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# Goals Magic System

*You can live your life by Design rather than by Accident!*

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<http://www.goalsmagic.com>

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# My Goals Coach

<http://www.mygoalscoach.com>

*Personal One-on-One coaching and e-Classes to help  
you reach your life's goals and dreams!*

- Design the Next Five Years
  - Think Yourself Thin
- Developing a Prosperity Consciousness

***“Our mission is to spread the Magic in Goals to one million people globally!”***

***Please assist us by passing this free Goals Magic System to as many people as you know who may benefit from it. By sharing the magic in goals you can have a positive impact on people by inspiring them to achieve more in their lives.***

# Goals Magic System

*You can live your life by Design rather than by Accident!*

Congratulations on taking the first step towards designing the rest of your life. By setting goals and developing a future focus you will find that you are pulled towards your goals almost as if by magic. If you have been a wandering generality for too long then, today is the day when you become a meaningful specific. Clarity around your goals has enormous potential to get you moving in the direction of what you want out of life.

In [Brian Tracy's](#) new book 'Goals', he recounts a conversation with an extremely successful business associate. This very wealthy man stated to Brian that 'Success is goals, and all else is commentary'. A corner stone of all successful people is their ability to set meaningful worthwhile goals and develop plans for their accomplishment.

By beginning work today on designing your future and becoming a goal-focused achiever, you will find you rapidly move up to the upper 10% of income earners. You will find yourself becoming far more efficient and productive, and leading a fuller, happier life. Don't delay! Begin the process of designing your better future today.

## Your use of the Goals Magic System

The Goals Magic System is made available to you **free of charge** for your own personal use. Whilst you may feel free to provide copies to your friends, family, business associates and customers, the only thing we ask is that you do not sell the system or attempt to re-produce it in any way without the prior written consent of the authors or Self Management Systems.

Please feel free to **give this Goals Magic System away** to as many people as you like though. You never know who may benefit from having a systematic program like this to plan out their future. By providing this free gift to everyone you know you are spreading the magic of goal setting and making a positive contribution to the world.

## Visit the Goals Magic web site

The Goals Magic web site is fast becoming the number one site on the Internet for information on Goal Setting, Achievement, Success, Prosperity, Personal Development, Self-Empowerment and more. The web site features copies of our newsletter 'Magic in Goals', great articles on success, and many more resources to assist you in your personal life journey.

Visit the site now at: <http://www.goalsmagic.com>

## Feedback on Goals Magic System

We are extremely keen to hear from you with your feedback and thoughts on the Goals Magic System. Tells us your ideas for improvement, things you like or dislike and what else you would like to see included in the system. Additionally we would like to hear about your success at setting goals and with using the Goals Magic System.

Send us your feedback to [self\\_manage@yahoo.com](mailto:self_manage@yahoo.com)

## **Share the Goals Magic System!**

We give you the Goals Magic System free of charge so that you to can experience the magic power that is unleashed inside of you when you clearly define your future. All that we ask in return is that you pass the magic onto at least three friends via email. Also, we ask that you share your success with us via e-mail so that we know that the Goals Magic system is making a positive contribution.

Our mission is to share the magic in goals with one million people around the world. With the power of the Internet and e-mail, and your help we know that it is entirely possible. Please send this Goals Magic system to as many people as you can via email.

If you are a web site owner and would like to give away a branded version of the Goals Magic System from your site, then please contact us via email and let us know. We will then prepare a copy of the system for you with your logo, contact details and web site details.

## **Unleash the Magic in Goals on CD!**

Get the new Audio CD 'UNLEASH THE MAGIC IN GOALS' which details exactly how to unleash the magic in goals setting in your life, and we will give you a bonus CD 'THE GOALS MAGIC WORKSHOP' which takes you step-by-step through the process of designing your life using the Goals Magic System. For more info go to <http://www.goalsmagic.com/unleashed.htm>

## **FREE REPORT: “Creating Multiple Streams of Income”**

As a thank you for downloading the Goals Magic System we want to give you a gift. It is a FREE report by best selling author Robert Allen. You may know of his #1 New York Times best selling books 'No Money Down', 'Creating Wealth', 'Multiple Streams of Income', and more recently the 'One Minute Millionaire'.

If you are interested in developing additional streams of income, and achieving wealth then you won't want to miss this report by Robert Allen. Download it now at:

<http://www.passive-income-stream.com>

# Lessons in using the Goals Magic System

Using the Goals Magic System is easy, however it does require the discipline to sit down and work through the various exercises and lessons. There is no right or wrong way to use the system ... the important thing is that you put it to use in a way that empowers you. You may use as much, or as little of the system as you please.

There are six key lessons to using the system. Each day you will receive one lesson via email. If you complete just that lesson that day you will have a well designed future within the week. In doing so you will be unleashing the magic power of a compelling future. With greater clarity around the direction you are heading you will find increased motivation and energy to strive to be more, do more and get more out of life.

Here are the lessons for using the Goals Magic System:

## Lesson 1: Using The Goals Magic System

Welcome to the first lesson in how to utilize the Goals Magic System to define your life. By now you should have downloaded your copy of the Goals Magic System. If not then do so now at:

<http://www.goalsmagic.com/download.htm>

Once you have downloaded the system, print it out onto plain paper. The system is designed so that you can hole punch the pages and place them into a folder.

The first step in planning your life and setting goals is to do a brain storming exercise to find out what it is you really want from your life and future. What are your dreams and aspirations? How do you want your future to look?

Print out 5 copies of the page titled 'Dream Activation'. What you need to do now is find some quiet thinking time where you can be alone and just let your imagination go free.

Next to each of the checkboxes on the Dream Activation page, just jot down one dream for the future. At this stage it doesn't need to be detailed, and you don't even necessarily need to believe its possible for you. Just start writing and record everything.

Ask yourself, if time and money where no object what would you be, do and have? What countries would you visit? What would your work environment be? Would you start your own business? What contribution would you make to others?

See if you can get a list of 100 dreams for the future. They can fall over any time frames for the rest of your life. At this stage it doesn't matter, just get it all down.

Most people have no problems writing down 20 - 30 items, more challenging to write down 50, and can be difficult to write down 100. But commit yourself to the process of writing down 100 dreams for the future. Big or small, easy or difficult they are all important.

Your Dream Activation list is the building block or foundation of your better future. Keep it handy at all times. Add new items to it as often as possible. Put everything in there and don't hold back or limit you from what's possible. We suggest you review and refer back to your list of dreams daily.

Some examples of Dreams may be ...

- ✓ **'Learn to speak Spanish'**
- ✓ **'Visit the Stromboli volcano of Italy'**
- ✓ **'Get a black belt in Karate'**
- ✓ **'Earn \$1 million dollars in a single year'**
- ✓ **'Write a book that positively influences people'**
- ✓ **'Run in the Melbourne Marathon'**
- ✓ **'Create my own business and work for myself'**
- ✓ **'Own a 40 square home with recording studio and library'**
- ✓ **'Take my family to Disney Land'**

- ✓ **'Meditate with Buddhist Monks'**
- ✓ **'Sponsor an entire village of people in third world country'**

and so on. The key is to start writing down ideas and to keep writing. You will be amazed at some of the things you put down as dreams. Don't discount any of the items at all, or question them at this stage.

Once you have a substantial list of dreams written down your next job is to accumulate images that represent these dreams. This can take some time, but you should always be on the lookout for images that visually represent the future you are designing for yourself. As you collect these images copy them into the DREAM IMAGES pages. By collating these images and reviewing them daily you begin to program your sub-conscious mind to focus on what you want.

## **Lesson 2: Using The Goals Magic System**

Welcome to lesson 2 on how to use the Goals Magic System. Yes there really is magic in goals when you create clarity around what you specifically want in your future.

Yesterday we talked about the process of activating your dreams. The first step was to get them down on paper and begin creating a vision of your future through all that you want to be, have and do. How did you go? Have you completed the exercise? Many people won't and that's why they fail to achieve their goals. The ability to act on a simple exercise like the one yesterday will propel you forward in the direction of your goals.

If you haven't completed yesterday's exercise then go back and do it now!

Today we are going to look at defining your future vision in each major area of your life. Print out the pages for FUTURE VISION from the Goals Magic system.

You will notice that at the bottom of each future vision box it says Life area. You define the life areas that are important to you. They may be for example, Health, Family, Career, Finances, and Spiritual. Select the four to six key life areas for you that are most important to you.

With the time frame, we find its best to create a future vision for five years in advance. This seems to be a time period that is most easily accepted by your sub-conscious. Most people will tend to overestimate what they can achieve in one year, and underestimate what they can achieve in five years. Let that be a guide to you as you create your future vision in each of the major areas of your life.

So what is your FUTURE VISION? Well it's a statement about how that area of your life will look within the time frame specified. It is your vision of how things will be. It is painting the canvas of your future.

You need to state your future vision in personal, positive and present tense. So for example, my future vision for my health in five years time might read....

**'My health is my number 1 priority and everyday I invest in ensuring my health is excellent. I am extremely fit and healthy. My bodyweight is 95kgs and I am lean and muscular at 8% body fat. My waist is only 95cm and I have a lean physique. I follow a natural health lifestyle and as a result I have an abundance of energy. I am a regular competitor in fun runs and triathlons and have completed the Melbourne Marathon. I run regularly, bike ride and go to the gym three times per week. I look great, feel great and in excellent health.'**

Notice that the above vision is specific in its detail, and is stated in the personal present tense as though it has already come to pass. By stating your future vision in this manner you are giving clear instructions to your sub-conscious mind of what its job is. You are defining the blueprint for your future.

Now its your turn. Begin to start creating your future vision in each of the key areas of your life. You may need several attempts to get it just right, but that's okay. This will be an on-going process throughout your life. The most important thing though is that you take action now and get moving.

That's all for today. We hope that you follow through and take action on this beginning step to the design of your better future. Give yourself a chance to experience the magic of goals by taking action right now.

## Lesson 3: Using The Goals Magic System

***'If one advances confidentially in the direction of his dreams, and endeavors to live the life he has imagined, he will meet with a success unexpected in common hours.'***

**– Henry David Thoreau**

Welcome to the third lesson in the magic of goals. I love that quote by Thoreau. I hope you are still with me and you have completed the last two lessons, writing out your dreams, collating a visual image collection of your future, and defining your future vision.

If you have followed through with action so far you will find that by now your mind is alive and racing with possibilities. You will have begun to wake up the enormous sleeping giant of creativity and imagination that lies within you. Don't hold back from here ... this is just the very beginning.

Today we are moving onto the development of your major goals. Firstly print out the major goals summary pages. Now lets go back and review your dream activation list, and your future vision statements just so that the ideas are fresh in your head.

On a separate sheet of paper I want you to select 2 major goals for each area of your life that you consider significant. So lets say your major life areas are Health, Career, Finances, Family, and Personal Development, then you will be selecting 2 major goals for each area. That's a total of 10 major goals. Now your major goals are goals that you want to achieve in the next 5 years that will move you greatly towards your future vision statement in that area of your life.

Good ahead now and just write down a list of major goals on a separate sheet of paper. Now you can have more than or less than 10, but that's a good objective to start with. You will find over time that the number or major goals you have grows as your capacity and skills grow.

Your major goals are goals that stretch you. You may not currently believe they are possible for you at the moment, or you may have no idea of how you will achieve them. At this stage that's okay. Typically a major goal can be broken down into between 2 - 10 support goals that need to be achieved in a shorter time frame. The success of which will lead you towards the achievement of your major goal.

Once you have made your list of major goals, transfer them to your major goal summary sheet. Each goal obviously occupies it's own major goal summary box. State your major goal in positive, personal and present tense.

For example, my personal goal with goals magic is to give away 1 million copies of the goals magic system. This would be stated as ...

**'I have created and given away 1 million copies of the goals magic system and made a positive impact on peoples lives. Deadline: 1st January 2005'**

Once you have your 10 or so major goals written on your major goal summary, I want you to review the list. Your job is to now pick the one goal, that if achieved would have the greatest impact on your life. What one goal on the list would make the greatest contribution to the quality of your life?

Take some time to consider this. By selecting the one major goal from your goals summary list, you are defining what your major definite purpose is. Your next step is to transfer your major definite purpose to the Major Goal Worksheet.



Work your way through the worksheet and carefully plan out why you must achieve this goal. The motivation of pain / pleasure behind the goal. What obstacles will you face and how can you overcome them? What resources, skills and knowledge do you need and how will you get them? Finally, breakdown your major goal into a number of support goals.

For e.g., in order to achieve my goal of giving away one million copies of the Goals Magic System, I will need to achieve the following support goals:

1. Create and develop the Goals Magic System
2. Establish a Goals Magic web site
3. Drive web visitors to the web site
4. Develop the instructions and email delivery

and so on. So you can see how a major goal starts to breakdown into several smaller more manageable support goals. Your job is to get to work on achieving these support goals to propel you forward.

Now that you have mapped out your major definite purpose on the major goals worksheet, take some time to do the same thing with your other major goals. There is some effort involved in completing this process, but hey, this is our future we are talking about here.

## **Lesson 4: Using The Goals Magic System**

***'Up to a point a man's life is shaped by environment, heredity, and movements and changes in the world about him. Then there comes a time when it lies within his grasp to shape the clay of his life into the sort of thing he wishes to be. Only the weak blame parents, their race, their times, lack of good fortune, or the quirks of fate. Everyone has it within his power to say, "This I am today; that I will be tomorrow.'***

**- Louis L'Amour**

Yesterday we covered your major goals that cover a time frame over the next five years. Today we are moving onto our more immediate goals. I call them current goals or support goals. These are goals to be achieved within the next 12 months, many of which are in direct support of your major goals.

Go through a similar process as yesterday by taking a separate sheet of paper out to work on. Review your dream list, future vision and now your major goals summary. Having done that, get to work on creating a list of at least 10 current or support goals to be achieved in the next 12 months.

Now transfer that list to your current goals summary. If the current goal is in support of a major goal, then tick the major goal checkbox. If you are going to create a current goal worksheet for this goal then tick that check box also.

It's not always necessary to use of the planning worksheets for your more immediate current goals. Some do require this however. Identify which of your current goals require a planning worksheet and get busy on mapping these goals out.

The process for mapping out your current goals is similar to what we did yesterday with the major goals. Try to include as much detail as possible into your plans. The more you think through how you will achieve your goals big or small, the more you will come to believe its possible.

Your current goals now become the center of your focus and energies. Begin taking immediate action on your current goals. The thrill of ticking off and achieved goal gives you more drive and energy to achieve other goals. The important thing though is action. Just reading these emails each day is not enough to live the life of your dreams. You must take action!

## Lesson 5: Using The Goals Magic System

Welcome to Lesson 5 of the Magic in Goals. I know the last few lessons have involved a lot of work. Defining your major goals, and establishing their plans is hard work. Then following through and creating more immediate current goals is an achievement in itself. Most people will not follow through on designing their lives.

One of my early goals was to set a goal to develop my goals program by a certain period. If you are struggling to complete the previous tasks then why not set this as your goal? Set a goal to complete your own goals program.

If you are having trouble finding inspiration, or just can't think of any goals that to you are worthy, then make finding a goal your goal. Set a deadline to have a major definite goal by a certain date.

Today we are going to look at your Monthly Action List. This is where the rubber really hits the road. It separates those who will from those who only dream. Your ability to create a list of key tasks each month, and take action to achieve them will determine your capacity to succeed in living the life of your dreams.

At the beginning of each month review all of your goals. Start to build up a list of tasks to be completed that when done will move you closer to the accomplishment of your goals. When I first started doing this I would end up with about 5 - 10 tasks each month that I could think off. Now I often have 30 - 50 tasks to do.

No matter how big or small the task, make sure it is listed in your Monthly Task List. Each morning when you begin your day, review this task list and ask yourself what can I complete today off this list? Transfer items into your daily planner and get it done. The next day check the task off as completed.

You won't believe the feeling of checking off tasks as completed. You gain so much momentum by taking action and achieving these tasks that it motivates you to set bigger and more complex goals. Moving along the path towards your goals starts to activate the magic in goals.

Start your Monthly Action List today. At the top make the first action to complete all of the exercises to date. Get it done, check it off and watch your life move forward.

***There is a magic that is unleashed when you begin to live your life by purpose and design, rather than luck & misfortune.***

## Lesson 6: Using The Goals Magic System

Well if you are still with me today then I applaud you. Congratulations on taking action on designing your better future. You have done the exercises to date haven't you? I hope so because today we are going to reveal a little known technique of goal getting that will accelerate you on the path to achievement and success. But unless you have done the other exercises it will be of little value to you.

The final step in unleashing the magic of goals and utilizing the goals magic system is your Daily Goals Review. Print out the Daily Goals Review page now.

Each morning, the first thing you should do is spend 5 - 10 minutes and invest it in programming your mind to go get the goals you have set for yourself. By doing so, you are imprinting or programming your mind each day to focus on what you want. By doing this consistently your sub-conscious mind will begin to manifest your desires into your life.

On your Daily Goals Review page write down your top 10 - 15 goals that you are currently pursuing. State these goals in the present tense, positive and in the first person. And make sure these statements have deadlines on them.

So for example you may write....

'I am at my ideal bodyweight of 95kg by 1st August 2003'

'I earn \$10,000 per month in my career in Real Estate by 1st October 2003'

'I am in a relationship with the woman of my dreams by 1st January 2004'

and so on. Here is the important thing about this process. Each morning write out your goals on your Daily Goal Review first thing without referring back to your written goals summary. By doing this everyday you will find that you begin to develop clarity around your goals and with clarity comes power. Additionally you will begin to find that some goals rise to the top of the list that you may not have expected. The goals that continually appear at the top of your list are most likely the ones you are most focused on or most dedicated to.

This daily ritual of writing down your goals begins to activate the power of goals in your life. You will become fine tuned to new opportunities; skills, people and resources that can help you achieve your goals. These may have been missed before when you had vague or impotent goals. You will begin to stimulate your brain into action. You will be literally programming your self to bring about the success and achievement that you desire.

For more information on this daily ritual of writing out your goals, get a copy of [Brian Tracy's](#) book 'Goals'.

# **DREAMS**

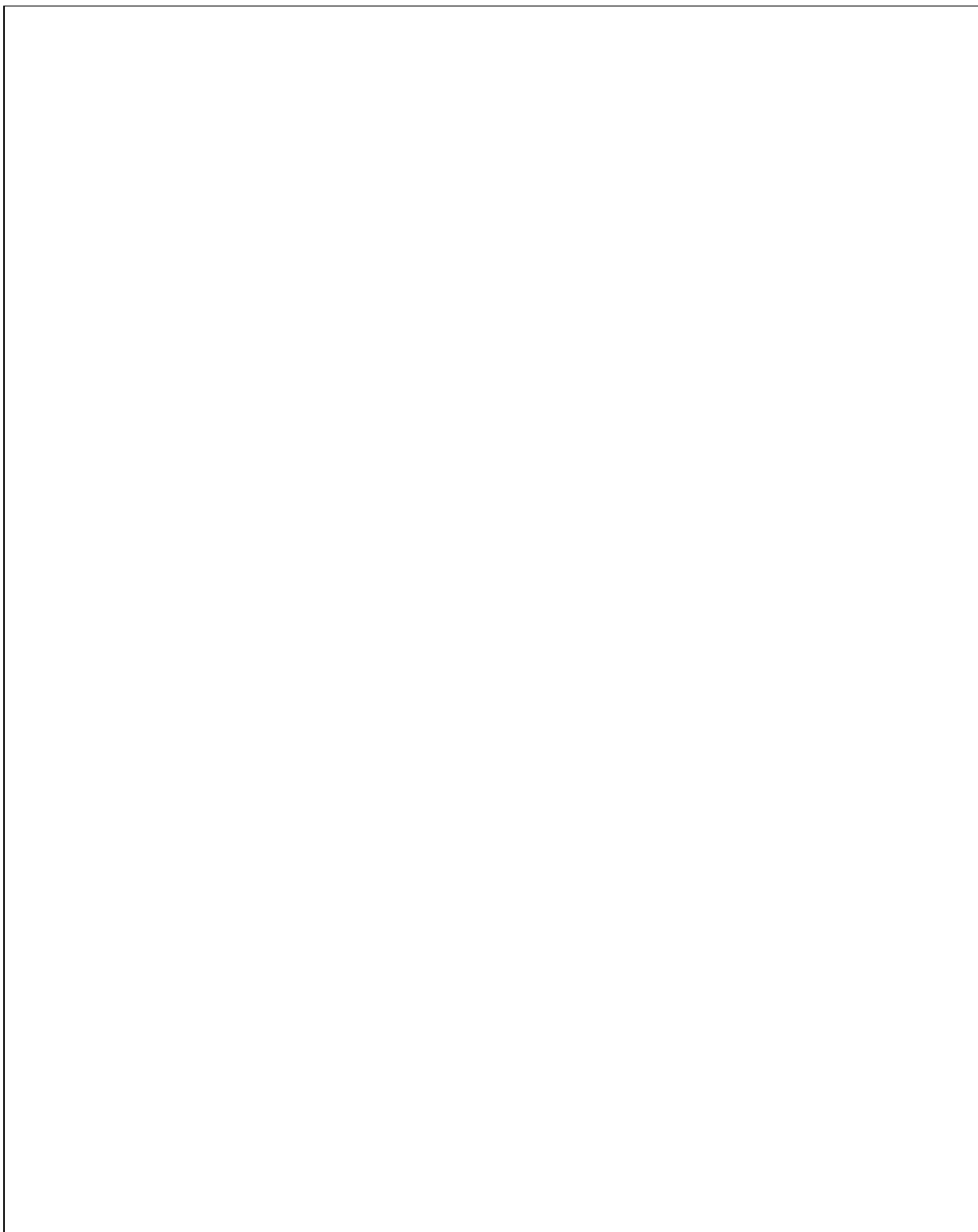
## DREAM ACTIVATION

*Use this worksheet to create a list of dreams, goals and desires for the future. Don't worry at this stage how you will achieve these dreams, or the details. Simply create a list to be used as a starting point.*

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## **DREAM IMAGES**

*Find images that represent your dreams and paste them here. This will assist you with visualising your goals and dreams as it serves as a constant visual reminder of where you are going.*

A large, empty rectangular box with a thin black border, intended for pasting images that represent the user's dreams and goals.

# **FUTURE VISION**





**Future Vision :**

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**Life Area :**

**Time Frame :**

**Future Vision :**

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**Life Area :**

**Time Frame :**

# MAJOR GOALS

## MAJOR GOAL SUMMARY

*Use this worksheet to summarise all of the major goals you are currently working on in your life. This will provide you with a quick overview of your major goals and objectives at any one time.*

<b>Major Goal :</b> .....
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<b>Life Area :</b> <b>Deadline :</b> <b>Completed:</b> <input type="checkbox"/>

<b>Major Goal :</b> .....
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<b>Life Area :</b> <b>Deadline :</b> <b>Completed:</b> <input type="checkbox"/>

<b>Major Goal :</b> .....
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<b>Life Area :</b> <b>Deadline :</b> <b>Completed:</b> <input type="checkbox"/>

<b>Major Goal :</b> .....
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<b>Life Area :</b> <b>Deadline :</b> <b>Completed:</b> <input type="checkbox"/>

**Major Goal :** .....  
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**Life Area :**                      **Deadline :**                      **Completed:**

**Major Goal :** .....  
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**Life Area :**                      **Deadline :**                      **Completed:**

**Major Goal :** .....  
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**Life Area :**                      **Deadline :**                      **Completed:**

**Major Goal :** .....  
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**Life Area :**                      **Deadline :**                      **Completed:**

# MAJOR GOAL WORKSHEET

Your Major Goals are significant goals or objectives to be achieved in the mid to long term range. Major Goals are then supported by a series of Support goals that when achieved lead to the completion of your major goal.

<b>Major Goal :</b>	.....
	.....
Clearly define your	.....
major goal describing	.....
it in detail	.....
	.....

**Life Area :**

**Time Frame :**

**Start date :**

**Completion date :**

<b>Why ?</b>	.....
	.....
Describe why this	.....
goal is important for	.....
you to achieve	.....
	.....

<b>Motivation</b>	
<i>We are all motivated to act for one of two reasons, either to avoid pain or gain pleasure. Describe the pain / pleasure motivation behind this major goal in detail. Why do you have to achieve this major goal?</i>	
<b>Pain:</b>	.....
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<b>Pleasure:</b>	.....
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Obstacles	Solutions
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.

**Resources**

*To achieve any goal requires you to have access to key resources. List here the resources you currently have access to and any that may be required in order for you to complete this major goal.*

Current: .....

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Required: .....

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**Knowledge Required**

*What additional knowledge do you require to complete this goal? What books can you read, or courses can you take to gain this additional knowledge? Who could you seek help from in gaining this knowledge?*

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## Support Goals

Now document what Support Goals you will need to achieve in order to reach this major goal. These Support Goals will then form the basis of your short term goals program as you are required to work on each one.

**Support Goal**                      Start Date:                      Finish Date:                      Complete:     

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**Support Goal**                      Start Date:                      Finish Date:                      Complete:     

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**Support Goal**                      Start Date:                      Finish Date:                      Complete:     

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**Support Goal**                      Start Date:                      Finish Date:                      Complete:     

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**Support Goal**                      Start Date:                      Finish Date:                      Complete:     

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**Support Goal**                      Start Date:                      Finish Date:                      Complete:     

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By signing off on this goal I fully commit myself to its achievement and seeing it through to the end. I realize that at times it may be hard and challenging but in the end it will be worth the struggle to see this goal through to the end.

**Signed :**

**Date:**

# **CURRENT GOALS**



## CURRENT GOAL SUMMARY

Use this worksheet to summarise all of the support goals you are currently working on in your life. This will provide you with a quick overview of your support goals and objectives at any one time.

<b>Current Goal :</b>	.....	
	.....	
Major Goal: <input type="checkbox"/>	.....	
Plan: <input type="checkbox"/>	.....	
	.....	
	.....	
<b>Life Area :</b>	<b>Deadline :</b>	<b>Completed:</b> <input type="checkbox"/>

<b>Current Goal :</b>	.....	
	.....	
Major Goal: <input type="checkbox"/>	.....	
Plan: <input type="checkbox"/>	.....	
	.....	
	.....	
<b>Life Area :</b>	<b>Deadline :</b>	<b>Completed:</b> <input type="checkbox"/>

<b>Current Goal :</b>	.....	
	.....	
Major Goal: <input type="checkbox"/>	.....	
Plan: <input type="checkbox"/>	.....	
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	.....	
<b>Life Area :</b>	<b>Deadline :</b>	<b>Completed:</b> <input type="checkbox"/>

<b>Current Goal :</b>	.....	
	.....	
Major Goal: <input type="checkbox"/>	.....	
Plan: <input type="checkbox"/>	.....	
	.....	
	.....	
<b>Life Area :</b>	<b>Deadline :</b>	<b>Completed:</b> <input type="checkbox"/>

**Current Goal :** .....  
.....  
Major Goal:  .....  
Plan:  .....  
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**Life Area :**                      **Deadline :**                      **Completed:**

**Current Goal :** .....  
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Major Goal:  .....  
Plan:  .....  
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**Life Area :**                      **Deadline :**                      **Completed:**

**Current Goal :** .....  
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Major Goal:  .....  
Plan:  .....  
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**Life Area :**                      **Deadline :**                      **Completed:**

**Current Goal :** .....  
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Major Goal:  .....  
Plan:  .....  
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**Life Area :**                      **Deadline :**                      **Completed:**

# CURRENT GOAL WORKSHEET

Your support goals are goals that when achieved move you closer to a major goal. Usually each major goal has a number of support goals that need to be accomplished prior to achieving the major goal.

<b>Current Goal :</b>	.....
	.....
Clearly define your	.....
support goal describing	.....
it in detail	.....
	.....

<b>Major Goal :</b>	.....
	.....
List major goal this	.....
support goal relates to	.....

**Life Area :**

**Time Frame :**

**Start date :**

**Completion date :**

<b>Why ?</b>	.....
	.....
Describe why this	.....
goal is important for	.....
you to achieve	.....
	.....

<b>Motivation</b>	
<i>We are all motivated to act for one of two reasons, either to avoid pain or gain pleasure. Describe the pain / pleasure motivation behind this support goal in detail. Why do you have to achieve this support goal?</i>	
<b>Pain:</b>	.....
	.....
	.....
	.....
	.....
<b>Pleasure:</b>	.....
	.....
	.....
	.....
	.....

Obstacles	Solutions
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.

**Resources**

*To achieve any goal requires you to have access to key resources. List here the resources you currently have access to and any that may be required in order for you to complete this support goal.*

Current: .....

.....

.....

.....

.....

Required: .....

.....

.....

.....

.....

**Knowledge Required**

*What additional knowledge do you require to complete this goal? What books can you read, or courses can you take to gain this additional knowledge? Who could you seek help from in gaining this knowledge?*

.....

.....

.....

.....

.....

.....

## Action Steps

Now document what action steps you will need to achieve in order to reach this support goal. These action steps will then form the basis of your day-today activities in order to reach your goals program as you are required to work on each one.

**Action Step**                      Start Date:                                      Finish Date:                                      Complete:                     

.....

.....

.....

**Action Step**                      Start Date:                                      Finish Date:                                      Complete:                     

.....

.....

.....

**Action Step**                      Start Date:                                      Finish Date:                                      Complete:                     

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**Action Step**                      Start Date:                                      Finish Date:                                      Complete:                     

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**Action Step**                      Start Date:                                      Finish Date:                                      Complete:                     

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.....

**Action Step**                      Start Date:                                      Finish Date:                                      Complete:                     

.....

.....

.....

By signing off on this goal I fully commit myself to its achievement and seeing it through to the end. I realize that at times it may be hard and challenging but in the end it will be worth the struggle to see this goal through to the end.

**Signed :**

**Date:**

# **MONTHLY ACTIONS**

**Monthly Action List**

Month:

Year:

The monthly action list details all the steps you can take this month to move towards your goals and dreams. The monthly action list should include items from all of your life areas. When you plan out your day each morning you should refer to this list and see which items you can work on or complete today.

**Action Step** .....

Completed .....

**Action Step** .....

Completed .....

**Action Step** .....

Completed .....

**Action Step** .....

Completed .....

**Action Step** .....

Completed .....

**Action Step** .....

Completed .....

**Action Step** .....

Completed .....

**Action Step** .....

Completed .....

**Action Step** .....

Completed .....

**Action Step** .....

Completed .....

# **DAILY GOALS REVIEW**



## DAILY GOALS REVIEW

*Every day write down your top 10 – 15 goals you are currently working on as a reminder and to further imprint them on your subconscious mind. State your goals in the present tense, positive, and in the first person. Make sure your goals have a deadline.*

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# **DAILY AFFIRMATIONS**

## ***'I AM A MONEY MAGNET'***

*I am a money magnet.*

*I like money and money likes me.*

*I attract money.*

*I attract money 24 hours per day.*

*I earn bountiful amounts of money.*

*I wisely know how to create money.*

*I know that I will always have more money in my future than I do now.*

*The money that I create keeps multiplying, duplicating, and replenishing itself.*

*I am forever enjoying more and more money.*

*I have infinite money – more than enough for my every want and need.*

*I cheerfully save money.*

*I faithfully save 10% of all the money I earn.*

*I wisely invest my money.*

*I see my money re-creating itself effortlessly.*

*I cheerfully give money to good and worthy causes and philanthropies that make a lasting and ongoing difference.*

*My estate is in perfect, updated order and will be a lasting legacy that makes an important and memorable difference.*

*Money rushes to me in every form and fashion.*

*I have lots and lots of money.*

*I have money in my mind, in my future, in my pocket, in my wallet, in my safe in my bank accounts, in my businesses, in my investments, and wherever it keeps growing.*

*I enjoy money and money enjoys me.*

*Money and all its equivalents are attracted to me.*

*Money is forever making me infinitely better off.*

*All that I do creates surplus, abundance, and plenty for myself and everyone else.*

- From ['One Minute Millionaire'](#) by Robert Allen & Mark Victor Hansen

## ***'I AM A GIVER'***

*In this life, there are givers and takers.*

*I am a giver.*

*I like to give.*

*I love to give.*

*Giving is my way of life.*

*I give away my ideas to great causes that I care deeply about.*

*I give money where it is needed, is wanted, and can do enormous amounts of good.*

*My giving always creates more.*

*I inspire others to give and like doing it.*

*It is my subtle mission to give and motivate other rich people to give so that  
human dignity is re-created on Spaceship Earth.*

*Giving is God's way.*

*It is the way that I now understand is the truth of the Universe.*

*Giving multiplies me and makes me feel complete and fulfilled.*

*Giving makes me feel that I make a real and important difference.*

*Giving is one of the main reasons that I enjoy being a millionaire.*

*I make millions.*

*I save millions.*

*I invest millions.*

*I give millions away.*

- From ['One Minute Millionaire'](#) by Robert Allen &  
Mark Victor Hansen

## DAILY AFFIRMATIONS

*Write out your daily affirmations script using the previous examples listed. Create a daily affirmation script for each significant area of your life. Each day review these affirmation scripts several times and see and feel yourself living the thoughts being affirmed.*

***'I AM A .....***

# **LIFE PURPOSE**

## **LIFE PURPOSE**

*Having gone through the Goals Magic System and planned out your dreams and goals, you will now be beginning to identify your one dominant and organizing purpose in life. Take a moment to write down clearly what you see your life purpose as being. For example I see my life purpose is to spread the magic in goals ... simple, yet it enables me to organize my efforts and energies, and it empowers me every day to follow my dreams. What is your life's purpose?*

***'My Life Purpose is .....***

*'In life you either follow your own dreams or you  
wind up working for someone else's!*

*Begin to live your life by design rather than  
accident and follow your dreams!'*

**Rod Moore**, Creator of the Goals Magic System