GOALS TO STATEMENTS

8 Why is it essential for you to reach this goal?

9 When you think of reaching this goal, how does it feel?

Note: If you feel tense, journal and/or talk it out to find where the block is. Visualize and feel yourself sharing this success as noted in step 7. Feel it, see it, smell it! As you do this, your subconscious will begin to look for opportunities and ways to align your life with what you want most. Use these answers to create a power statement below.

GUT CHECK YOUR GOALS

1. Does it inspire me?
2. Do I genuinely feel it’s possible to reach this goal?
3. Who is my accountability partner?
4. When and how often will we check in?
5. How will I celebrate when I reach my goal?

P.S. Don’t skip this step! Celebrating is a form of appreciation that is essential in creating sustainable success.

CREATE A POWER STATEMENT

Create a statement to powerfully articulate your vision, support reaching your goals, stay focused, and remain on track. Use the following questions and format to create your Power Statement. Post it on your mirror (or record as an audio) to connect with it daily. Draw out the insights that inspired you most from Dreams to Goals. You’ll continue to make these power statements, especially when using the Strategic Planner (p. 141).

I am a __________________ on or before __________________
Rank for this month
I am so grateful because ______________________________________________________________________________________
Make a statement as if you’ve already achieved your goal
And I feel ______________________________________________________________________________________________
Express emotion in advance for how your achievement feels
I am __________________ on or before __________________ earning ____________/month
Rank 90 days from now
I am __________________ on or before __________________ earning ____________/month
Rank 1 year from now
Signed _____________________________ Date __________________________

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