

# 3 KEYS TO SUCCESSFUL GOAL SETTING

EPISODE #9

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## 1. SPEND A WHOLE DAY THINKING ABOUT WHAT YOU WANT.

Life is busy, people demand a lot from you, there are deadlines and pressures coming from every direction. You need to spend an entire day thinking about what you want & why. This will give you the time and space to get psychologically clear, creative and tune into your true motivations.

### BOOK IT INTO YOUR DIARY NOW!

I am booking \_\_\_\_\_ (day) of \_\_\_\_\_ (month)  
to think about what I really want & why I want it.

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## 2. WHO DO YOU NEED TO BECOME IN ORDER TO ACHIEVE YOUR GOALS?

WHO DO YOU NEED TO BE?

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WHAT DO YOU NEED TO DEVELOP?

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WHAT CHARACTERISTICS HAVE BEEN MISSING IN YOUR LIFE?

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## 3. GET THE RIGHT EXPERTS IN YOUR CORNER.

*If you could achieve it by yourself... you would have done it already.*  
- Anna Elliott

Experts have life changing information that you have no idea even exists. What experts do you need in your corner?

### SOME EXAMPLES:

- Financial advisor.
- Business coach.
- Marketing expert..
- Health coach.
- Relationship therapist.
- Performance Coaching with Ben
- Mentor in your industry.

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## LINK TO OTHER EPISODES RELATED TO GOAL SETTING.

Ep #1 Motivation Secrets.

Ep #3 Success, Impact & Fulfilment.

Ep #4 Your Vision: 3 Things To Implement.

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