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**“Forget Resolutions, How to have the Resolve, Resolution and Determination to Make 2009 Your Year to Achieve Your Goals.”**



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“I want you to **PRINT THIS PAGE** and **TAPE IT TO YOUR WALL**  
so you won’t forget this Teleseminar training...”  
Shelley Taylor-Smith and Camille Valvo

**Teleseminar Dial-In Details**

**Date: Wednesday 4<sup>th</sup> February 2009**

**Time: 6.00pm Perth – 7.00pm Brisbane – 8.00pm Sydney**

**Dial In:**

<b>State</b>	<b>City</b>	<b>Dial- In Number</b>
Australian Capital Territory	Canberra	02 6108 4316
New South Wales	Newcastle	02 4013 4043
New South Wales	Sydney	02 9037 2747
Northern Territory	Alice Springs	08 8921 4109
Northern Territory	Darwin	08 8986 7038
Queensland	Brisbane	07 3123 5124
South Australia	Adelaide	08 7123 2361
Tasmania	Launceston	03 6349 1222
Victoria	Melbourne	03 9001 6668
Western Australia	Perth	08 6365 4490

**Password: 378739**

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**4 Tips To Get The Most Out Of This Call**

1. Print this sheet out so you can write and take notes during the call
2. Review the questions below and answer them the best you can prior to the call
3. Think of how to quickly implement the secrets revealed on the call
4. Make a deadline to complete at least 3 tips you’ll learn on the call

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**Question 1:**

List 3 personal goals that you want to accomplish:

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

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

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

List 3 professional goals that you want to accomplish:

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

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

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

**Notes:** \_\_\_\_\_

\_\_\_\_\_

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**Question 2:**

You can have too many dreams or goals. **True or False**

No dream/goal is too \_\_\_\_\_ and no dream/goal is too \_\_\_\_\_

What matters is that it's \_\_\_\_\_

**Notes:** \_\_\_\_\_

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**Question 3:**

For many of us to make time for our goals, we need to \_\_\_\_\_

Use your \_\_\_\_\_ to decide what no longer is true for you.

Turn your life \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

by living more on \_\_\_\_\_.

As you say no \_\_\_\_\_ or no \_\_\_\_\_

to what's no longer true for you, you can say now \_\_\_\_\_ to your goals.

**Notes:** \_\_\_\_\_

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**Question 4:**

Passion can be the ultimate \_\_\_\_\_ because when  
you are doing what you love and what makes you happy, it often gets done \_\_\_\_\_  
and you are usually \_\_\_\_\_.

**Question 5:**

Where goals come from is \_\_\_\_\_

A goal is simply something that you \_\_\_\_\_

**Notes:** \_\_\_\_\_

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**Question 6:**

Some goals are based on \_\_\_\_\_ some goals are based on \_\_\_\_\_

But the goals that come from your \_\_\_\_\_ are usually the  
most profound.

Standing in your \_\_\_\_\_, the quality of your goals and your life will  
change.

**Notes:** \_\_\_\_\_

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### ***Your Free Bonus Gift\*\****

If you're one of the first 21 participants who enrol in Shelley's Program: Think Like A Champion Coaching Club you'll be automatically enrolled in a special private  
**21 on 1 Conference Call!**

**\*\*This offer is valid only for 48hrs until midnight Friday 6 February 2009**

This special, additional 75 minute coaching call will provide you the perfect opportunity to speak with Shelley directly. ***There's no additional cost....*** You simply have to be one of the first 21 students to enrol. Enrol now and save your spot to work directly with Shelley - **this special limited offer will sell out** - enrol now so you don't miss out.

**Think Like A Champion Coaching Club is specifically designed to take you to the next level!**

What if you could for only \$1.....take a test drive and start enjoying all of the benefits today!!! <http://www.thinklikeachampionclub.com/testdrive>

### **Here's what you get in the 2009 Think Like A Champion Coaching Club Program:**

- Unlimited Access To My Members Only Blog
- Unlimited Access To My Members Only Forum
- Unlimited Access To Think Like A Champion Club Library
- **NEW** e-Classes Delivered Straight To Your Inbox for Club MEMBERS ONLY
- **NEW** 10 minute Pick-Shelley's-Brain-Free Power call per month for Club Members ONLY
- **NEW** E-class Critique for Club Members ONLY
- **NEW** Bi-Monthly Coaching Tele-Class Reserved for Club Members ONLY
- **NEW** Monthly interviews with Champions for Club Members ONLY
- **NEW Shelley's Mobile Champion Video Coaching Program** - 60 videos of Shelley coaching you 60 ways delivered in a 15 week jump start program. This is over 60 minutes of video content you play on your computer, download onto your ipod or onto to your mobile.
- **EXTRA BONUS #1:** Qualified gold members receive the "Create Your Own Champion Mindset & Be Totally Happy Being You" 7CD set
- **EXTRA BONUS #2:** 90 page Ultimate step-by-step manual
- **EXTRA BONUS #3:** Resource CD with techniques coached by Shelley step-by-step to visualise, clear the mind of chaos and chatter and set goals into your future timeline
- [Plus all the other benefits listed](#)

**For \$47 per month** you receive all of these amazing benefits whilst being coached personally by Shelley Taylor-Smith, Australia's No.1 Mental Toughness Coach.

**Be 1 of the 21 and receive your free bonus gift....**  
<http://www.thinklikeachampionclub.com/testdrive>

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**Question 7:**

Our goals die, fade away or are forgotten when we put them on \_\_\_\_\_.

Breakdown your long term BIG goals into smaller \_\_\_\_\_ that you can easily accomplish in \_\_\_\_\_ or less.

**Question 8:**

The D-B-A's of achieving your goals are:

Get D \_\_\_\_\_

B \_\_\_\_\_

A \_\_\_\_\_

**Question 9:**

The magic factor to achieving my goals to experience greater easier accomplishing them faster is to \_\_\_\_\_

\_\_\_\_\_

Most of us don't want to do this because: \_\_\_\_\_

#1 reason we do don't \_\_\_\_\_ is:

\_\_\_\_\_

**Question 10:**

The key to the actualisation of your goals is two essential ingredients

\_\_\_\_\_ and \_\_\_\_\_ or W\_\_\_\_\_ the T\_\_\_\_\_.



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**Question 11:**

All obstacles, challenges or stumbling blocks are either \_\_\_\_\_ otherwise known as \_\_\_\_\_

Or are \_\_\_\_\_ that require a \_\_\_\_\_

Two most common obstacles people voice are \_\_\_\_\_ and \_\_\_\_\_.

But the real obstacles are the 2 thief's \_\_\_\_\_ and \_\_\_\_\_.

Your attitudes and beliefs move you \_\_\_\_\_ or \_\_\_\_\_.

What a lot of us forget is we \_\_\_\_\_ what we \_\_\_\_\_ every day every time.

You can believe in something simply because \_\_\_\_\_

and prove that you do by \_\_\_\_\_

**Notes:** \_\_\_\_\_

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**Question 12:**

#1 way we sabotage our goals is by \_\_\_\_\_

\_\_\_\_\_ into our goals with 3 words: “ \_\_\_\_\_ ”

We imagine the \_\_\_\_\_

**Question 13:**

We can change a limiting belief (LB) to a Champion belief (CB) by \_\_\_\_\_.

The critical part to build self belief and self confidence to trust oneself to achieve  
success is to \_\_\_\_\_.

**Notes:** \_\_\_\_\_

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Finally The 8 mistakes NOT to make when setting resolutions or goals:

1. Don't
2. Don't
3. Don't
4. Don't
5. Don't
6. Don't
7. Don't
8. Don't

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**Your ‘WOW – Take Action Now’ Checklist:**

What **one key idea** will I **take action** on **WITHIN ONE WEEK (WOW)** as a result of this audio-seminar that will help me think like a Champion and achieve my goals in 2009?

Exactly what action steps will I take?

When will I do this by?

After I do this, what specific results, changes or outcomes do I expect to see?

How will doing this help me think like a Champion and make 2009 my year to achieve my goals?