

UNICORN AGELESS EDGE BIG GOAL CHALLENGE

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welcome



Andrea altered the truth of her age and got a job at a Wall Street brokerage firm at 14. By 24, she opened her first operating business – a Häagen-Dazs ice cream store in Reno, Nevada. After many businesses and a PhD in Organizational Psychology later, she felt she had experienced enough stress and anxiety to be an expert. Today, Goeglein is a Success Catalyst, creator of the Don't Die© book series, and cohost of Hey, Boss Lady! Podcast and known as Dr. Success™.

Don't hesitate to contact me directly to learn more about my services and how I can help you gain the tools you need to succeed. Explore the Hey, Boss Lady! Podcast archives. You can follow me and join live events on social media on LinkedIn, YouTube and Instagram.

AUTHOR CO-LEARNER SUCCESS CATALYST



1 How to Recraft Your Job and Life with AI

inspiring thoughts

Assuming you set goals at the beginning of last year, review those goals. Were any of the goals you set real stretch goals, or were they good, progressive goals? The process you will commit to for the next six months is creating a BIG goal, not a progressive goal. This process is not about incrementally building. For this month, the only goal is to capture inspiring thoughts of what you would like to achieve. You do not have to set a big goal yet. You are only seeding and training yourself to think of goals bigger than you have before.

There is no age limit on who can set and achieve big goals. However, what a big goal looks like at different ages will, of course, look different.

how

Think about how you like to capture inspiring thoughts. Choose one method that resonates most with you.

- Do you prefer to dictate into notes on your phone or device?
- Do you like to jot thoughts down on a piece of paper or post-it note?
- Do you enjoy keeping a notebook for your ideas?

It does not matter how you prefer to capture your inspiring thoughts; what is important is that you decide on one method and remain consistent in using it exclusively for the next 30 days.

what

What inspiring thoughts are you trying to capture? Each day, at least once a day, ask any or all of these questions:

- What am I doing when I am the happiest?
- If I truly believed there was nothing I could not accomplish in the next 12 months, what would I want to accomplish?
- Why do I want to accomplish that goal?
- How can I use AI to help me develop big goals in my area of interest or achievement?



AI is not going to take your job. The person who uses AI is going to take your job.

— JENSEN HUANG, CEO, NVIDIA



How to Recraft Your Job and Life with AI

EP 01

EP 02

1 Honesty with Yourself

review your progress from month 1

- How many days did you capture an inspiring thought?
- Be honest with yourself. This reflection shows how committed you are to expanding your horizons and leveling up your goals.

continue capturing inspiring thoughts

- Keep the habit from Month 1 alive: capture at least one idea daily about what brings you joy or excites you.
- Push yourself to identify even bolder, more ambitious ideas that challenge you to grow.

write your answer and feelings about your progress

- Example: *"I captured ideas 15 days out of a potential 31. My thoughts revealed that I love creating inspirational YouTube videos as I walk, conducting interviews for podcasts or videos, and expanding my media offerings."*

**Something you do every day has
10X the impact of something you
do once in a while.**

— MICHAEL WILKINSON

2 Shape, Align, and Activate Your Big Goal

begin defining your big goal

This month is about starting to shape a bold, meaningful, and challenging goal inspired by your reflections and new experiences with AI. Use these steps:

1 heartfelt

What excites or inspires you about the future? How do your captured ideas align with your passions?

2 animated

Visualize success. What does your life look like if you achieve your boldest dream?

3 required

Why is this goal a "must" right now? What's at stake if you don't pursue it?

4 difficult

How will this goal stretch you beyond your comfort zone?

core exercise: leverage AI to amplify your impact

1. Evaluate Your Current Efforts with AI:

- Share your resume, daily activities, or job description with ChatGPT.
- Ask: "How many of these tasks could be accomplished or supported by AI? How can I use AI to do them more effectively?"
- Reflect on the results and identify areas where AI can help you free time, improve efficiency, or enhance creativity.

2. Daily AI Challenge:

- Each day, choose one task from your daily activities or job and ask ChatGPT to assist.
Examples:
 - Write an email, blog post, or report.
 - Brainstorm content ideas or business strategies.
 - Organize your schedule or prioritize tasks.
- Track your results and note how AI changes your workflow or sparks new ideas.

key outcomes



An enhanced daily practice of capturing and acting on inspiring thoughts.



Expanded awareness of AI's role in enhancing creativity, efficiency, and problem-solving.



Progress in shaping a bold, heartfelt goal that will guide your focus for the next four months.



Shape, Align, and Activate Your Big Goal

EP 03

EP 04

2 Building Commitment

review your progress from month 2

- Have you continued capturing inspiring thoughts and insights?
- In what ways has AI impacted your workflow, decision-making, or creativity?
- How clearly have you refined or defined your HARD goal?

identify challenges

- What challenges—such as doubts, setbacks, or limitations—have come up as you work toward your goal?
- Are your biggest barriers internal (mindset, self-doubt) or external (time, resources)? How have you addressed them?

looking ahead

- What is one action you will take in Month 3 to strengthen your commitment?

**We hope this knowledge will help you
sprout the wings to fly higher than
you ever could have imagined.**

— TOMORROWMIND,

BY GABRIELLA ROSEN KELLERMAN & MARTIN SELIGMAN



BONUS:
Empathy Chaos

VIDEO

BONUS:
Write Yourself a Letter

VIDEO

3 Cultivating Grit & Resilience

Angela Duckworth, in her book *Grit*, and Caroline Adams Miller define grit as passion and perseverance for long-term goals. To explore Miller's expanded definition of grit, read chapter 9 in *Big Goals*. This month, focus on developing grit through the following activities:

1 the “obstacle to opportunity” exercise

Assess your current level of grit by taking the [Grit Scale Test](#).

- Write down the biggest barriers or roadblocks you currently face in achieving your Big Goal.
- Reframe them into opportunities using these prompts:
 - What lesson can I take from this obstacle?
 - How can AI or other tools help me overcome this challenge?
 - Who in my network could support or mentor me?
 - What's one small step I can take right now to move forward?

2 the “grit tracker”

To strengthen resilience, commit to a daily perseverance practice by tracking:

- What action did I take today that moved me closer to my goal?
- What challenge did I face, and how did I handle it?
- How did I reframe a setback into a lesson?

challenge

Do this for 21 days to build a habit of resilience.



Cultivating Grit & Resilience

EP 05

EP 06

3 AI-powered resilience strategies

Use AI to support your grit and problem-solving abilities:

- Ask AI to generate strategies for overcoming obstacles specific to your goal.
- Leverage AI as a mindset coach and problem-solving tool. Try prompting AI with:
 - “How would a highly successful person navigate [your challenge]?”
 - “Give me three creative ways to work around [a roadblock].”
 - “Share an inspiring perspective on persistence when facing setbacks.”

key outcomes



Increased resilience: You can navigate challenges without giving up.



Stronger habits of perseverance: You’ve tracked and strengthened your grit daily.



A clear plan for overcoming obstacles: You’ve transformed roadblocks into opportunities.



AI as a mindset coach and problem-solving tool: You’ve leveraged AI for creative solutions and motivation.

Every challenge is a stepping stone to success. Keep pushing forward and trust in your ability to grow!

3

3 Cultivating Grit & Resilience

review your progress from month 3

- What surprised you about your Grit Score?
- What actions have you taken to support your resilience?
- What new habits have you created to support your life success and your bigger goals?

identify challenges

- What obstacle challenged your perseverance most this month?
- Did you reframe a setback into an opportunity? If yes, how?
- What challenge do you want to approach differently moving forward?

looking ahead

- What is one habit you'll continue into Month 4 to strengthen your grit?

When we find meaning in our struggles, they cease to be obstacles and become the very experiences that shape our greatest successes.



BONUS:
How Great is Your Day?

VIDEO

4 Bridge the Gap: Transform Possibility into Progress

Caroline Adams Miller calls Bridge Goals the “scaffolding” that supports our Big Goals. They are focused, motivating, and designed to give us a meaningful win in the next 30–90 days. This month is about moving from vision to execution — with grit, clarity, and action.

core exercise:

1 revisit your big goal

Reread your goal from Month 1 or reflect again:

- What is the Big Goal I want to achieve?
- Why does it matter to me?
- What would success look and feel like?

2 identify your bridge goal

Brainstorm several possible Bridge Goals, then select ONE using these filters:

- Is it specific, time-bound, and measurable?
- Does it align with my values and future self?
- Will completing it bring me meaningfully closer to my Big Goal?
- Can I commit to this for the next 1–3 months?

My Bridge Goal is to: _____

I will accomplish this by: _____



Bridge the Gap:
Transform Possibility
into Progress

EP 07

EP 08

3 build your bridge plan

Write down your support and success strategy:

- List 3 action steps you will take this month.
- Identify the obstacles you anticipate.
- Outline how you will handle resistance.

4 commit with intention

Repeat the Bridge Goal commitment statement:

“I will pursue my Bridge Goal with purpose and grit because it brings me closer to the life I’m building.”

Optional: Share your Bridge Goal and plan with a friend!

key outcomes



Achieve clarity on your next strategic step.



Gain confidence in a doable, aligned action plan.



Commit to forward momentum.



A clear win that builds belief and traction.

Your dream is not a leap of faith — it’s a series of intentional steps. Build the bridge that will get you there.

— JEFF GOINS

4 Cultivating Grit & Resilience

review your progress from month 4

- What specific action steps did I complete toward my Bridge Goal this month?
- What accomplishment am I most proud of this month?
- What resistance or obstacles came up? How did I respond?
- What did I learn about myself through facing those challenges?

clarity, confidence & momentum

What obstacle challenged your perseverance most this month?

- Do I feel more clear about my next strategic step? Why or why not?
- What was my “clear win” this month, and how has it boosted my confidence?
- How will I build on this momentum as I move closer to my Big Goal?

looking ahead

- What’s one adjustment I want to make as I continue?
- What’s one intention I want to carry into the next phase?



BONUS:
Unlocking
Your Success

VIDEO

BONUS:
Unlocking
Career Success

VIDEO

BONUS:
Focus & Find Your
Important Voice

VIDEO

BONUS:
Stop Making
Excuses

VIDEO

Bridge goals help you build the structure between where you are now and where you want to be. They create momentum, build confidence, and give you early wins that fuel long-term success.

— CAROLINE ADAMS MILLER

5

Move Forward: Embrace Imperfect Action

This month is all about moving forward—and that means tracking what matters. Use the tools below to stay consistent, focused, and flexible as you bring your Bridge Goal to life.

1 develop habits

Progress Tracker

Use a blank calendar layout to visually map out your execution phase.

- **Mark Your Start Date:** Identify and record the official start date for your Bridge Goal
- **Add Bridge Goal Milestones:** These are major steps or markers that indicate you're making real progress
- **Choose Simple Daily/Weekly Actions:** Pick 1–2 small, specific habits that support your Bridge Goal. Example: “After I pour my morning coffee, I’ll review my action list.”
- **Highlight Weekly Check-In Points:** Plan moments to pause, reflect, and adjust as needed
- **What did I do:** Each week, list the actions you took toward your Bridge Goal

2 resilience & wins

Because progress isn't perfect—and every win matters.

- What are the small wins you celebrated this month?
- What setbacks did you experience, and how did you move through them?

3 course correction

- What's working well in your plan or routine?
- What's not working or needs to shift?
- What's one adjustment you will make moving forward?

key outcomes



Built Consistent Habits and Routines



Track and Reflect on Progress



Adapt and Adjust with Resilience



Move Forward: Embrace Imperfect Action

EP 09

5

Move Forward Embrace Imperfect Action

review your progress from month 5

- What consistent habits or routines did I build this month?
- What progress did I track and reflect on?
- What action steps did I take toward my Bridge Goal?
- What setbacks or unexpected challenges came up, and how did I respond?

resilience & adjustments

Progress isn't always tidy—this is your space to notice the small wins, the pivots, and the ways you kept going anyway.

- What helped me stay flexible and committed, even when things weren't perfect?
- What small wins did I celebrate this month?
- What's one thing I'm proud of, even if it felt messy?

looking ahead

- What's one adjustment I want to make moving forward?
- What habit or intention do I want to carry into the next phase?

**You don't have to get it right.
You just have to get it going.**

—UNKNOWN



BONUS:
Unlock Your
Potential Now

VIDEO

BONUS:
Screw the
Doubts Already

VIDEO

6 The Power of Mastermind Groups: Accountability, Alignment, and Growth Through Community

A mastermind isn't just for accountability—it's a high-vibe container for growth. Surrounding yourself with aligned, growth-oriented individuals can elevate your momentum, deepen your clarity, and accelerate your personal transformation.

When you're vibrationally aligned with your community, accountability becomes soulful, support becomes reciprocal, and growth becomes inevitable.

Use this template to create or refine a mastermind that supports your boldest goals and deepest alignment.

1 group name (optional but intentional)

Examples: "Soul-Aligned Success Circle" or "The Radiant Impact Mastermind"

2 group purpose / intention statement

You may adapt or rewrite this purpose:

This mastermind group is created for individuals committed to living and working in alignment with their highest vibrational truth. We come together to support each other's expansion—in spirit, purpose, and prosperity—while co-creating a field of trust, clarity, and momentum. Our aim is not just external achievement but resonant success—success that feels good, serves others, and honors our deeper calling.

★ Suggested First Meeting Activity

Co-create your group's name, purpose, and rhythm. Let it emerge from shared energy and intention. The name can be symbolic, playful, or powerful—whatever reflects your collective mission.



Move Forward: Embrace Imperfect Action

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3 member criteria

We are calling in individuals who:

- Are committed to inner growth and outer success
- Operate with integrity, emotional intelligence, and spiritual alignment
- Are open to giving and receiving feedback in a loving, high-frequency way
- Value collaboration over competition
- Are leading aligned, purpose-driven work

Reflection prompt:
Who do you want in your circle?



Invitation Language for Recruiting Members

“I’m curating a small mastermind for purpose-driven creators and leaders ready to expand with ease and integrity. If you’re feeling called to connect in a high-vibration, strategic container, let’s talk.”

4 energetic agreements

To maintain the integrity of our container, we agree to the following energetic commitments:

- Show up with presence
- Speak with kindness and authenticity
- Honor sacred space and confidentiality
- Use “I” statements
- Celebrate each other’s wins

5 structure and flow

Frequency: ☐ Weekly ☐ Biweekly ☐ Monthly

Duration: ☐ 60 min ☐ 90 min

Platform: ☐ Zoom ☐ In-Person ☐ Hybrid

Group Size: Ideally, 4–8 people to allow for deep engagement.

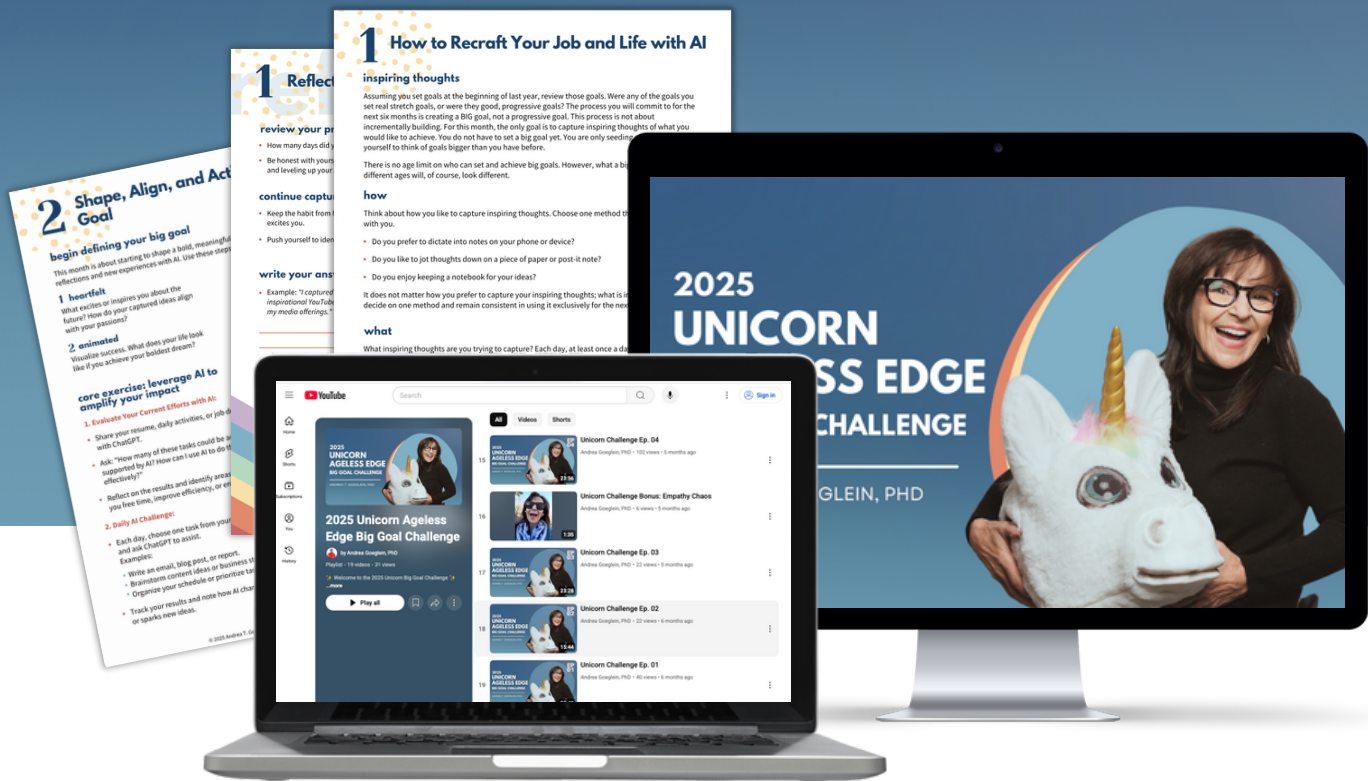
Sample Meeting Format:

- Grounding or intention setting (5 min)
- Member check-ins (2–3 min each)
- Spotlight/Hot Seat (1–2 people, 15–20 min each)
- Group feedback, reflection, and intuitive input (as led)
- Closing share + aligned action step (5–10 min)

6 tools and practices (optional but powerful)

- Shared Google Doc or Notion board for intentions, goals, and resource links
- Meditation, breathwork, or visualization
- Monthly intention themes (e.g. Expansion, Clarity, Trust)

6



If you have gotten this far in the Unicorn Ageless Edge Big Goal Challenge, I want to thank you. Why? Because you have supported me in a personal business goal. I wanted to discipline myself to create a video post, learn to add subtitles, do small edits, add a thumbnail – and most of all – do all of that while having fun. By participating at any level, you have supported my effort, so again I say, “Thank You”.

If you would like to continue the learning journey with me, please [subscribe](#) to my YouTube channel. This Challenge and eBook were created to work towards a goal I have to increase my YouTube subscriptions. Why is that important? In 2012, I set a goal to create an inspirational media company using all the newest media outlets. I have done something toward that goal every year. The goal is still important to me, so no matter that it has not been fully realized, I want to invite you to continue being inspired to build your dreams as I build toward mine.

P.S. Because I teach what I need to learn, I of course, took the 2025 challenge with you. What came out of it is the development of a live podcast from a hot Las Vegas location. Details to follow on my social media pages. Stay tuned!

AUTHOR CO-LEARNER SUCCESS CATALYST

