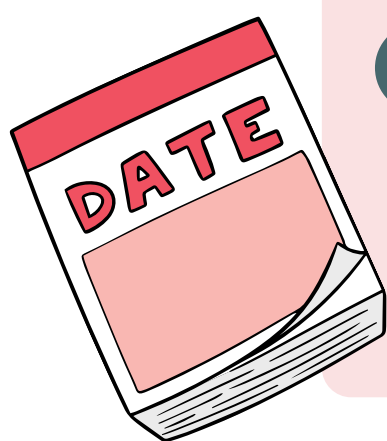
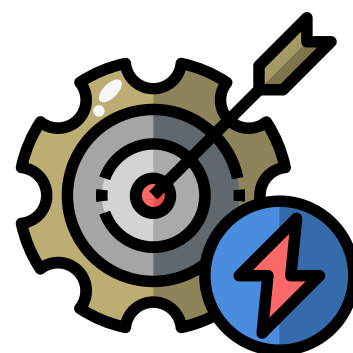


Tips, Ideas, and Strategies to Believe in Yourself More to Set Big Goals and Achieve Them!



- 1. Write down up to 5 things you see yourself having or accomplishing in exactly 10 years from now.

- 2. Write each of those things as SMART goals or achievable aspirations.



- 3. Make a vision board of a graphic display of those 5 goals and aspirations to put in a prominent place you can see for yourself.

- 4. In your calendar, write down to review the goals every 1st day of the month to have an organized system for monitoring your goals, aspirations, and actions.



- 5. Backward plan how you would achieve that end goal.

- 6. Celebrate small successes with action plans along the way.



- 7. Write down 5 ways you will fight fear, self-limiting thoughts, self-doubts, and problems with confidence should they arise in your quest.