PREMIER EDUCATIONAL SEMINARS

FOCUS

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OLD GAME / NEW GAME

Notes

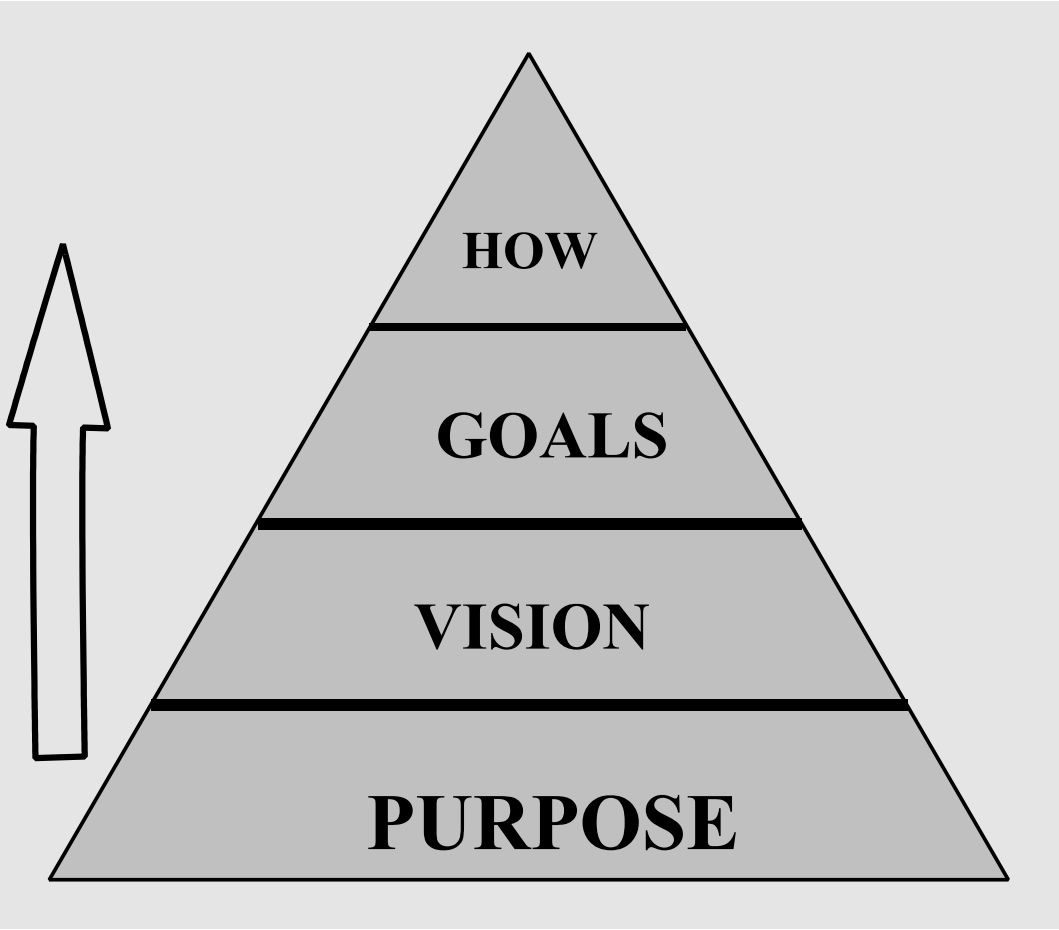
NEW GAME	OLD GAME
POWER	CONTROL
EXPRESS SELF	WITHHOLD
ACCOUNTABLE	VICTIM
WILLING TO LEARN	PROTECTION
OPEN	CLOSED
CHOSE TO CHANGE	CHOSE TO STAY THE SAME
RESPECT REALITY	DENY REALITY
WORKING/ NOT WORKING	RIGHT / WRONG

THE UNIVERSE REWARDS ACTION NOT JUST THINKING ABOUT IT

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PURPOSE & VISION

Notes



PURPOSE IS THE FOUNDATION

VISION IS THE DREAM

GOALS ARE THE STEPS

HOW, YOU CREATE

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GIVER/TAKER

Notes

TAKER	GIVER
DISHONEST	HONEST
WITHHOLD	OPEN / REAL
NO RISK	RISK
INDIRECT	DIRECT
SELFISH	SUPPORTIVE
LITTLE PARTICIPATION	100% PARTICIPATION

WHAT I RESIST, PERSISTS

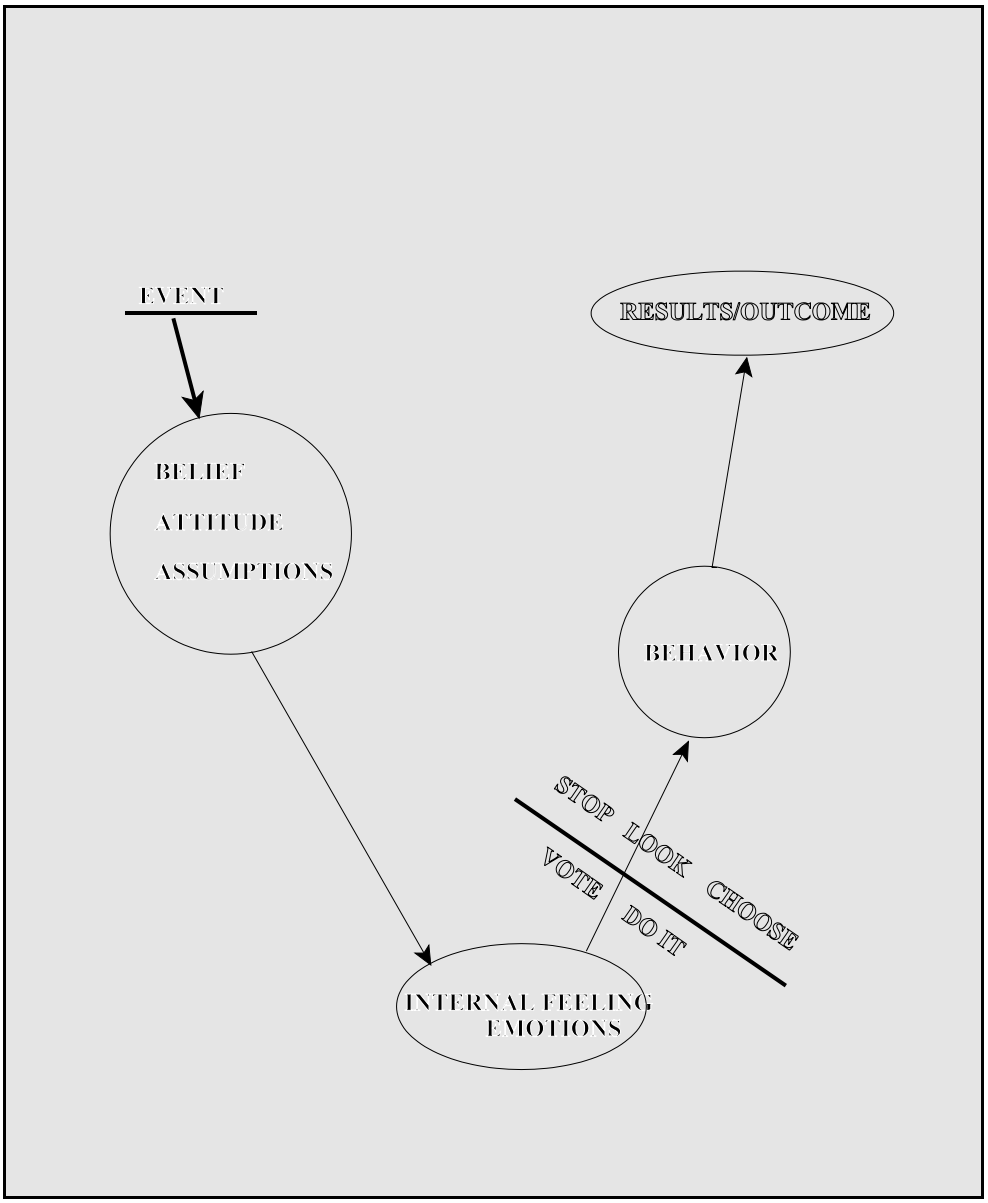
THE ONLY WAY OUT IS THROUGH

WHAT I FEAR, I CREATE

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EVENTS RESULTS

Notes



YOU ARE 100% ACCOUNTABLE FOR YOUR OUTCOMES AND RESULTS.
IF YOU DO NOT LIKE YOUR RESULTS, THEN CHOOSE SOMETHING DIFFERENT.

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EXCELLENCE VS. PERFECTION

Notes

EXCELLENCE	PERFECTION
LEARN FROM MISTAKES	NO ROOM FOR ERROR
EXCITEMENT	FEAR
HIGH RISK	LOW RISK
EMPOWERMENT	CONTROL
ACCEPTANCE	JUDGEMENT
ABUNDANCE OF CHOICES	SCARCITY OF CHOICES
JOURNEY/ RESULTS	RESULTS ONLY
PLAYING TO WIN	PLAYING NOT TO LOSE
HERE / NOW	THEN / THERE
LIVING GAME	**KILLING GAME**

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SMART GOALS

THAT WHICH IS NOT ACTED UPON IS NOT LEARNED

Specific	**Detail with a clear plan**
Measurable	**Must have a means to measure it - not hope**
Aligned	**Aligned with your Purpose and Vision (Intention)**
Reach	**Must be a Reach or Risk for You**
Time Frame	**Must have an end date to be accomplished not open ended**

Creating new choices in life includes enhancing what is working, changing what is not working, and originating innovation. Take the time to thoroughly consider each of the following areas before making new choices (agreements). Challenge the purpose, vision, energy and commitment in each case.

You will make goals in the following areas:

Family at Home
Program
School
Health

The goals must be specific and be complete by the following date to be given to you by the seminar leader. Completion Date _____

GOAL FORMAT:

1. **Measurable**
2. **Time Frame**
3. **Forward moving and positive**
4. **Begin with action word**

Examples:

Deal with my rape in my therapy group in the next week.
Discuss lying with my therapist and group in the next week.
Write a letter each week to my family that asists in resovling our issues.
Actively participate in group. Group and therapist rate me each week.
Achieve level four in three weeks.
Talk with the staff and others in the facility over the next week and resolve any issues. Make list and check off.

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SMART GOALS

***S*pecific**	**Must be detail with a plan**
***M*easurable**	**Can be measured and known**
***A*ligned**	**Must be aligned with your purpose and Vision**
***R*each**	**Must be a stretch or Risk**
***T*ime Frame**	**Must be completed by a certain time**

My goal is: **Date to be completed:_____**

It is important to me because:

What will be the evidence seen as I am moving towards my goal:
(write down 3 specific indications)

Who is part of this goal? What must I do to enroll them in this goal?

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Are there specific outcomes I wish to see from this goal, if so what are they:

How will I feel once this goal is complete:

Write down action steps you must take to achieve this goal:

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