

Objective: to remind yourself of your goal on a regular basis

Successful people frequently read and write their Short-Term Goal (1-3 years). You want to be at the point where you can proudly say your high goal in front of anyone without flinching or laughing. Get in the habit of looking people in the eyes and having a straight face when you talk about your goals, accomplishments, and personal strengths. The point is to feel deep down that you are worthy of your goal.

Exercise 1: You will post your goal in 5 places you will see every day.

5 places you will post your goal:

The left side of your brain is responsible for conscious, analytical, rational thought. It responds to words. The left side of your brain has a great impact on your choices and decisions. The right side of your brain is responsible for feelings, emotions, and creativity. It responds to pictures and images. The right side of your brain has a great impact on your performance. Drawing a picture of yourself achieving your goal feeds the right side of your brain, which impacts your performance.

Exercise 2: You will draw a picture of yourself accomplishing your goal.

Draw picture on the back of this page

You are most likely to lie to yourself. When you tell others your goals, it reinforced your commitment, adds accountability, and shows confidence. Great athletes tell other people what they are looking to accomplish before they do it. (Note- this public declaration of your goal is done for YOU, not to send a message to other people. This is not about arrogance, it is about taking a stance for what you believe in.

Exercise 3: You will make your goal public through facebook or twitter.

When and where will you make your goal public:
