Focus on Goals

Why Set Goals?
1) When goals are set, ________________ ________________.
2) Goals make you feel good about ________________
3) Goals provide attitude ________________
4) Goals establish ________________ and motivation.
5) Goals give you ________________ and ________________
6) Goals take you where you want ________________
7) Goals create good ________________ and ________________ to follow.
8) A goal will eliminate others from ________________ your life. Set a goal to ________________ yourself. If you don’t, others will.

Goals Can be Negative if:
1) They are too ________________
2) They are out of your sphere of ________________
3) You believe ________________ is necessary to arrive at your destination.
4) You set your goal by comparing ________________ with ________________ accomplishments.
5) You are doing it for ________________ ________________

Reasons Most People Do Not Set Goals:
1) They are not sold on the ________________
2) They feel it’s ________________ not to.
3) They fear ________________ or ________________
4) They have a poor attitude or ________________
5) They don’t want to ________________

Setting a Goal
1) Decide exactly what you ________________ - be very ________________
2) Aim high – you should have ________________ Stretch your limits.
3) Create ________________
4) Involve ________________ ________________
5) Pick someone to ________________
6) Define ________________ where you are. Goals must be ________________ according to your ability.
7) Determine what you are ________________ in a day, a week, a month, and a year.
8) ________________ your goals in detail and ________________ about them with appropriate people.
9) Focus on your goal _________________. If a goal is not focused on for 3 days, it’s as if it never existed.
10) See the goals as if they had ________________ ________________
11) Keep your Focus ________________ Follow One Course Until ________________
12) ________________ is not an option
13) Set another goal ________________ upon reaching a goal.
Six parts of a Goal
1) WOW       Excitement of a goal
2) HOW       Plan to achieve a goal
3) NOW       Just do it!
4) OUCH      Do it anyway
5) VOW       Commitment to reach goal
6) POW       The Victory!

My daily goal is to:
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________

My weekly goal is to:
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________

My Seminar (July 2008) Goal is to:
______________________________________________________________________________________
______________________________________________________________________________________

Focus:
F__________
O__________
C__________
U__________
S__________

Fear:
F__________
E__________
A__________
R__________

Faith:
F__________
A_____
I    
T__________
H__________