

GOALS - 10 STEPS TO SUCCESS

1) WRITE YOUR GOAL DOWN. REPEAT THIS STEP DAILY.

2) CHALLENGE YOURSELF:

ASK: HOW DEDICATED AM I TO ACHIEVING THIS GOAL? HAVE I SET A BOLD GOAL TO PUSH MYSELF AND MAKE SIGNIFICANT PROGRESS?
IF NOT FULLY COMMITTED OR WITHOUT A CHALLENGE, RETHINK YOUR GOAL.

3) SHARE WITH FRIENDS AND WINNING CIRCLES

WHO SUPPORT, CHALLENGE, AND ENCOURAGE. CONSIDER SHARING PUBLICLY ONCE YOUR CONFIDENCE AND BELIEF SYSTEM STRENGTHEN, TO SHARPEN YOUR FOCUS.

4) PARTNER UP FOR ACCOUNTABILITY.

KEEP THEM UPDATED REGULARLY — PERHAPS WITH A WEEKLY UPDATE. EMBRACE THEIR CHALLENGES AND ENCOURAGEMENT.

5) PICK A SONG AND LINK IT TO THE GOAL.

PLAY THE SONG DAILY OR HOURLY, EVEN. ENSURE YOU LOVE THE SONG AND CHOOSE ONE WITH MEANING.

6) VISUALIZE YOUR GOAL:

VISUALIZE VIVIDLY. COLLECT IMAGES — DOWNLOADS, MAGAZINE CUTS, PHOTOS, OR YOUR SKETCHES. PLACE THEM VISIBLY FOR REGULAR MOTIVATION, ADDING TO YOUR VISION BOARD.

7) BREAK THE GOAL DOWN INTO SUB-GOALS AND THE NEXT BEST ACTIONS. (USE THE 1+3+6 PROCESS).

8) SCHEDULE STRETCHES OF TIME

THAT ALLOW YOU TO FOCUS ON YOUR GOAL AND ACT. HAVE THE DISCIPLINE TO STAY FOCUSED DURING THESE TIMES. AVOID DISTRACTIONS. HIDE YOUR PHONE IF NEEDED!

9) SET MILESTONES AND CELEBRATION POINTS.

10) START! THE ONLY WAY TO START IS TO START.

ENSURE YOU TAKE IMMEDIATE ACTION AND CONTINUE TO DO SO DAILY TO MAKE CONSISTENT PROGRESS IN THE DIRECTION OF YOUR GOAL.