

The Most Powerful

GOAL

**Achievement
System in the World**

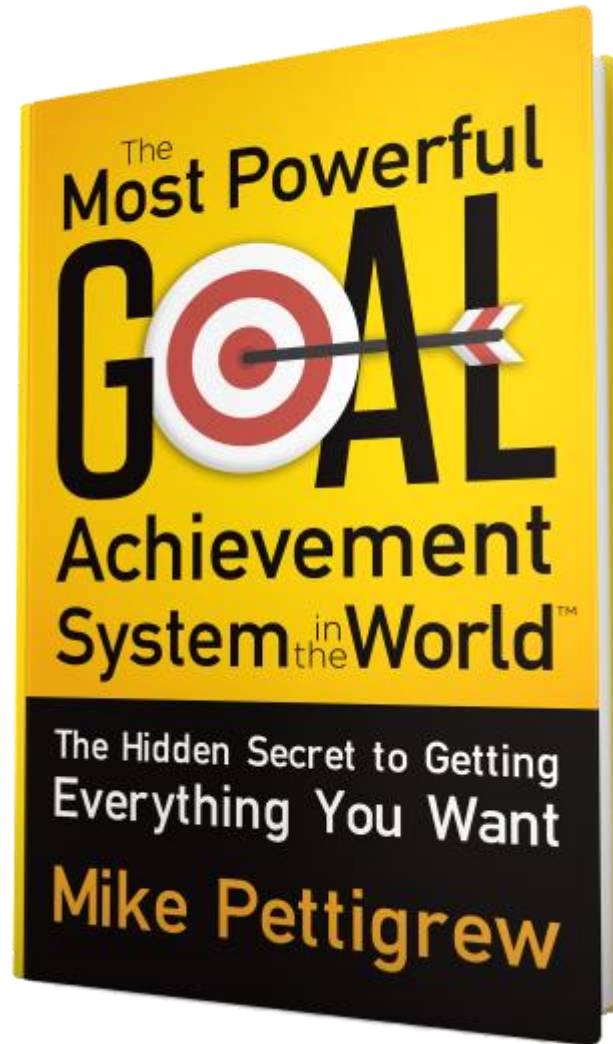


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You MUST Set Goals



- If You Don't Set Goals, Your Life Can Drift.
- You Just *React to Changing External Events*.
- You Can End Up Just Settling for Second Best.
- You Can Become *Disempowered & Disillusioned*.

Benefits of Setting Goals:

- Your Goals Determine Your Future.
- Discover What You're Truly Capable Of.
- Have Greater Impact and Influence.
- Help You Overcome Your Current Limitations.
- Create Forward Momentum in Your Life.
- They Empower You to Create Measurable Change.
- They Allow You to Create a Far Better Life.

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STEP #1 - How to Get Clarity on Your Individual Goals

Goal Brainstorming - Create Goals for Every Area of Your Life:

Finances, Career, Relationships, Recreation, Health, Personal growth



Write down all the things you want to achieve during your life



Include those things in your life that cause you to suffer by converting each one into its opposite



Cross off any that don't feel particularly important to you



Repeat this process for each area of your life

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STEP #2 - Discover Your BIG Why for each of Your Goals

Here is a process chart to clarify the exercise:



Write down your goal, and add the words “so that”



After “so that” write out your reason why



Repeat this “so that” process until you find your “Big Why”

RESULT: You should now have great clarity on worthwhile, meaningful goals and avoid wasting time and energy on goals that may end up being dissatisfying, unfulfilling or that just enable you to avoid things you need to change.

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STEP #3 – Group Your Goals with Deadlines



Group Your Goals:

- Short-Term Goals: the next 3 months.
- Medium Term Goals: within 1 year.
- Long-Term Goals: the next 5 - 10years.

Give each goal a deadline of a specific date – your subconscious mind needs specifics to work with.

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STEP #4 – Overcome Limiting Beliefs in Any Area of Your Life

Uncover:

Read this sentence aloud:

"I can't become / achieve _____ because....."

Quickly write out a single reason why it's not possible for you

Repeat above 2 steps until you have uncovered 10 limiting beliefs

Score each belief 1-10: stronger the feeling the higher the score

Select the 4 limiting beliefs with the highest scores

Overcome:

Slowly write out as many reasons as possible, that counteract each of these 4 limiting beliefs using this sentence:

"I **CAN** become / achieve _____ because....."

Select the single most empowering reason that counteracts each one of your 4 limiting beliefs

Convert each of these empowering reasons into separate affirmations and repeat them daily, while triggering your Goal Anchor

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STEP #5 – Add Emotional Power to Your Goals

Creating Your Goal Anchor is Easy!



- **1:** Recall Times in Your Past when you felt strong positive emotions - *Deep gratitude, happiness, or a time when anything seemed possible to you. "10 out of 10" experiences.*
- **2:** Choose One with Strongest Positive Emotions.
- **3:** Focus on That Experience for a Few Minutes - reliving it, in as much detail as you can - Allow the feelings of gratitude, joy, fulfilment, or of anything being possible for you to build very strongly within you.
- **4:** Set Your Anchor - When you are overflowing with positive emotions, touch the thumb and first finger of your right hand together and squeeze them together gently. You have now "set" your Goal Anchor, which you will use in step 7.

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STEP #6 – Create Highly Charged Goals



Desires:

- Our Desires Can Be Creative or Destructive.
- Desire is the Creative Force of the Universe.
- Inject Strong Desire Into Your Goals – powerful.

How to Create Highly Charged Goals:

Condense Your List of Goals by grouping several of them (that can support each other) into a single new goal. At least one of these individual goals needs to excite you.

This added emotional energy allows you to achieve all the individual goals more quickly, than if you focussed on each of them individually.

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STEP #7 – Convert Your Goals into Affirmations



Affirmations Should:

- Be in the Present Tense.
- Be Positive.
- Be Personal – I am.
- Be Specific – may include a time reference.
- Include a Feeling Word – such as grateful.
- Include an Action Word – learning, enjoying etc.
- Be Concise – not too wordy.

Repeat affirmations every morning and evening **with emotion**, while visualising what it will be like when your goal is achieved.

Remember to Use Your Goal Anchor!!!

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STEP #8 – Optimise Your Physical Health



- Energy is Very Important for Goal Achievement.
- Having More Energy Means - you can achieve all your goals faster and with less effort.
- Your Mind and Body Influence Each Other Profoundly.
- The Food You Eat and the Exercise You Take - Have Huge Effects on Your Mindpower.
- You Must Improve Your Health – if you have big goals!

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STEP #9 – Use High Performance Tools



Brendon Burchard

- founder of High Performance Institute

“High Performance means excelling and succeeding above and beyond standard norms consistently over the long-term”

High Performance Habits:

- ✓ Scientifically Proved to Work!
- ✓ Get Adequate Rest + Exercise.
- ✓ Improve Your Diet + Nutrition.
- ✓ Take Energisation Breaks - Every 60 to 90 Minutes.
- ✓ Progress Your Goals Daily – Prioritise Every Morning

Result:

- ✓ Dramatically Increase Productivity (work smart).
- ✓ Reduce Stress and Burnout.
- ✓ Have Greater Focus - Get More Done and Faster.
- ✓ Achieve Far Higher Success – Than 95% of People.

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Step #10 - Find Your Own Major Life Purpose

Explore your passions, skills and past experiences...

1 - Ask Yourself:

- What activities make you feel most alive?
- If you knew you could not fail, what would you love to do?
- If you were a billionaire, what would you spend your time doing?
- What do you enjoy learning about most?
- What issues have been a constant theme throughout your life?
- What do you enjoy talking about most with others?
- What kind of giving is most rewarding for you?
- What have you struggled with most throughout your life?
- What are your most unique talents that you excel in?

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Step #10 - Find Your Own Major Life Purpose

2 - Ask Yourself: How could I use these passions, skills and experiences to ALSO help others? Write down all your ideas!

3: The one that gives you the most excitement, energy and enthusiasm – and *that also contributes to your inner growth* is most likely your current Major Life Purpose.

4: Create a Major Life Purpose statement that reflects your choice.

5: Fine tune and improve that statement until it feels just right.

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The Ultimate Success Club



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