YOUR GOALS

and their

REALIZATION

The Realization Project
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What would you do if nothing was holding you back?
About GOALS:

- Your goals are the **results you desire**.
- People who set **goals** accomplish more.
- **Goals** are achieved in small, **consistent** steps.
- **Goals** can be short term (less than 6 months); medium term (6months - 2 years); long term (2 years +)
- Setting **goals** and working toward them **improves**:
  - Focus
  - Time Management
  - Persistence
  - Creativity
  - Teamwork
  - Happiness
SMART GOALS

Goals give you direction, focus, and purpose. They also give you something to work toward. Just make sure that your goals are SMART goals.

**S** - Specific
Specific goals are well-defined and clear-cut. Instead of “I want to do better in school,” a more specific goal would be “I want to earn a 3.0 GPA.”

**M** - Measurable
Measurable goals make it easier to know how successful you are. Instead of “I will get in shape,” a better goal would be, “I will be able to walk a mile in less than 15 minutes.”

**A** - Achievable
Achievable goals set you up for success because they’re goals you can realistically accomplish. Improving your math grade one letter is achievable. Raising a grade from a D to an A probably isn’t.

**R** - Relevant
Setting relevant goals ensures that you’re working toward goals that are worthwhile. For example, learning a new computer program is a more worthwhile goal than beating a video game score.

**T** - Time-bound
Time-bound goals have a definite time or date they are to be accomplished. “Complete my science project by Friday” is more motivating than “Complete my science project.”
1. Decide what you want
2. Consider your current situation
3. Narrow it down to 3 goals
4. Commit
5. Develop Your Plan
6. Work it every day
7. Repeat
Step 1. DECIDE WHAT YOU WANT

- Start with a list of **everything and anything** you’d like to be, do, or have.
- This list can have dozens of entries…. 50 or more!
- Totally exhaust your dream list
- Even if it’s only a faint notion or hunch, include it
- You never have to share this list with anyone

If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much.

Jim Rohn
Everything I think I want to do:

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“Hold fast to dreams for if dreams die life is a broken-winged bird that can not fly.

Hold fast to dreams for when dreams go life is a barren field frozen with snow.”

Langston Hughes
Step 2. CONSIDER YOUR CURRENT SITUATION

2a. Cross off any goals and dreams that are illegal, unless it is an unjust law.

2b. Cross off goals that **would not serve** you or the people you care about.

2c. Honestly assess these 5 areas of your life. Which area needs the most work right now? How are they all working together?

2d. Write any relevant thoughts or notes below:
Step 3. NARROW IT DOWN TO 3 GOALS

This is only the beginning. With practice and confidence, you will learn to manage many large goals at once. For the Realization Project:

- Make at least one goal **WORK** related
- Make at least one goal **FINANCIAL**

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**GOAL 1:**

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**GOAL 2:**

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**GOAL 3:**
Step 4: COMMIT

Complete the checklist below.

- Can you change?
- Can you see yourself crossing the finish line?
- Are you willing to put in the daily work?
- Are you ready to fight the resistance and make no excuses?
- Is this what you really want?

Sleep on it if you must, because once you truly commit, things will start to happen….

- Ready?

I, ________________________, commit.
An answer for every excuse...

Old excuse: It will be difficult.

*New answer: I have the ability to accomplish any task I set my mind to with ease and comfort.*

Old excuse: It’s going to be risky.

*New answer: Being myself involves no risks. It is my ultimate truth, and I live it fearlessly.*

Old excuse: It takes too long.

*New answer: I have patience when it comes to fulfilling my destiny.*

Old excuse: There will be family drama.

*New answer: I would rather be loathed for who I am than loved for who I am not.*

Old excuse: I don’t deserve it.

*New answer: I am worthy. I deserve the life I desire.*

Old excuse: It’s not my nature.

*New answer: My essential nature is good, and I can learn new things.*

Old excuse: I can’t afford it.

*New answer: This is a big, abundant world, and I am a part of it.*

Old excuse: No one will help me.

*New answer: The right circumstances and the right people are already here and will show up on time.*

Old excuse: It has never happened before.

*New answer: I am willing to experience all that I desire, beginning here and now.*

Old excuse: I’m not strong enough.

*New answer: I have the heart, and I’m getting stronger every day.*

Old excuse: I’m not smart enough.

*New answer: I am a genius in my own right.*

Old excuse: I’m too old (or not old enough).

*New answer: The age of my body has no bearing on what I do or who I am.*

Old excuse: The rules won’t let me.

*New answer: I live my life according to the Truth.*

Old excuse: It’s too big.

*New answer: I think only about what I can do now. By thinking small, I accomplish great things.*

Old excuse: I don’t have the energy.

*New answer: I feel passionately about my life, and this passion fills me with excitement and energy.*

Old excuse: It’s not my personal family history.

*New answer: I live in the present moment by being grateful for all of my life experiences as a child.*

Old excuse: I’m too busy.

*New answer: As I unclutter my life, I free myself to answer the callings of my soul.*

Old excuse: I’m too scared.

*New answer: I can accomplish anything I put my mind to, and I have help.*

Adopted from “Excuses Begone” by Wayne Dyer
What would you do if since nothing was is holding you back?
Step 5. DEVELOP YOUR PLAN

Complete the following:

Goal 1: _____________________________________________

Who will benefit from me reaching this goal:

_____________________________________________________
_____________________________________________________
_____________________________________________________

What I have to learn or do to reach this goal:

_____________________________________________________
_____________________________________________________
_____________________________________________________

What obstacles are in my way right now:

_____________________________________________________
_____________________________________________________
_____________________________________________________

Whose help I will need in reaching this goal:

_____________________________________________________
_____________________________________________________
_____________________________________________________

Plan for reaching this goal (write it out, tell it like a story):

_____________________________________________________
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Step 5. DEVELOP YOUR PLAN

Complete the following:

GOAL 2: ________________________________________________

Who will benefit from me reaching this goal:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What I have to learn or do to reach this goal:
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________________________________________________________________________
________________________________________________________________________

What obstacles are in my way right now:
________________________________________________________________________
________________________________________________________________________
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Whose help I will need in reaching this goal:
________________________________________________________________________
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Plan for reaching this goal (write it out, tell it like a story):
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Step 5. DEVELOP YOUR PLAN

Complete the following:

GOAL 3: __________________________________________________________

Who will benefit from me reaching this goal:

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_____________________________________________________
_____________________________________________________

What I have to learn or do to reach this goal:

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What obstacles are in my way right now:

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Whose help I will need in reaching this goal:

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Plan for reaching this goal (write it out, tell it like a story):

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Step 6. WORK IT EVERY DAY FOR 4 WEEKS

Take a few moments with your goals each day. If you did nothing, write NOTHIG.

Week 1 / Day 1

Goal 1:______________________________________________________

Steps I took today to achieve Goal 1:
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Is this enough?     Yes       No

Goal 2:______________________________________________________

Steps I took today to achieve Goal 1:
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Is this enough?     Yes       No

Goal 3:______________________________________________________

Steps I took today to achieve Goal 1:
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Is this enough?     Yes       No

Use this space to record highlights, what did or did not work, lessons learned, or any other notes:
Step 6. WORK IT EVERY DAY FOR 4 WEEKS

Take a few moments with your goals each day. If you did nothing, write NOTHIG.

**Week 1 / Day 2**

| Goal 1: ________________________________________________ |
| Steps I took today to achieve Goal 1:  
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| Is this enough?  Yes   No |

| Goal 2: ________________________________________________ |
| Steps I took today to achieve Goal 1:  
| ________________________________________________  
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| Is this enough?  Yes   No |

| Goal 3: ________________________________________________ |
| Steps I took today to achieve Goal 1:  
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| Is this enough?  Yes   No |

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Step 6. WORK IT EVERY DAY FOR 4 WEEKS

Take a few moments with your goals each day. If you did nothing, write NOTHIG.

Week 1 / Day 3

Goal 1: ________________________________________________

Steps I took today to achieve Goal 1:
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Is this enough?  Yes  No

Goal 2: ________________________________________________

Steps I took today to achieve Goal 1:
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Is this enough?  Yes  No

Goal 3: ________________________________________________

Steps I took today to achieve Goal 1:
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Is this enough?  Yes  No

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Step 6. WORK IT EVERY DAY FOR 4 WEEKS

Take a few moments with your goals each day. If you did nothing, write NOTHIG.

Week 1 / Day 4

Goal 1: ________________________________________________

Steps I took today to achieve Goal 1:
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Is this enough?    Yes    No

Goal 2: ________________________________________________

Steps I took today to achieve Goal 1:
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Is this enough?    Yes    No

Goal 3: ________________________________________________

Steps I took today to achieve Goal 1:
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Is this enough?    Yes    No

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Step 6. WORK IT EVERY DAY FOR 4 WEEKS

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Week 1 / Day 5

Goal 1:______________________________________________________

Steps I took today to achieve Goal 1:
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Is this enough?   Yes   No

Goal 2:______________________________________________________

Steps I took today to achieve Goal 1:
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Is this enough?   Yes   No

Goal 3:______________________________________________________

Steps I took today to achieve Goal 1:
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Is this enough?   Yes   No

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