

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? _____

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? _____

How will I know I am there? _____

Who can I tell? _____

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?