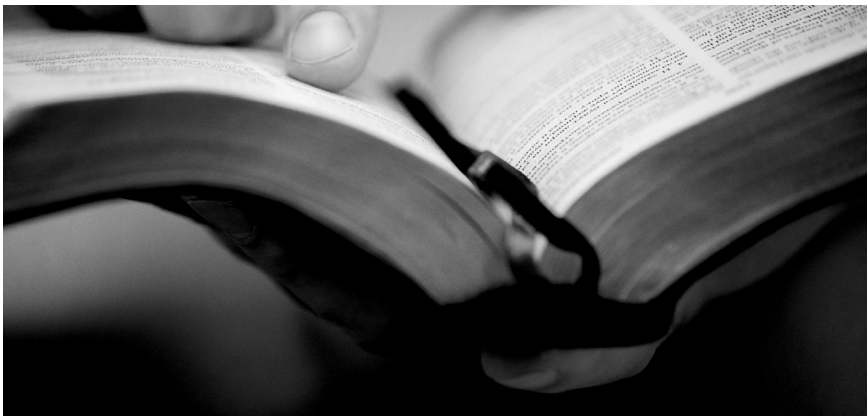
What will it take for you to not break down before you breakthrough in writing your goals on paper for 30 days? Visit [nicolecrank.com/workbooks](http://nicolecrank.com/workbooks) to access dozens of free, helpful worksheets!

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# SHARE YOUR STORY

*“Begin with one area of organization, and it will grow. Organize what you have in your mind.”*  
—Nicole Crank

Share your story on social media:

[nicolecrank.com/letstalk](http://nicolecrank.com/letstalk)



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NicoleCrank

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Have you ever made a vision board? What excites you about this idea? Is there anything that intimidates you (remember, that’s not a bad thing!)?

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Based on this section, how does defining your goals empower you to believe God more—to grow your faith?

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Have you ever struggled to stay excited and motivated about your vision? Have you ever gotten bored? What tips from this chapter—or your own life—have you discovered to keep your passion alive?

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As you finish this chapter, what new insights, action steps, or other notes have you discovered that you want to remember?

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*Step Three:*

## **Get Going: The Action Plan to Get You There**



*“You are the one who knows the tough questions in your own life. You know exactly where you want to grow and improve. So measure every metric and every item that has to do with your goal.”—Nicole Crank*

# READING TIME

Read “Step Three Get Going” in *Goal Getters*, and reflect on the questions and discuss your answers with your study group.

Why is it so essential to define measurable goals? What risk do we run if our goals aren't measurable?

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Look back at the 7-10 goals you identified near the beginning of the study. Which aspects of them are measurable? What numbers, benchmarks, etc. have you identified for each one?

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# REFLECT ON

Read James 2:14 (MSG)

*“Dear friends, do you think you’ll get anywhere in this if you learn all the right words but never do anything?”*





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# SHARE YOUR STORY

*“You need to write your plan in pencil, because it may change a dozen times—and that’s okay! We need a well-thought-out plan in order to launch out toward our goals; then, our plans may need adjusting as we walk them out.” — Nicole Crank*

Share your story on social media:

[nicolecrank.com/letstalk](http://nicolecrank.com/letstalk)



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Explain the importance of assessing where you are right now. For each goal, make some notes about where you are and how you plan to move forward.

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Nicole lays out the importance of asking questions to get on your way to your goal. What additional questions can you come up with to ask yourself based on your specific goals?

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How have you seen your goals and plans adjust in the past? How might you need to adjust them in the future?

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Do you find it easy to be flexible and adjust your goals, or is this difficult for you? Explain your answer.

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*Successful people do what unsuccessful people are not willing to do.*

—NICOLE CRANK

What are some of the “little pains” you’ll need to commit to today in order to enjoy “big gains” tomorrow?

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Who can keep you accountable to the steps you've defined in this chapter? Think of 1-3 safe, supportive, and honest people who can speak into your life when you veer off course or compromise on the daily steps toward your goals—and who can cheer you on as you make progress!

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What scares you most about reaching for these dreams? Why? Explain your answer.

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*Step Four:*

# Get Results: The Benefits of Commitment



*“Which way are you headed? Even if you’ve been distracted, or wandered completely off the path, you can turn around and start putting one foot in front of the other. That’s all it takes to get back on track.”—Nicole Crank*



## READING TIME

Read “Step Four Get Results” in *Goal Getters*, and reflect on the questions and discuss your answers with your study group.

Pick one of your goals and ask yourself, “Why are you doing what you’re doing?” Write your answers and thoughts below.

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How do you typically respond to setbacks, failures, or loss of momentum in pursuing your goals? Do you tend to get right back on track, or is it difficult for you to move on? Why do you think this is?

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## REFLECT ON

Read 2 Peter 15 (AMP)

*“For this very reason, adding your diligence [to the divine promises], employ every effort in exercising your faith to develop virtue (excellence, resolution, Christian energy), and in [exercising] virtue [develop] knowledge (intelligence).”*



What are the biggest obstacles or struggles in your way right now?

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What work might God be doing in the interim—the time between setting your goal and realizing it? Why is this season so important?

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How has failure actually moved you closer to your goals? How has it matured, grown, and developed you?

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# SHARE YOUR STORY

*“Successful people fail their way to the top. They choose not to quit. They decide to make it happen.”  
—Nicole Crank*

Share your story on social media:

[nicolecrank.com/letstalk](http://nicolecrank.com/letstalk)



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Write down 5 reasons you WON'T give up!

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Write down 5 ways you'll get up one more time.

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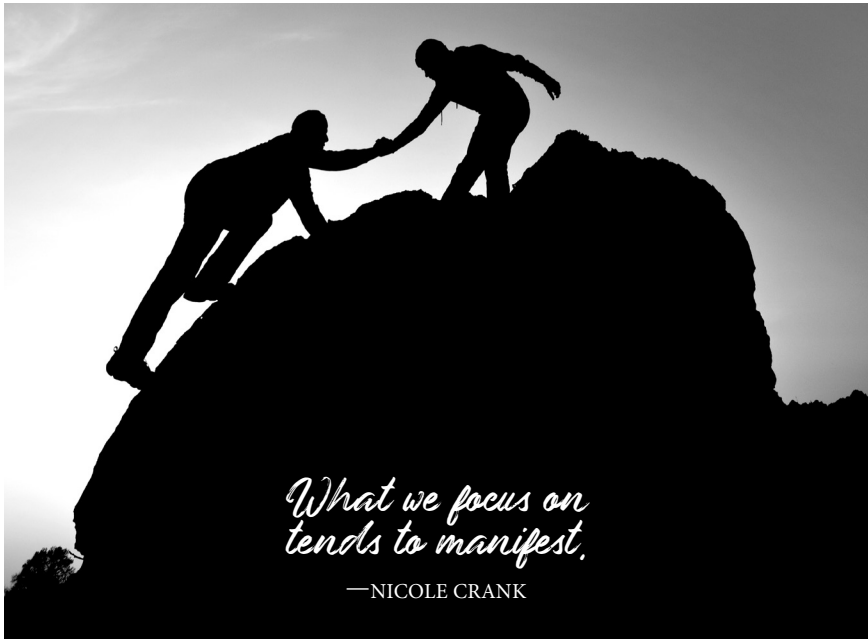
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Write down 5 incentives you have to stay the course.

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What is God's part in fulfilling your goals? What is your part in reaching them?

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Who do you want to be part of your top five influencers?

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*Step Five:*

# Get Happy: The Fuel of Taking Time to Enjoy the Reward

*Consistency is the key to the breakthrough.*



*“You might not be where you want to be, but you’re sure not where you used to be.”—Nicole Crank*

# READING TIME

Read “Step Five Get Happy” in *Goal Getters*, and reflect on the questions and discuss your answers with your study group.

When it comes to rest, how are you doing in making time to rejuvenate, refresh, and reset? Where would you like to improve in this area?

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Have you ever chosen a “good idea” over a “God idea”? How did you realize this? What did this experience teach you?

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# REFLECT ON

Read Proverbs 215 (NIV)

*“The plans of the diligent lead to profit as surely as haste leads to poverty.”*



What little, daily things do you do to pamper yourself? If you're not currently doing anything, what are some ideas that excite you?

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Do you struggle with guilt? In what ways? How can you combat any guilt that arises when you rest, celebrate, and reflect on your progress so far?

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What hobbies do you enjoy during your free time? What hobbies would you like to learn more about or spend more time doing?

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Who helps you unwind, relax, and refresh yourself? Who are the healthy people in your life who encourage these rhythms?

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# SHARE YOUR STORY

*“I have to be alone very often. I’d be quite happy if I spent from Saturday night until Monday morning alone in my apartment. That’s how I refuel.”*  
—Audrey Hepburn

Share your story on social media:

[nicolecrank.com/letstalk](http://nicolecrank.com/letstalk)



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Do you know your love language? If so, what is it?

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What “little rewards” do you find most effective in encouraging you onward towards your long-term goal? For which benchmarks do you want to incorporate these rewards? Think of a couple of examples for each of your 7-10 goals.

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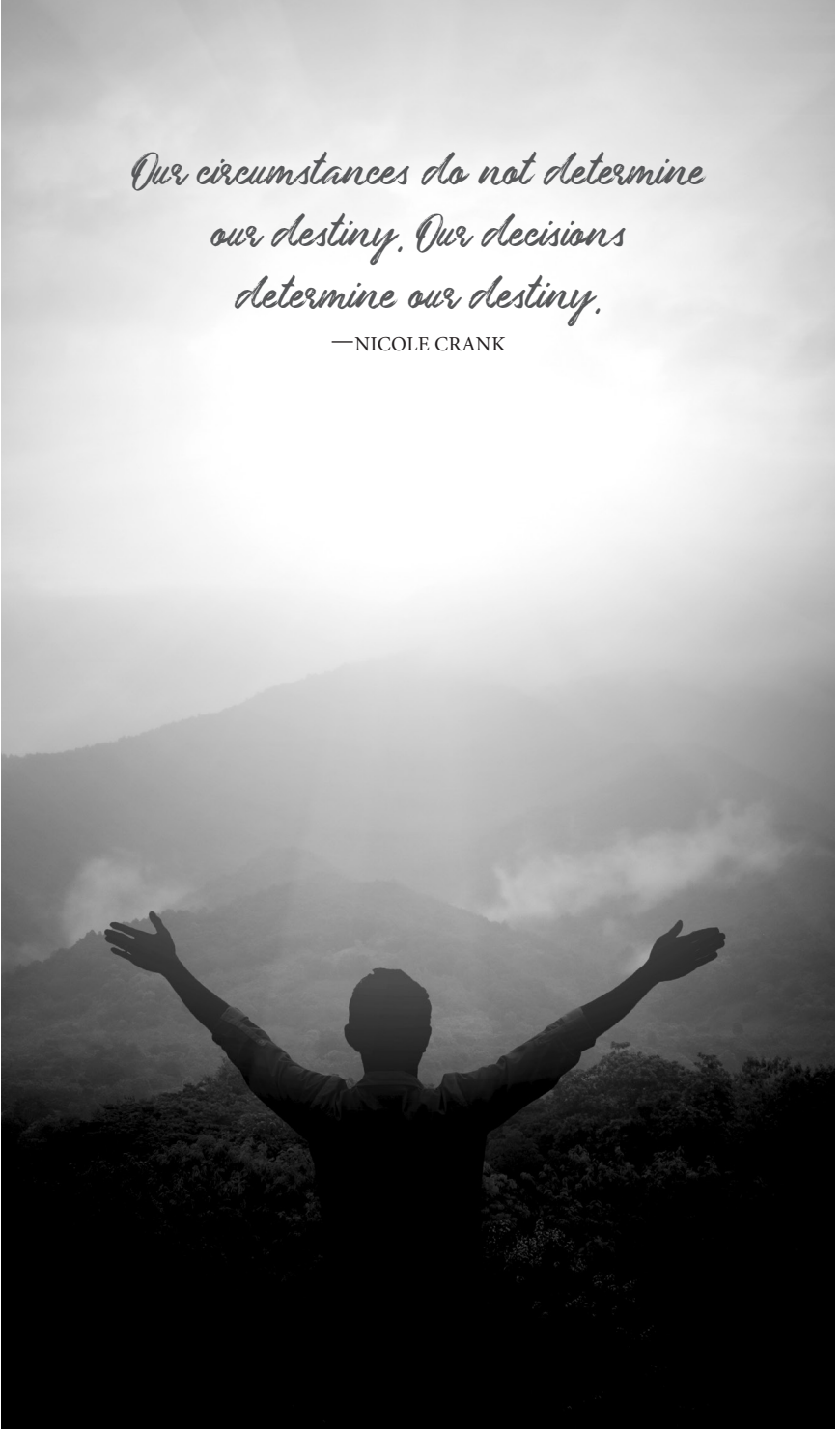
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*Our circumstances do not determine  
our destiny. Our decisions  
determine our destiny.*

—NICOLE CRANK









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*Bonus:*

# Get Tips, Tricks, and Hacks



*“Jesus was committed to His purpose. He stayed focused and maintained boundaries in order to keep His momentum towards His goal.”—Nicole Crank*

## READING TIME

Read “Bonus Step Get Hints and Hacks” in *Goal Getters*, and reflect on the questions and discuss your answers with your study group.

What hacks have you found that work best for you? Do you have a time of day or a certain place in which you're most motivated and productive? What routines, resources, and relationships have helped you grow and move towards your goals?

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Do you use to-do lists? What kind (paper, digital, app, etc.)?

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# REFLECT ON

Read Ecclesiastes 9:10 (NLT)

*“Whatever you do, do well. For when you go to the grave, there will be no work or planning or knowledge or wisdom.”*



Which of the “6 Steps to Getting a Happy Routine” stuck out to you the most? How can you work on this step in your life?

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What areas of physical health do you need to improve upon?

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What about your mental and emotional health? What hacks or steps do you need to incorporate to stay well?

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# SHARE YOUR STORY

*“We need to subtract certain things from our lives so we can grow and multiply in the areas in which God wants to grow us.”*  
—Nicole Crank

Share your story on social media:

[nicolecrank.com/letstalk](https://www.nicolecrank.com/letstalk)



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How have you seen “no” lead to a better “yes” in your life so far? What “nos” might you encounter as you pursue your goals?

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What thing is God leading you to “subtract” from your life in order to move towards a more mature, healthier, and more successful place in Him?

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Why is it a good thing that God doesn’t choose us based on our worthiness? How does our willingness influence whether or not we fulfil the purposes He has for each one of us?

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As you wrap up this study, what are action steps, thoughts, final insights, or other notes you want to remember?

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*Congratulations!*

**You've finished this Study Guide!**

**You're obviously a real Goal Getter!**

**Now—GET GOING!**