

The Unofficial Guide to Achieving Your Goals



**ENTER 2019 WITH
POWER AND CERTAINTY**

By: Onyx Jones



I grew up in West Philadelphia in the apartment pictured on the top floor. I was determined to live a fuller/richer life than my childhood.

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GOALS

I remember clearly in 1999 having a roll of quarters in my hand and this was all the money that I had to my name. I was homeless and I had a beautiful two year old daughter to take care of. That roll of quarters in my hand was going to put gas in my car so I could drive to my Aunt's house who said she would loan me \$20 and my daughter and I could sleep on her floor.

I had just left a destructive relationship and everything I owned was in the back seat of my car. So, I stepped out on faith. I used the law of attraction and developed smart goals to help me get out of my current situation.

It doesn't matter if your homeless, in a bad relationship, or just not living your full potential, make it a practice to walk everyday in these 7 principles and you will notice remarkable shifts in your life. My journey from growing up poor to having wealth in all four areas of my life (family, faith, fitness, and finances) did not happen overnight. It took years but the journey was worth it. If you really want to see a change in your life, consistency is the key.

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STEP ONE: GOALS PARTNER(S)

**Alone we can do so
little; together we can
do so much.**

~Hellen Keller

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FIND A GOALS PARTNER WITH THESE TRAITS:

- **Mutual respect, encouraging, & honest**
- **Communicates well & often**
- **Shares quality time**
- **Holds you Accountable**
- **Has similar core values**
- **Knows how to have fun**



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REFLECTION

- What's one thing you want to accomplish this year?
- Why is this goal so important to you?
- What will be your reward when you accomplish it?



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STEP TWO: SPIRITUALITY

God wants that you should make the most of yourself, for yourself, and for others; and you can help others more by making the most of yourself than in any other way

~Wallace D. Wattles

The Science of Getting Rich

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Importance of a Spiritual Life:

- It provides direction
- Meditate, pray, and connect to your life's purpose
- Use spiritual guidance to tap into your God given innate talents that are unique to you
- Replace negative thinking with positive thoughts
- Reflect and determine your Holy Cause?

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WHY ARE MY GOALS IMPORTANT?

5 Why's Exercise – Why I need to exercise...

1. To have more energy, why...
2. So I can have more fun with my Husband; why..
3. Because we work as a powerful team; why....
4. Because I feel supported and there is more trust between us; why.....
5. Because I feel free to be the powerful and amazing woman that I am.

To get to your **Holy Cause** You must ask yourself, what do you want and why does it matter? Try using the 5 Why's Exercise using the example above to get clear on why achieving your goals are so important to you.

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STEP THREE: VISUALIZATION

First comes thought; then organization of that thought, into ideas and plans; then transformation of those plans into reality. The beginning, as you will observe, is in your imagination.

~Napoleon Hill



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Importance of Visualization

- What do you want?
- Form a clear and definite mental picture of what you want
- You cannot transmit an idea unless you have it yourself.
- Everything created was first created in the mind.

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Visualize

- You have been selected to receive an award
- Have fun, close your eyes, and see yourself 5 years from now
- When you visualize, you use your imagination to create clear images, ideas and feelings towards your goals.



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STEP FOUR: TALENTS & SKILLS

**To fix your attention on the best is to surround
yourself with the best, and to become the best.**

~Wallace Wattles

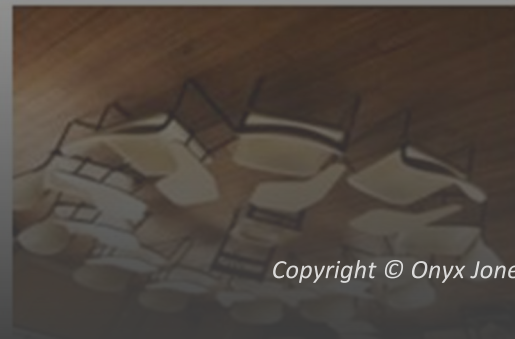
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Importance of a Mentor

- Find people that you respect and admire
- Focus on their positive characteristics
- Acknowledge their success
- Commit to develop your skills so that you can operate in your talents with ease
- Dollars follow value

Who should be in your Circle of Wisdom?



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STEP FIVE: MAKE YOUR DREAMS A REALITY

“The steps you create are significant because they, too, are goals in themselves.”

~Onyx Jones

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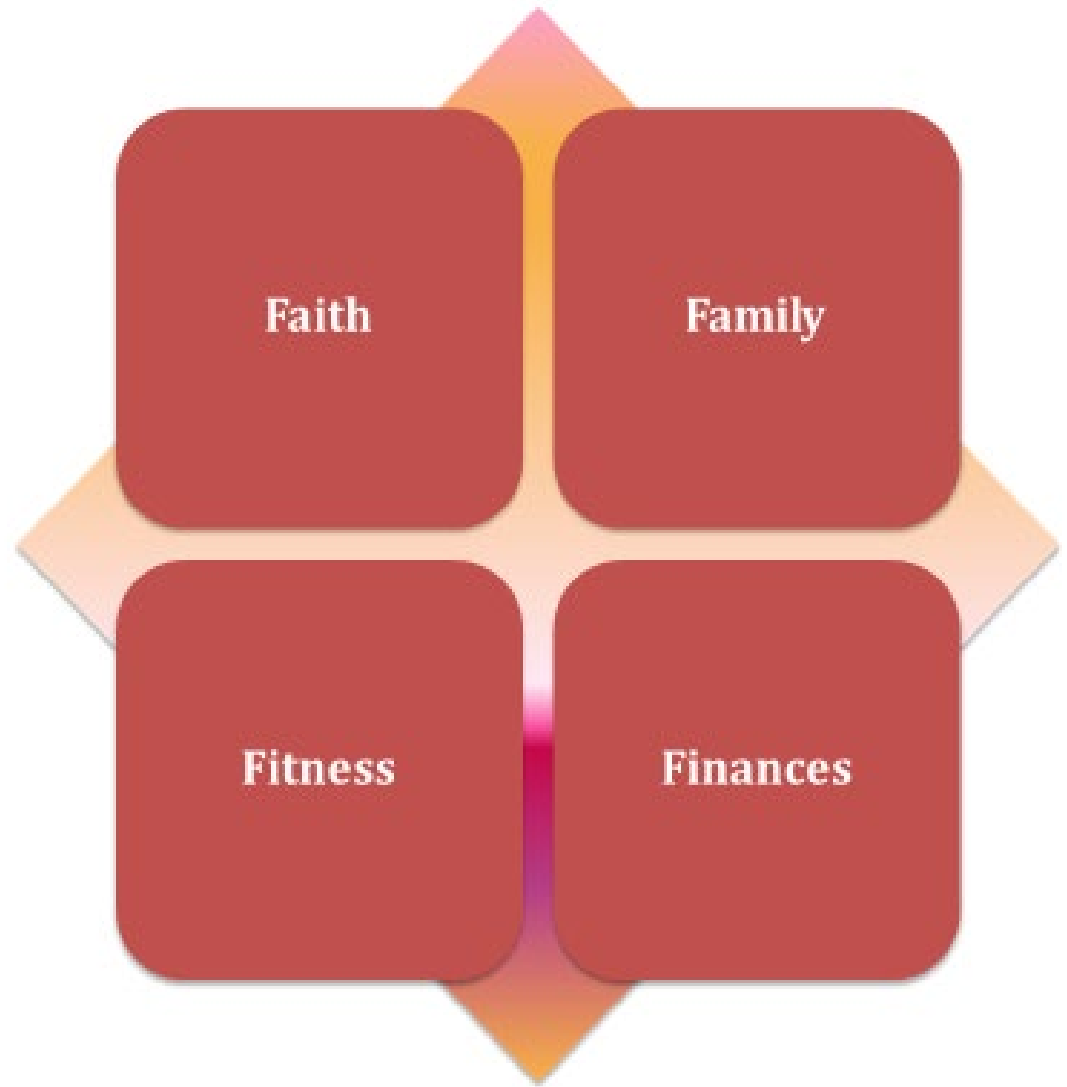
Goals Mapping Process

- Four F's: Create Goals in Four Areas
 - Family, Fitness, Faith, Finances
- Necessary Required Actions
 - Steps it takes to accomplish your goals
- Daily Action Steps
 - Commitment Alters Everything

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What Goals do you want to achieve in the four quadrants of your life.

What are you willing to do everyday to change your current circumstances. No one can do this journey for you. You must be 100% committed and you will find that “Commitment Alters Everything”.



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Write out the necessary required actions that you need to take to achieve your goals. Identify every detail, every action that's needed and create a timeline.

NECESSARY REQUIRED ACTIONS (NRA'S)

- What is the one thing I'm going to do increase my income, decrease stress, expand systems, or automate my life so that I can win the day every day?
- NRA's for Goal #1
- NRA's for Goal #2
- NRA's for Goal #3
- NRA's for Goal #4

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Now it's time to break down your goals into timeframes. What do you want to accomplish this week, month, year, and what is your reward when you are successful?



Goal Tracking Week of: Day: _____ Month: _____ Year: _____

Client name: _____ Phone # _____

E-mail: _____

Goals I Achieve this YEAR:	
1	
2	
3	
4	
5	
Points I Achieve this YEAR:	
ANNUAL REWARD	

Goals I Achieve this MONTH:	
1	
2	
3	
4	
5	
Points I Achieve this MONTH:	
MONTHLY REWARD	

Week of: Day: Month: Year: to Day: Month: Year:	
Goals I Achieve this WEEK:	
1	
2	
3	
4	
5	
Points I achieve this WEEK:	
Actual Points I HAVE achieved this week	
WEEKLY REWARD	

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STEP SIX: FINANCIAL GOALS

**Financial planning is the process of meeting your life goals through the proper management of your finances.
~Certified Financial Planner Board of Standards**

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Prosperity is a Choice

- Set clear financial goals become accountable for the money you receive & acknowledge what you are able to do with the money
- Develop a budget and stick to it



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Personal budget

	Month
INCOME	
Wages	0.00
Interest/dividends	0.00
Miscellaneous	0.00
Income totals	0.00
EXPENSES	
Home totals	0.00
Daily living totals	0.00
Transportation totals	0.00
Entertainment totals	0.00
Health totals	0.00
Vacations totals	0.00
Recreation totals	0.00
Dues/subscription totals	0.00
Personal totals	0.00
Financial obligation totals	0.00
Misc. payments totals	0.00
Expense totals	0.00
Cash (short)/extra	0.00

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STEP SEVEN: LIVE WITH PASSION

You may not feel certain that you will succeed today, or next week, but you must feel certain that you will succeed sometime.

**~Wallace D. Wattles
*The Science of Getting Rich***

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Exercise:

- Create a “What-I-really-want-to-do-while-I’m-still-livin’ list”
- Write at least ten things
- Be specific
- Identify the top three things

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In Summary

- Take your #1 Thing you want to accomplish
- Do your 5 Why's to find your "Holy Cause"
- Visualize yourself accomplishing your goal DAILY
- Write down the NRA's that are needed to accomplish your goal
- Develop Monthly, Weekly, and Daily Actions Steps
- Reward yourself when you reach your goal.



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Final Thoughts

“The time is now. Take Action. You have everything within you to achieve the most phenomenal success ever.”

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