



Goal Setting – Getting Prepared and You’re ½ way there!

Ok you’re here because you have the goal and you are clear about what you want to achieve and you know you have the potential and desire too to achieve it...right? Now lets get clear on a few things first. Remember the decision alone changes everything!

So what did you decide?

1. Stay Alive
2. Just Survive or
3. Thrive

OK seriously....

1. The feet of Ian Thorpe
2. The body of Elle McPherson
3. The home of Bill Gates

Or more realistically...

1. Find happiness and enjoy my job, my business, my career, my life
2. Take that holiday that I have been promising myself and my family
3. Become a part of the 5% that make up for the 95% wealth
4. Wipe out the credit card debt
5. Have more time with my family
6. Achieve my goal to losing those kilos, butting out that last cigarette and using the gym membership ‘faithfully’
7. All of the above (*good for you!*)

To help you re-focus, re-evaluate and re-energisethere is no better time than right now to get started...so let’s go!

How to Get Started

Before you can start goal planning you need to de-clutter.

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 it’s heavy weight of negative energy. Let’s now convert it to positive energy so you can build your Champion future success.

7 time World Champion creating Champion Mindsets with Taylor-Made Solutions!



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 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 because we have been so lost in the rush; go through steps I-III above and then continue below:

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

So get onto clearing out and you're Ready to Go for Gold as you start goal setting.



Past Goals I need to clear out and declutter!

1. Goals when you became stuck

2. Goals forgotten and not celebrated

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