

Goals

“Go confidently in the direction of your dreams and live the life you have imagined”

- Thoreau



A note from your coach

Congratulations! You are deciding to take more action in your life and move on to bigger and better things by setting new and more powerful goals!

I know you can do whatever you want to do and with continued effort comes great reward.

To stay focused, I suggest that you do the following around your new goal:

- Rewrite or type out your Goal in a way that makes it fun to read.
- Read your Goal at least once every day (I recommend that you read it twice).
- Complete your action steps.
- Smile when you read your Goals 😊

I look forward to seeing you for another great session soon. In the meantime, keep following that amazing path that you're on!

Until then ...

LIVE YOUR DREAMS!

Your Coach

Reasons to reach my Goal!

List Ten Reasons why you **MUST** achieve your Goal.

Example: "I will feel many times more confident!"

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

List Ten consequences of **NOT** achieving your Goal.

Example: "I will never live the life of my dreams if I don't!"

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

"Man is not an island unto himself, it is dreams and direction that lead us to greatness."

- Thoreau

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Three Action Steps I can take NOW to get me started on achieving my Goal!

Action Step 1

Action Step 2

Action Step 3

“For every disciplined effort, there is a multiple reward.”

- Jim Rohn

My “Contract for Change” with ... me

I, take personal and complete responsibility for creating change within my life. Upon signing this contract, I will begin the project(s) that I choose to call:

.....
.....
.....

This contract represents my formal commitment to seeing the above project(s) through to completion. I have listed the many benefits of living in the solution and I know who I need to become to complete the project(s). Therefore, I hereby declare that I will now start living in the solution and being the person I need to be.

Signed:

Witnessed:

Dated: