

# Arise Personal Development 2013 Setting Goals

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## **Tips: Follow a Recipe**

- Use a proven success method
- Know what others are doing that are successful in your career and follow it.
- Connect with others that are where you want to be in life.
- Ask how can I help others?
- When you are interested in helping others they will want to help you!
- Plan it out

## **SET YOUR GOALS!**

What do you want? \_\_\_\_\_

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How much do you want to make? \_\_\_\_\_

How many clients? \_\_\_\_\_

Why (reasons first)? \_\_\_\_\_

What will that do for you? \_\_\_\_\_

Who will this help, who will it, serve? \_\_\_\_\_

Where will I find these people? \_\_\_\_\_

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Who will help me? \_\_\_\_\_

When do I want it? \_\_\_\_\_

HOW can I achieve? \_\_\_\_\_

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How will I know I am there? \_\_\_\_\_

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Who can I tell? \_\_\_\_\_

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## ***Let go of the old***

- Behaviors and habits
- Current beliefs and behaviors and habits
- If you are going to get where you want to go you are going to have to let go of the old behaviors

## ***Take a look at how you got here***

- What might you believe or focusing on that is stopping you?
- What would happen if you did get what you want?
- What will you have to give up, stop doing or start doing that you might not want to do?
- What event or proof do you have that it's not ok to move forward?
- Are you focusing on the pain to get where you want to go?