

**MY GOAL SHEET**      NAME \_\_\_\_\_

**Did you know?** A study completed by Brian Tracy ( a co-author with Tony Bourke in the best selling book “In Service”) showed that people that simply wrote down what they wanted and put it in their wallet or purse, when they looked at the list a year later 80% of them had completed those goals!

**STEP 1      WHAT DO YOU WANT?**

**Be Specific e.g. – How much money, How many clients etc – Write it down!**

I am so happy and grateful now that by \_\_\_/\_\_\_/\_\_\_\_\_ I am / have (delete one)

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**STEP 2: SEE AND FEEL THE GOAL COMPLETED IN YOUR IMAGINATION!**

**How does it look and feel in your mind as the completed goal? Describe below**

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**STEP 3 – Action Step Number 1**

(You don't need to see the whole way there, just take the first step and the next step will appear after that!) e.g.: Contact Someone, Read a book, Find someone who has done what you want to do etc.

**GOALS ACTION STEP NO 1**

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**You are done done! Fold this up and put it in your wallet and purse – for faster results review it regularly and act on the intuitive actions you are being compelled towards!\_**

**If the date you set arrives and you have not materialised the goal it just means it has not happened yet. Keep on going and it will happen!**

To watch a free video on goal setting and get 2 free e-books subscribe to my email newsletter at: