

## **The 10 Goal Method**

The ability to set clear goals is the master skill of success. Goals unlock your positive mind and release ideas and energy for goal attainment. Without goals, you simply drift on the currents of life. With goals, you fly like an arrow, straight and true to your target! “How can you hit a target you do not have?” Zig Ziglar

The most efficacious way to program your goals deeply into your mind is to write them daily. Each morning upon rising or just before retiring at night – or maybe at both times – take your journal, write the date at the top of a new page, and write at least ten goals you would like to accomplish in the next year. Use the four primary areas of life as your guide: Health and Fitness, Family and Personal, Business and Career, and Financial Independence.

- 1. Write each goal in the first person; i.e. “I”.**
- 2. Write each goal in the present tense, as though it was already achieved; e.g.” I have a net worth of \$5 million”.**
- 3. Write each goal as a positive statement; e.g. “I am free of nicotine” as opposed to “I do not smoke.” You cannot motivate with a negative.**
- 4. Write each goal using active verb; e.g. I am, I earn, I weigh, I have and so on.**
- 5. Be sure they are SMART goals:**
  - a. Specific
  - b. Measureable
  - c. Aligned with your values
  - d. Realistic
  - e. Time-bounded
- 6. Write at least ten goals daily and more if you wish.**

Stay the course! Earl Nightingale once wrote, “Happiness is the progressive realization of a worthy ideal or goal.”