

Creating Goals

1. Be specific about what you want to achieve.

2. Put what you want to achieve into positive language.



(Cut at line below)

3. Create a headline sentence

(Place this where it can be seen)

Creating Goals Your Vision

1. See yourself living this life.

(See this vision as if you are looking at yourself through a CCTV camera)



2. What emotions are you experiencing as you live this life?

(See this vision now through your own eyes)