

Goal-setting

- Goal-setting
- Why question
- Planning

Goal-setting

- Personal development
 - Things goals
 - Economic or financial goals

 - ALL in the Present tense
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Personal development

- What to learn
 - Social skills
 - Growth
 - Books to read
 - Wight to have
 - Non-smoking
 - Write a book
 - Visit a country.....
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Personal development (2)

- Set year(s) after each subject
 - Get your top 3 goals for one year
 - Write a paragraph for each goal
 - Reason come first, answer second
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Things goals

- What do you want to have
 - Between now and 20 years
 - No limitation
 - Act like a kid with Santa
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Things goal (2)

- Set year(s) after each subject
 - Get your top 3 goals for one year
 - Write a paragraph for each goal
 - Reason come first, answer second
-

Economic or financial goals

- Annual income
- Net worth
- Business goals
- Investments
- Charity
- Kids saving
- Retirement

Economic or financial goals

- Set year(s) 1, 3, 5, 10 and 20
- Get your top 3 goals for one year
- Write a paragraph for each goal
 - Reason come first, answer second

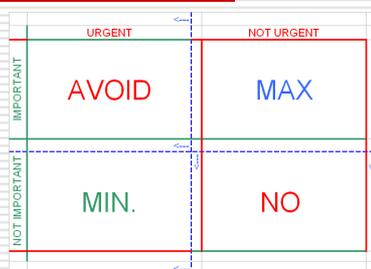
The why question

- As you think, so you become
- Your sub conscious mind
- What to gain, what to lose
- Think positive

Planning

- Plan long term
- Plan daily (keep a diary)
- Start with the end in mind
- First things first
- Check your progress
- Who moved my cheese
- Like a fight plan
- What if you do nothing

Planning (2)



Planning (3)

	Urgent	Not Urgent
Important	I <ul style="list-style-type: none"> • Crises • Pressing problems • Deadline-driven projects, meetings, preparations • Immediately productive activities 	II <ul style="list-style-type: none"> • Preparation • Prevention • Developing Mission • Planning • Relationship building • True re-creation • Empowerment
Not Important	III <ul style="list-style-type: none"> • Interruptions, some phone calls • Some mail, some reports • Some meetings • Many proximate, pressing matters • Many popular activities 	IV <ul style="list-style-type: none"> • Trivia, busywork • Junk mail • Some phone calls • Time wasters • "Escape" activities

Planning (4)

- To do list
 - Rewarding
 - Get a group
 - Smaller pieces
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Health and Energy

- Garbage in = garbage out
 - Inhale 1, Hold 4, Exhale 2
 - Water rich foods
 - Daily exercise
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Problem solving

- 80/20 rule
 - What is great about this problem
 - Call it a challenge
 - Persist until you succeed
 - Remain flexible
 - What is holding you back
 - The one minute paragraph
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What is next

- Start today, start now
 - Make that group
 - Stimulate
 - Finish your journal
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