

## GOAL SHEET

Have you heard? "Nothing becomes DYNAMIC until it becomes SPECIFIC" ~ Dani Johnson

Life's Abundance is a powerful vehicle that can get you wherever you want to go in life. You now have the key to the ignition! How fast you want to go depends entirely on you.

Please understand that you have a **strong support team in our A Team** that is behind you 100% of the way and looking forward to seeing you realize all the goals you set for yourself.

Part 1 of our training is focusing on YOUR GOALS. Believe it or not, this may be **one of the most important things you will do** starting this business. Remember, if you want us to assist you in getting something more out of life, we're going to have know what YOUR goals and aspirations are! Then, we will GET TO WORK with you.

It is important for you to recognize what you want out of this business and then communicate that to your sponsor so that they can help you achieve your goals.

Accomplishing things in life are as easy as 1,2,3,4.

- 1 **You have to KNOW what you want**
- 2 **You have to DECIDE that you are getting it**
- 3 **You have to CREATE a plan**
- 4 **You must be willing to BEGIN today**

Goals are important because they keep you focused. They allow you to spend energy on the right things, rather than focusing on things that appear as obstacles or challenges along the way.

Several VERY IMPORTANT THINGS TO CONSIDER about GOALS:

- 1 **They should be specific**
- 2 **They should be written down**
- 3 **They should be time stamped**
- 4 **They should be reviewed daily**
- 5 **Long Term Goals are important. You should begin with the end in mind.**
- 6 **Short Term Goals are just as important. A great time to start your short term goals is at the beginning of each month.**

**The SECRET to succeeding in any business is the ability to start FRESH!!**

When you:

- Get some rejection, start FRESH!
- have a slow month, start FRESH!

- have some people drop out, start FRESH!
- have a need to make some money right away, start FRESH!

Let's take a look at some good areas to set some goals, then we'll look at how to write them down into a commitment which we can record.

Standard topics for goals can be separated into:

**\*MIND \*BODY \*FAMILY \*FINANCES \*SOCIETY**

We want to be balanced. It is great to make a lot of money, but we should be just as serious about setting goals to be healthy, happy, in loving and supportive relationships, spiritually and emotionally satisfied and how we can make a difference in the lives of others.

Let's look at some reasons that motivated some of us to get into a home-based business in the first place! If you do not know your reason, then perhaps some of these examples will help you define that for yourself.

- Get rid of a job we hate
- Pay off credit cards
- Feed your pets a higher quality of food
- Buy a new car
- Start a college fund for the kids
- Help to fund and support rescue organizations
- Go on a free cruise
- Develop a secondary income stream
- Retire early
- Get pet food for free

Last thought:

**HOW BIG WOULD YOUR DREAMS BE IF YOU KNEW YOU COULD NOT FAIL?**

**WHO/WHAT IS PREVENTING YOU FROM DREAMING BIG?**

Write down your goals TODAY!

**START WITH YOUR TOP 10 GOALS!**

“If you are going to DREAM, you might as well DREAM BIG!!”

**Keep in mind when writing down your 10 reasons, this is NOT a “WISH” list you could have, this is what you really “WANT”!**

We will work on HOW later.

**Copy and paste the following section into a new email and send it along with your answers to your Sponsor and/or Trainer.**

Your Name: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**My TOP 10 Goals are:**

\*when listing each of your goals you want to be as specific as you can. Be sure to add a date of when you want each goal completed and add a dollar amount if the goal has a monetary value.

For example:

I want to pay off my debt. (good goal BUT not specific)

I want to pay off \$5,000 of debt in 12 months. ( GREAT goal and VERY specific)

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

**Your Income GOALS!**

We will refer to them as your IMMEDIATE (30-90 days) and LONG TERM (1 year +) goals.

**Please complete the following 6 questions:**

- 1 I will complete my training by \_\_\_\_\_
- 2 I will make \_\_\_\_\_ sales in my first 30 days.
- 3 I will make \_\_\_\_\_ sales in my first 90 days.
- 4 I will earn \$ \_\_\_\_\_ in my first 90 days
- 5 I will commit to \_\_\_\_\_ hours per week to my personal and business development.

Which days and hours are you willing to spend working on personal and business development?

Monday \_\_\_\_\_  Friday \_\_\_\_\_

Tuesday \_\_\_\_\_  Saturday \_\_\_\_\_

Wednesday \_\_\_\_\_  Sunday \_\_\_\_\_

Thursday \_\_\_\_\_

1 I will earn \$ \_\_\_\_\_ in my first year with Life's Abundance.

**You are done! Congratulations!!**

The NEXT thing to do is to **email your reasons and goals back to you Sponsor and/or Trainer.** (copy and paste into a new email and email along with your answers)

It is important that your Sponsor/Trainer knows your WHY and to help "tailor" your **90 Day Action Plan**, it will be your **Road Map to SUCCESS!**