



# SUCCESS GOAL SETTING

REVISION

# Revision

## SUCCESS GOAL SETTING

GOAL:

VALUES COMPLEMENT

VALUES CONFLICT

GOALS EFFECTED - REACH

GOALS EFFECTED - MISS

STRENGTHS

WEAKNESS

STOP DOING

START DOING

FOCUS ON

MINDSET ISSUE

CREATE EMOTION

PREVENT EMOTION

LEARN

UNLEARN

ACCOUNTABILITY BUDDY

BELIEFS TO CHANGE

WHY

WHO

MILESTONES

MANTRA

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GOAL:

Household is cashflow positive

VALUES COMPLEMENT

Sense of responsibility and achievement. Sacrifice now to have later.

VALUES CONFLICT

YOLO - life is short and needs to be enjoyed.

GOALS EFFECTED - REACH

Paid off CC. Financial freedom and flexibility. Less worry.

GOALS EFFECTED - MISS

Healthy habits at risk - mind, body, eating. Occupational flexibility.

STRENGTHS

Budgeting. Discipline. New understanding of need v want.

WEAKNESS

Generosity (esp with Beth). Desire for new things. FOMO.

STOP DOING

Spending on CC. Impulse shopping. Worrying about money.

START DOING

Joint bank a/c. Shopping budget. Pay CC. Save. Enjoy simple living.

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**FOCUS ON** Not spending to be happy. Ask yourself, do I really need this?

**MINDSET ISSUE** Everyone else is moving forward faster than we are. Scarcity mindset.

**CREATE EMOTION** Sense of achievement, satisfaction and freedom. Ultimately joy.

**PREVENT EMOTION** Fear of failure. Feeling not good enough. Sadness.

**LEARN** Joy doesn't come from material things. Let go and relax. Don't fret.

**UNLEARN** New things equal happiness. Impatience. Stop comparing to others

**ACCOUNTABILITY BUDDY** Elizabeth

**BELIEFS TO CHANGE** Money is hard to come by. Need it to be happy. Wealth = self worth.

**WHY** So we can provide a good life for our children (and my wife).

**WHO** Beth. Vanessa.

**MILESTONES** Positive monthly budget. Pay off CC. \$10k in ING by end of year.

**MANTRA** We are financially fit and moving forward with a plan for our future.

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Filling in the Success Goal setting sheet is excellent. I've had to take the time to answer EVERY question and to seek the deeper answers. In setting goals I usually know what to do, but I had not written down what I need to stop doing. I have found that writing the answers brings clarity and empowerment.

One of the beliefs that has shown is self-doubt. So I have reached into your teaching and I found some strategies in the Emotional Mastery Unit 8, however, your explanation in your book "The Spiritual Laws of Success" on page 116, really expresses what I think. My question. What is the next step? It is fear. Fear of .....

[I will work revise the Fearless notes and course and apply it. However, if you want a person to work with tonight I am willing].

It is wonderful having these resources on hand.

*(Bronwyn)*

WHO

MILESTONES

MANTRA

WHO

MILESTONES

MANTRA



# ALIGNING GOALS & VALUES

# Life Planning

Mission

Values

Roles

Goals

Plans

*"To do"* list

I will live with integrity and make a +ve difference in the lives of the people I meet.

# Life Planning

Mission

I will live with integrity and make a +ve difference in the lives of the people I meet.

Values

Integrity, Success, Openness, Courage, Humility, Effort, Compassion, Generosity, Family, Fitness

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Roles

Father, Entrepreneur, Teacher/Coach, Husband, Brother, Son, Friend.

Goals

Plans

***"To do"*** list

# Life Planning

Mission  
Values

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Integrity, Success, Openness, Courage, Humility, Effort, Compassion, Generosity, Family, Fitness

**2** Father, **4** Entrepreneur, **3** Teacher/Coach, **1** Husband, **6** Brother, **5** Friend.

Goals  
Plans

*"To do"* list

# Life Planning

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Goals

Never let a high order goal interfere with reaching a lower end one.

Plans

*“To do”* list

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Goals

Fill in the goal sheet.

Never let a high order goal interfere with reaching a lower end one.

Plans

Plans are **mileposts** towards the Goal. When all added up they equal the target...

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Fill in the goal sheet.

Plans are **mileposts** towards the Goal. When all added up they equal the target...

*“If I do the things on this list will it move towards or away from my MISSION?”*

# Questions

Happy New Year!

I have set my goals and have worked out what I need to do.

for example:

**Task is:** Increase Facebook presence by posting something every day on my business page.

**Problem.** This task always take longer than I expect/ want. I want it to take 30 minutes. It can take up to 2 hours.

**Possible Solution:** I could allow 2 hours for the task ....but then the value of the task to take my business forward isn't 2 hours in my mind. question. what do I do - change my mindset around the task or look for a more productive way to take my business forward?

sounds a dumb question when I write it out....

As there are several big agenda's here – I am recreating my life...

My fear is that I will burn out if I don't act carefully.

Can you talk about managing the path....as you get more motivated, and have more energy...

How to manage...

I am interested to know how to go find things that motivate me?

I am interested in lots of different things but nothing that seems to set me on fire.

I will start doing something and then not long into it the mojo to keep going dies of into other things or just a limbo of not doing anything at all because it all seems not to have the excitement of when I started doing it all.

I have been involved with my self development for a long time and they all talk about planning and vision boards, dream big do what you are passionate about etc but I struggle to find the one thing that really gets me to get the results I want from doing it all.

They ask me why do I want to do something and I can't even come up with a why that sounds like it is genuinely me and not some sort of answer that might just be to satisfy the person asking the question.

I struggle to know why I live the life I do, without doing something significant for mankind.

Currently I am comfortable where and how I live but i keep thinking I should be doing more but not knowing what I should be doing.

Sorry about the ramble but as much as I enjoy where I am in life at the moment I feel there should be more.

.thank you!

about what we would do if we won the lotto but it was more a reflection of what we could change society and invest outside of the stock market based. I really want to “thrive” in the future. I myself I don't know that i have the resources in order to go forward.

What do I do self right now? Do I start a visualisation of my ideal situations where I am feeling secure and happy around that?

Thank you!

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# Assignments

<b>1</b>	Organise your roles in life and number them. (this is likely to be quite confronting!)
<b>2</b>	Get your Personal Success Ritual designed.
<b>3</b>	Organise (design?) any spreadsheet, graphs or checklists you need to keep on track.

