



## **5 Taylor-Made Solutions to Stand up and Shine in 2009**

To help you re-focus, re-energise and re-evaluate, here are some practical ways to get you started. There is no better time than right now...so let's go!

### **How to Get Started**

Before you can start goal planning you need to declutter.

#### **1. Decluttering Goals**

One of the biggest hurdles can be cleaning out and de-cluttering those little piles of what may be lying around and inside of your old failed goals. These create the self talk and chit chat in our minds that drain our energy, hold us back from reaching our potential and creating that Champion future we want.

If you don't empty them out they leave a nasty taste and residue of negative energy that affects our beliefs and you can become stuck. This pattern is not only in goals you have decided on and set for yourself. They can hang around and become a "I'm gonna' do that" and you just never got around to committing yourself to setting it as a goal.

So let's begin cleaning out that clutter so you can see clearly and no longer have to carry around that bag and its heavy weight of negative energy. Let's now convert it to positive energy so you can be swimming in Success.

### **Clean out, get over it and become Unstuck!**

#### **(1) Clean out those unachieved goals:**

- I. List all the failed goals and write them down.
- II. Define how you hoped to achieve them. What were your plans? What was the outcome? Who else was involved?
- III. What happened actually? How did things turn out different to your expectations? Was there any pain? Where is the resentment and pain? What did you think about yourself? What decisions did you decide at the time?
- IV. Step back from the pain of the failed goal and list everything you achieved or learned while you were in the process of going for that goal. Ask yourself these questions:
  - What did I learn and how am I now stronger?
  - What were my achievements along the way?
  - What do I know to do differently in the future?
  - What wouldn't I do again?
  - Even though I didn't get my goal, what were the wins I had that I can

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acknowledge and celebrate NOW?

- V. And finally decide whether you still want that goal or something similar.
- VI. If no, celebrate your learning, strengthening and achievements and LET IT GO!
- VII. OR you may now have a renewed inner strength and you keep going!

**(2) Clear up those forgotten ones that you actually did achieve:**

Here we have lost sight of all the little goals we achieved on our journey to achieving the BIG one! We need to acknowledge all the wins along the way. To retrieve so lost in the rush go through steps I - III above and then continue below:

- VIII. Although you didn't make it to the end goal, what did you actually achieve along the way?
- IX. When was this?
- X. Did you acknowledge the achievement and celebrate or get lost in the rush on your journey?
- XI. Now if it got lost, what do you need to do to celebrate and continue on the journey to the finish line?
- XII. Do it now!

**(3) Clean out those I'm gonna do it goals:**

These are the goals that you had all good intentions and you can think of them as failed goals and you just never started them that's all.

- I. Look back and spotting all the times you started off on this goal.
- II. Recall where and when, right back to the very first time. When you spot and remember you are freeing up your unconscious of the I'm gonna's or failures and you now plan it with a clean present slate.

**Past Goals I need to clear out and declutter!**

**1. Goals when you became stuck**

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**2. Goals forgotten and not celebrated**

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**3. Goals one day I'm gonna' get around to**

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**2. Goalsetting:**

- (1) Write a list of what you want to achieve in 2007:

Identify your goals in the 5 key areas of career, finance, health & fitness, family/relationships and personal growth

- (2) Define SMARTY goals – Specific, Measurable, As if NOW, Responsible, Timed toward what you want (the date for completion) & Your inspiration.
- (3) What benefits will result for you achieving this goal?
- (4) What are the major obstacles to overcome to reach your goal?
- (5) What skills or knowledge is required to achieve your goal?
- (6) What are the individuals, groups or companies and organisations to work with to achieve your goal?
- (7) Celebrate Success – how are you going to celebrate achieving your goal!

### 3. Detailed Plan of Action

Break down your goals into daily, weekly and monthly action steps. Put into your diary / electronic organiser on the day(s) you will do these:

### 4. Motivational Goal Planner

Having visual reminders keep you motivated and prompt you to follow through, especially when the going gets tough. Eg. Dream home – start collecting pictures of the home you want to purchase, the kitchen you wish to renovate, the bathroom of your dreams. If your goal is to achieve a certain weight loss then you may want to recapture the way you were some time ago, find an old photo of yourself. You can place these on your desktop, car dashboard and the fridge at home.

**"My Champion Motivational Goal Planner"** is personally Taylor-Made for you – so you can NOW start to achieve your goals for YOUR life... A4 in size and laminated, so you can write your goals, set a date for achievement, and sign as your personal commitment. As you achieve them - wipe it clean and your set, ready to go for new goals. More information at [www.championmindset.com.au](http://www.championmindset.com.au)

### 5. One Goal at a Time

People sometimes try making many changes at once then get disillusioned because there are too many things to do and just give up. If you've done this in the past, tackle one goal at a time and remember: never give up, so you can only ever win!

#### **Stand Up and Shine in 2009!**

**OK so you're saying I'm stuck, I still need help....well help is right here right now.... Shelley has limited numbers to the revolutionary, NO BS, KISS goal setting program .....**on the planet!

**Learn how-to forget your New Year's Resolutions, (they don't work) and how-to ensure your goals will survive the New Year OR we give you your money back!**

**The Get Tough Coaching Program\*\* 1on1 with Shelley Taylor-Smith:  
Enquire now at [enquiries@championmindset.com.au](mailto:enquiries@championmindset.com.au)**

**\*\*Program beginning 15<sup>th</sup> January 2009**

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**CHAMPION ACTION FOR OUTCOMES:** Write down the **OUTCOMES** you need to **ACHIEVE...** .... Then write the first 3 steps toward completion.

1. \_\_\_\_\_

Step 1: \_\_\_\_\_

Step2: \_\_\_\_\_

Step 3 \_\_\_\_\_

2. \_\_\_\_\_

Step 1: \_\_\_\_\_

Step2: \_\_\_\_\_

Step 3: \_\_\_\_\_

3. \_\_\_\_\_

Step 1: \_\_\_\_\_

Step2: \_\_\_\_\_

Step 3 \_\_\_\_\_

4. \_\_\_\_\_

Step 1: \_\_\_\_\_

Step2: \_\_\_\_\_

Step 3: \_\_\_\_\_

5. \_\_\_\_\_

Step 1: \_\_\_\_\_

Step2: \_\_\_\_\_

Step 3 \_\_\_\_\_

**Remember: “Great ideas are a dime a dozen. It is people who can put those dreams into reality who are priceless.” Get Started NOW!**

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