

GOAL SUCCESS

Checklist

1. VISUALIZE

Visualize what your life looks like AS IF you already have achieved or attained what you desire. Practice visualization through meditation or scripting (journaling in the present-tense as if you HAVE IT now.) While you visualize; ask yourself: How does it feel? What do I see? What do I hear, taste or smell? Tap in and connect with what you desire. Try to feel the emotions AS IF you already have it. As if IT IS already your reality.

2. IDENTIFY WHAT YOU WANT

Reflect back on your visualization exercise and identify the following: What was a key part of your life that made it your DREAM life? What goal did you accomplish in order for that to become your DREAM life?

3. SET A SMART GOAL

Set a goal that is Specific. Measurable. Achievable. Realistic. and Trackable. Write down your goal with a pen and paper. Write your goal in the form of "I am or "I have." After you have clarified your goal, set a date.

4. CREATE A PLAN OF ACTION

Break down your goal into small action steps. Break it down into as many steps as possible. For each step, identify any limitation or limiting beliefs that you can think of. Then, for each limitation and limiting belief, identify a possible solution (Plan B, C, D, etc.) or alternative. Set a date for each step if possible.

5. IDENTIFY YOUR WHY

This will be the foundation of your goal. Every action step you take should be in alignment with your WHY. By identifying your WHY factor, you are identifying the core reason WHY you want to set, pursue and achieve your goal. Ask yourself the following questions: Why do I want to achieve this goal? Who do I want to achieve my goal for? What will happen when I achieve my goal? Who will my achievement benefit and how?

6. IDENTIFY YOUR MOTIVATING FACTORS

Please note, this is not the same concept as your WHY factor. This is where you identify which specific tools motivate you. Use as many as you feel is necessary or needed. Your motivating factors will remind you of and reinforce your WHY factor(s). Here are a few examples: Vision board, vision book, a cheat day, etc.

7. IDENTIFY & CREATE POSITIVE REINFORCEMENT

Identify who AND what will hold you accountable, motivate and remind you to pursue your goals. Examples: Accountability partner, coach/mentor, vision board/book, calendar/planner. Choose/Set in place as many as you want or need. What works for me, may not work for you. So, choose what works for you!