

It's Your **YEAR**



**THE STEP-BY-STEP GUIDE TO FINALLY
CRUSHING YOUR GOALS AND
REACHING NEW HEIGHTS**

CREATE A LIFE BASED ON YOUR TERMS

The Importance of Setting Goals

- Gives your subconscious mind direction
- Empowers you
- Improves your self-esteem
- Changes your reality
- It's good for your health
- You create a better life

Discover What You Really Want

- Avoid drifting through life
- Increases chances of reaching your goals
- Overcome challenges and obstacles
- Discover your life's purpose
 - Record the things in life that make you unhappy
 - Transform them into concrete goals
- Convert each problem into the complete opposite
- Create power goals that will motivate you
- Understand the difference between wants and needs
 - Needs are things that are important for our survival
 - Wants are things that you don't truly need
- Important to overcome low self-esteem
- Important to improve overall self-worth
- Discover you're Big Why
 - Find out if what you desire is something you need or want

Decide What You Want in Life

- Live a life of deep meaning and purpose
- You can change your frustrations and disappointments
- Transform your pain into powerful goals
- You need to be clear about what you want

- Brainstorming your goals
- Gain clarity and understanding
- Write down what you would like to achieve in your life
- Create goals for all aspects of your life
- Create the right mindset
 - Stop worrying about things you can't control
 - Focus on positive thoughts rather than negative thoughts
 - Learn to manage your inner life
 - Develop the ability to create what you want
 - Control your thoughts, feelings, and beliefs to achieve your goals

Create Highly Charged Goals

- Set goals that excite and motivate you
- Set goals that are meaningful to you
 - Allows you to create highly charged goals
- Combine several goals into a new condensed goal
 - Establishes powerful motivating factors (PMF)
- Create goal anchors
- Brings a greater emotional energy to your goals
- Results in highly charged goals
- Condense your goals
 - Uncover strong emotional catalysts
 - Group goals that are similar
 - Group goals that can support each other
- At least one goal must contain an emotional charge for you
 - Create more powerful goals that are more energized
- Create Goal Anchors
 - Tap into the power of gratitude
 - Remember the feeling every 30 minutes

Use specific words, gestures or touches to trigger your goal anchor

Establish a Deadline for Your Goals

- Regroup your condensed goals
 - Group into short-term goals
 - Group into medium-term goals
 - Group into long-term goals
- Start with your long-term goals and work backward
- Set deadlines for each condensed goal

Program Your Mind for Success

- Change your negative beliefs and thoughts
- Discover your subconscious minds unique language
 - Repetition
 - Strong Emotion
 - Visualization
- Reprogram your subconscious
 - Create powerful affirmations
- Rewrite your goals into affirmations
- Repeat these empowering statements out loud and with emotion every day
- Trigger your goal anchor while repeating your affirmations
- Make your affirmations personal
- Create affirmations that are in the present
- Be positive
- Be specific about your goal
- Include a dynamic feeling
- Include an action word

- Be clear and concise and make them easy to remember
- Convert your condensed goals into affirmation
- Use your affirmations to overcome negative thoughts
- Use creative visualization
 - Add visualization to your daily affirmations
 - Create a vision board
- Learn to control your mind
 - Change your self-image
 - Change your attitude
- Show gratitude for what you have

Plan for Accelerated Success

- Create an action plan
 - Examine your goals
- Create a mind map for each goal
 - Gain greater insights into your action plan
 - Think in new and creative ways
- Take consistent daily action toward your goals
 - Take small steps toward your goal daily

Be a High Performer

- Use daily routines and habits to consistently move toward reaching your goal
- Plan your daily activities
- Set aside time daily to work toward your goal
 - Minimize distractions
- Win back your time
 - Eliminate time-wasting activities
- Shut off the TV an hour early
- Create a daily success planner

- Develop a daily routine
- Increase your energy and focus
- Take short breaks throughout the day
- Create change in your environment
- Take action toward achieving your goals
- Stay motivated through challenges and setbacks

Overcome Your Limiting Beliefs

- Don't let your circumstances define what you can achieve
- Question your beliefs
- Overcome your conditioning
- Uncover your self-limiting beliefs