

Action Guide

Goal Setting to Goal Getting

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Remember: The greatest stress in life is that which comes from feeling out of control and powerless! Goal Setting and Goal Getting gives you control and POWER!

Reflections: Discipline yourself to do what you know you need to do to be the very best at who you are and what you want to be. Perhaps the best definition of self-discipline is this: "Self-discipline is the ability to make yourself do what you should do when you should do it, whether you feel like it or not."

It's easy to do something when you feel like it. It's when you don't feel like it and you force yourself to do it anyway that you move your life and career onto the fast track of success.

Please realize that action is the key to making positive changes in your life. Without action, knowledge is lost. Inaction will not result in fulfillment, taking ACTION will!

Application:

Write down 10 goals that you would like to accomplish in the next 12 months. Be specific.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Then, go over the list and ask yourself this question, **“What one goal on this list, if I were to accomplish it immediately, would have the greatest positive impact on my life?”**

Whatever your answer to that question becomes your Major Definite Purpose for the next twelve months.

Transfer this answer to the top of a clean sheet of paper and then make a list of everything that you can think of that you can do to achieve that goal. From this day forward, do something every day on your list. Dedicate yourself to do something seven days a week, 30 days each month that moves you toward the accomplishment of your most important goal.

This simple exercise will change your life in ways that you cannot today imagine.

You can do it, I believe in YOU!