

# GOAL SETTING BLUE PRINT



**BY STAN MEDINA**

## Goal Setting Blueprint

Everything you want in life comes down to goal setting.

Business Goals

Fitness Goals

Relationship Goal

Spiritual Goals

Family Goals

Finance Goals

Remember you are able to add any goals you want in life.

The problem is we often run into road blocks down the road.

The road block will likely set up off

track for the next couple of days, months or a life time.

The mind works in three ways

**The Conscious**

**The Subconscious**

**The Superconscious**

Most people live in a mindset of reaction. They often say things like, Just living my life, I wish I would win the lotto. And They just wait around for things to happen.

They have no idea the brain is a muscle. Like the bicep it needs exercise.

One way to exercise the mind is to program it daily with direction. In other words. Your goals and vision. Just like a GPS in a car it need information to take you to the place you want.

Goal setting requires something very simple but often the hardest for most people to do.

**STILLNESS** = the absence of movement or sound.

It all starts with stillness.

- Start by taking sometime to seat in a private place with no phone, kids , partner, etc.. Just you and

your mind. Get lost in your mind. Dream and visualize everything you would want in your life as if when you were to open your eyes it will all be there. Really believe it is all there.

How would it look in detail?

What kind of emotions would you feel? How would it better your family?

Sometime when you take your mind to this place you will start to cry with joy and happiness.

Let it out and feel it.

It is the energy on attraction.

- Now we need to put it on paper. This is the start of your goal setting blueprint.

We will start the process of reprogramming the mind. Write down everything you want in the present tense. (Example) I own a success business with \_\_\_ employees with a new profit of \_\_\_\_\_. We are located \_\_\_\_\_... Add as much detail. I currently weigh \_\_\_\_\_ and workout \_\_\_\_\_ days a week at \_\_\_\_\_. Add as much detail.

- Repeat the process in all areas of your life and write it down.

- Review your notes daily and rewrite them often to hard wire them in your mind.

- Your mind will start to go to work of making this a reality.

- Note if you do not focus on what your are writing and truly believe. You are wasting your

energy. Remember it starts with **Stillness**. You will still have road blocks until we get your mindset stronger. When a road block occurs. Go back to your past notes and practice stillness. It will take 60 days to get your mindset to a performance level before you will start to feel better about your situation.

## ASK YOURSELF

### \* MINDSET EXERCISE

#### **Who do you want it be?**

First you have to know what type of life you want and what your goals are. Then you have to figure out what type of person lives that life. Really get detailed about it.

- How does this person dress?
- How do they think?
- What are they things they do each day?
- What drives them?

And start to emulate the habits of that person.

If you start to act like that person you will eventually have what that person has.

## **5 Tips to Help Get More Stuff Done.**

1 **Front end load** Make a list of the hardest and most important things first. Why because we have this tank of energy. Your mental energy will likely start to decrease around 2pm.

2 **Morning Mindset** If you wake up with the blasting alarm your mind goes into a emergency mode and your blood pressure is up so your already tapping into your energy tank just trying to get out the house.. Just try to get up earlier or give yourself an hr pre sleep time to plan. Make notes and prepare anything your have to do before bed. ( Simple dress wear also saves time and energy, look at Steve Jobs outfits

3 **Walk, Workout , Jog** This will help relieve and any tension from stress. It also help build up your energy tank. How because it builds up your stress level and recovery time is faster. You are able to recover faster saving your mental energy so you can out preform others.

4 **Self Improvement** This is not just for business owners. You can study money management, how to communicate , parenting, real estate . Things will get easier and you will have a better understanding of the world.

5 **One Thing A time** Why is this important, Because when you're trying to focus on too many projects you energy gets sucked up fast. You will spend 20 mins or more just having to remember where you left off. And you might think you're getting more done but you are not.

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