

Constructing Your Goal

SMALL

My goal is

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Is this goal small enough that I can get started right now? If not, describe what would help you feel ready to make a start.

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This goal is part of my bigger goal, which is

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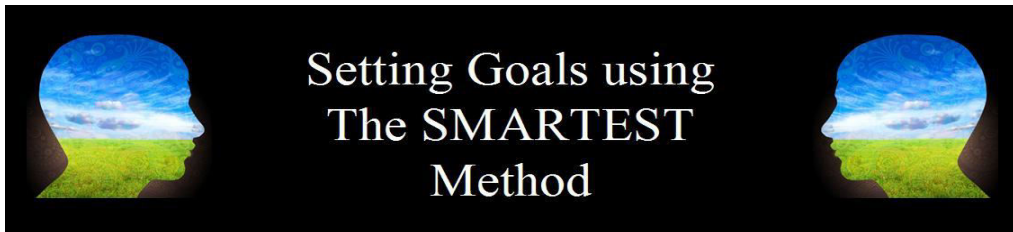
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Starting small is worthwhile, because you can only go bigger. With each goal you set, think bigger, reach further and take more action. Once you've read this book and used it to set a goal for the first time, you can then attend a special workshop called "Setting The SMARTEST Goals". At this workshop, I will show you how to build on using The SMARTEST Method for the first time, making each goal – and each outcome you achieve – bigger and braver than the last.

- Continue reading Chapter 1 to discover how to make your goal *Specific*



Constructing Your Goal

SPECIFIC

I know I will have achieved this goal because;

I will see

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I will hear

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I will hold/touch

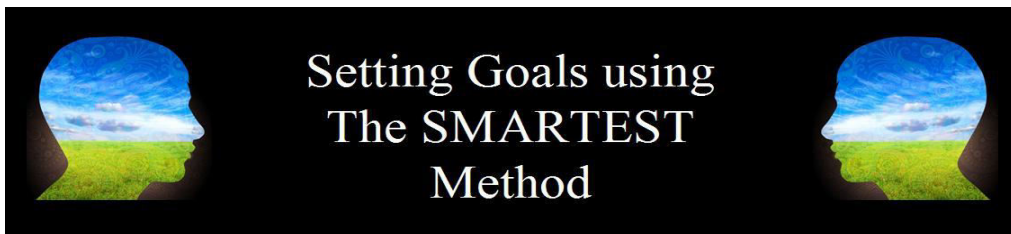
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Constructing Your Goal

SPECIFIC (continued)

I will smell / taste (if applicable)

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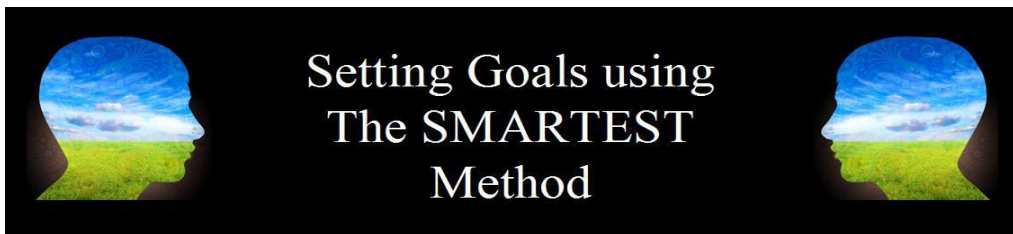
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In this chapter, we touched on the concept of visualisation. At the “Setting The SMARTTEST Goals” workshop, you will be taken through a powerful exercise of creative visualisation. Using your mind and the power of your senses to see, hear and feel anything you desire, you’ll come out of this exercise believing you can manifest just about anything.

- Commence reading Chapter 2: M – How to make your goals *Measurable & Manageable*



Constructing Your Goal

MEASURABLE

Currently, all the steps I know or believe I need to take to make my goal happen are;

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....

Each step will act as a “Springboard” to the next step in the following way;

Step 1 will help me get to Step 2 because

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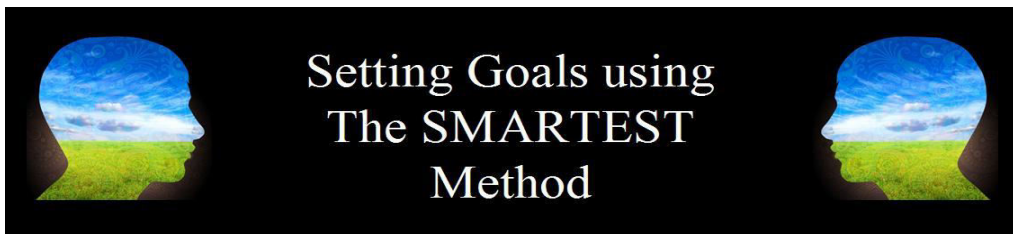
Step 2 will help me get to Step 3 because

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Constructing Your Goal

MEASURABLE (continued)

Step 3 will help me get to Step 4 because

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Step 4 will help me get to Step 5 because

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Step 5 will help me get to Step 6 because

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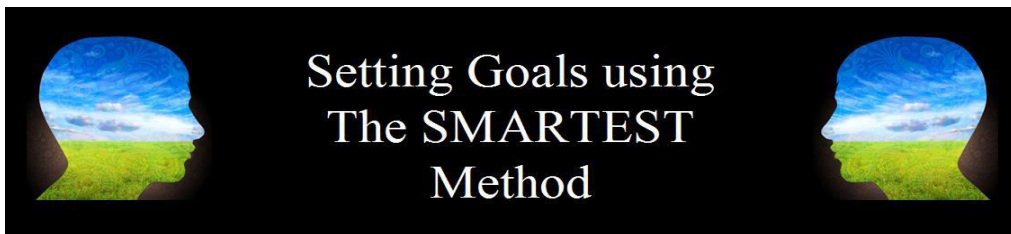
Step 6 will help me get to Step 7 because

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Constructing Your Goal

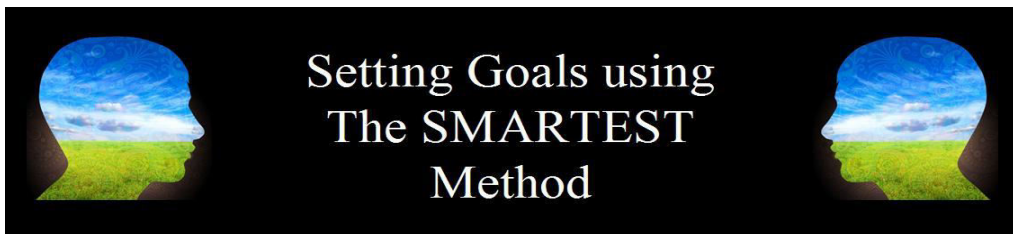
MEASURABLE (continued)

What currently are my *thoughts* about taking each step? (worries, concerns, questions, uncertainties, ideas)

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....

In making your goal *Measurable*, you can study the success of others who have achieved what you want. Know that whatever it is you're hoping to achieve, there are others who are also currently working on it or have already achieved it. People are your greatest resource, and when you attend the "Setting The SMARTEST Goals" workshop, the room will be full of people with vast amounts of knowledge, skills and experience. Imagine tapping into all of that in a single day, and walking away with ideas and resources that can help you work out all the steps you'll need to take to achieve your goal.

- Continue reading Chapter 2 to discover how to make your goal *Manageable*



Constructing Your Goal

MANAGEABLE

In working towards my goal at the moment, I feel

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What currently are my *feelings* about taking each step? (nervous, scared, excited, anxious, ambitious, hopeful)

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4.....

5.....

6.....

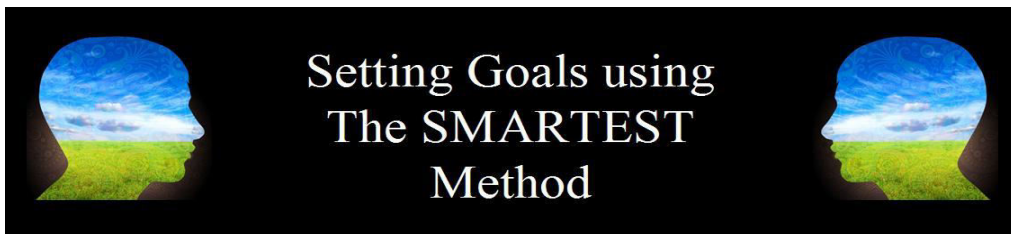
What do I *currently know* that can help me achieve this goal?

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Constructing Your Goal

MANAGEABLE (continued)

What do I *currently have or can use* that can help me achieve this goal?

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What can I *currently do* that can help me achieve this goal?

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When I do finally achieve this goal, that will make me feel

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In taking one action step towards your goal every single day, how much time do you honestly feel you could commit per day?

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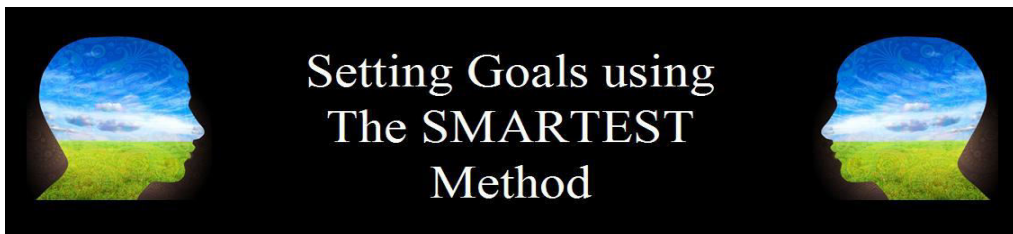


Constructing Your Goal

MANAGEABLE (continued)

The secret behind this part of The SMARTEST Method is acknowledging the power of feeling over thought. How we feel influences how we think, and when you are filled with the greatest feeling of them all – Love – imagine how powerful your thinking will be? When you attend “Setting The SMARTEST Goals” workshop, I run a group exercise that will blow your mind. Without giving too much away, you will connect with the rest of the group and feel absolute, unconditional love. When you feel this way, you will be inspired to think and subsequently without limitations or doubt.

- Commence reading Chapter 3: A - How to make your goals *Attainable & Achievable*



Constructing Your Goal

ATTAINABLE

Which parts of your goal are *physical* (objects, items, things you can see and hold)

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Which parts of your goal are *meta-physical* (feelings, what you know, information)

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Which aspect of your goal/outcome will you *give to yourself*?

Physical

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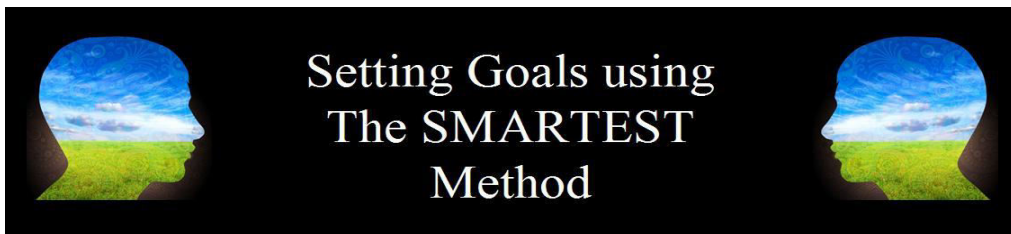
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Meta-physical

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Constructing Your Goal

ATTAINABLE (continued)

Which aspects of your goal/outcome will *others give to you*?

Physical

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Meta-physical

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You've already acknowledged what you currently know, have and can do to help you achieve your goal. Now, looking ahead to the future, answer the following...

What *could you know* that would help you achieve your goal? (identifies what you need to learn)

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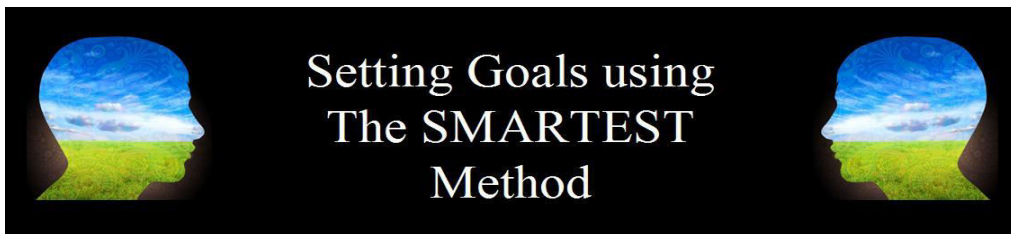
What *could you have or use* that would help you achieve your goal? (what you need to obtain or create access to)

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Constructing Your Goal

ATTAINABLE (continued)

What *could you do* that would help you achieve your goal? (habits to be formed, new skills or abilities you would benefit from developing)

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Who do I know that has achieved this goal or something similar? Can they help me?

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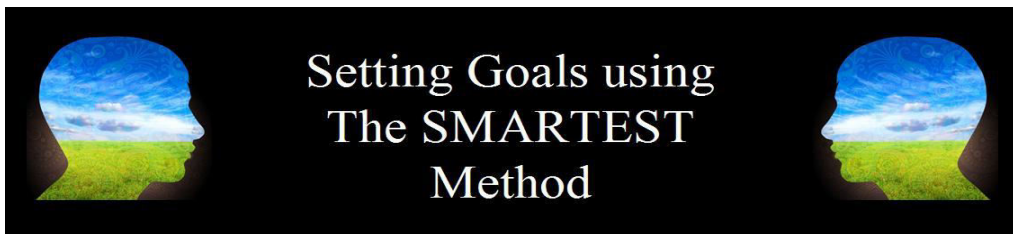
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As we've talked about in this part of the method, goals are either physical or meta-physical. In accepting what you currently have access to in your surroundings, you become fully grateful for everything you can have, do and be in this very moment. Getting associated with this and fully appreciating it will be looked at in depth during the "Setting The SMARTTEST Goals" workshop. You might not even be aware of everything you have at your disposal, but during the workshop you will be guided to acknowledge all that you have, how to fully love and appreciate it and use that to get what you want – whether others give that to you or you give it to yourself.

- Continue reading Chapter 3 to discover how to make your goal *Achievable*



Constructing Your Goal

ACHIEVABLE

In exploring your current beliefs about your goal, answer the following...

Answering Yes or No, do you currently believe you can achieve your goal?

YES / NO

Answering Yes or No, do you currently believe the steps you've identified will take you towards achieve your goal?

YES / NO

Which of my current beliefs about my goal *empower* me?

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Which of my current beliefs about my goal *disempower* me?

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ACHIEVABLE (continued)[illegible]



Constructing Your Goal

ACHIEVABLE (continued)

What about these achievements make them achievements in my view?

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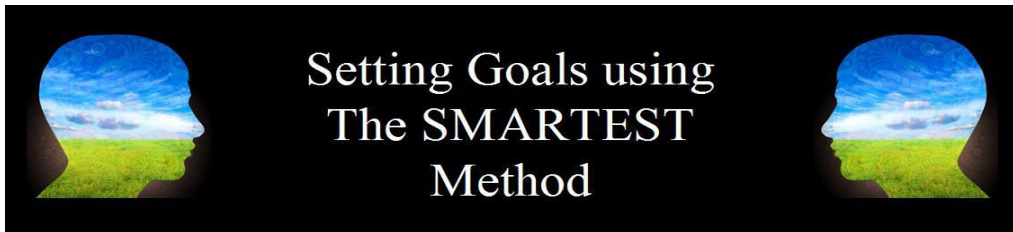
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In this book, you've learned how beliefs are formed and how to create new beliefs that will empower you, instead of hold you back. In the "Setting The SMARTEST Goals" workshop, you will create even more new and empowering beliefs, not just for the goal you're working on, but to take with you through your whole life. Then we'll go one step further and discover how to turn those beliefs into convictions. The power of being convinced will make you do anything.

- Commence reading Chapter 4: R - How to make your goal *Realistic & Relatable*



Constructing Your Goal

REALISTIC

Briefly describe your current life situation; refer to such factors as your age, level of education, employment status, amount of wealth, health, family and relationship status, etc.

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How does your current reality impact your goal? Does it support your goal? Is it an obstacle to you achieving your goal?

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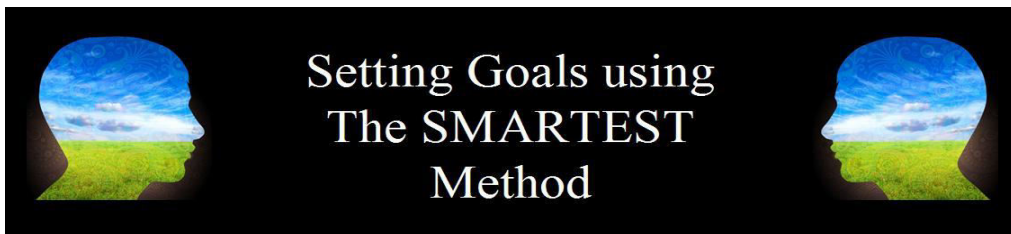
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Constructing Your Goal

REALISTIC (continued)

Now briefly describe your reality as if it were better than how it is right now; what would it look like, sound like, feel like, etc.?

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How would your *better reality* impact on your goal? How would it support you? Would it get in the way of you achieving your goal?

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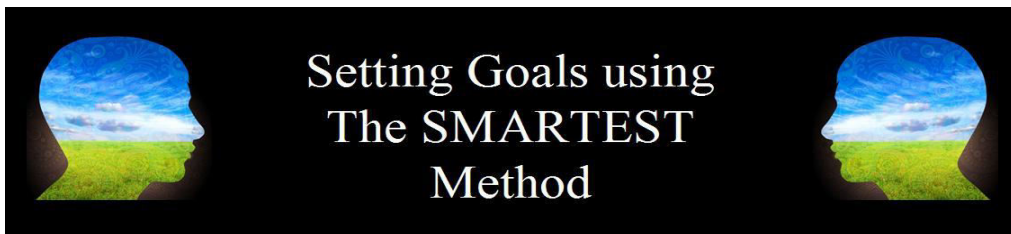
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Constructing Your Goal

REALISTIC (continued)

When the various realities around you affect your goal or you, how will you respond, rather than react?

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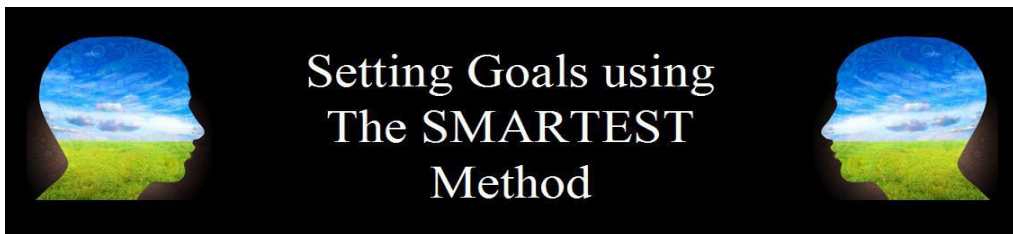
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With this part of the method, you've learnt the importance and effectiveness of responding over reacting to life. As you move beyond this book, you will naturally set bigger and bigger goals. The bigger your goal, the more reality can get in the way. In the "Setting The SMARTEST Goals" workshop, we will look at some of the toughest, harshest and most challenging 'realities' of life, and how you can work with them to actually support your goal.

- Continue reading Chapter 4 to discover how to make your goal *Relatable*



Constructing Your Goal

RELATABLE

Thinking about what *Inspires* you, how would that help you in achieving your goal?

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Thinking about what you're *Passionate* about, how would that help you achieve your goal?

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Re-write your top values below;

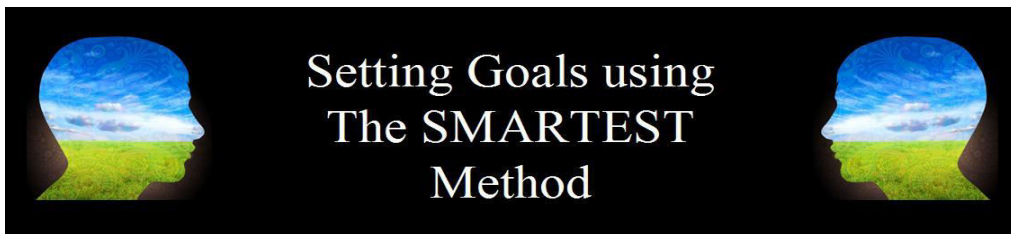
1.....

2.....

3.....

4.....

5.....



Constructing Your Goal

RELATABLE (continued)

Thinking about the goal you've developed so far and looking at your top values, answer the following questions with a Yes or No; (circle)

Does your goal support your highest value?

YES / NO

Is your goal connected to what inspires you most?

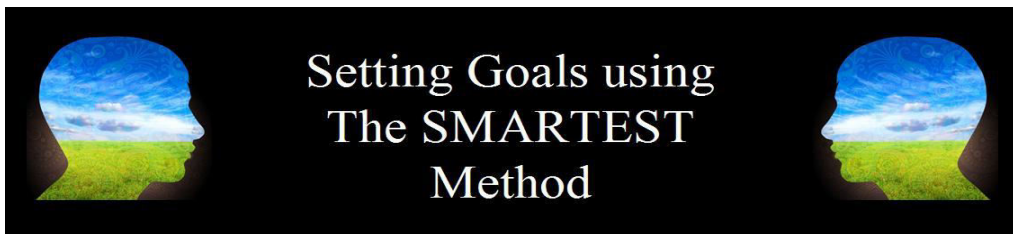
YES / NO

Does your goal reinforce what you are most passionate about?

YES / NO

This was a very important step in The SMARTTEST Method. You looked at what you're most passionate about, what inspires you and above all, your highest values. This could have forced you to refine your goal or completely reinvent it. When you attend the "Setting The SMARTTEST Goals" workshop, you will clearly know what your highest values are, and we'll spend some time envisioning all you could achieve, driven purely by those values. Just like a successful company has its values which defines the service it delivers, so too can you be driven by your own values and make more of a difference than you ever imagined.

- Commence reading Chapter 5: T - How to make your goal *Time-Framed & Task-Orientated*



Constructing Your Goal

TIME-FRAMED

At this stage, when will you achieve your goal, i.e. *by Sunday 26th October 2014*

I will achieve my goal by.....

Having done the Default Diary exercise before, you will hopefully have a greater appreciation for your time. What unproductive tasks or distractions will you now abandon?

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What more productive or beneficial tasks will you now make time for?

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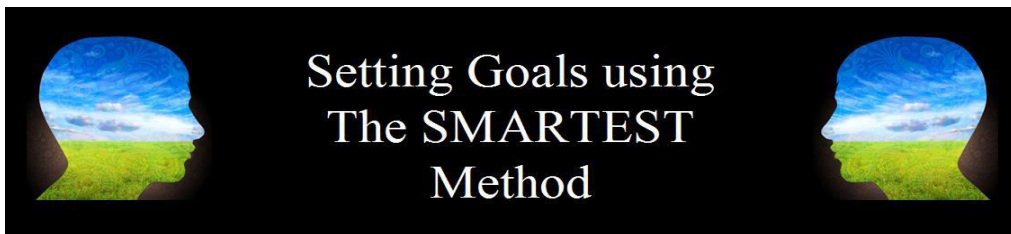
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Constructing Your Goal

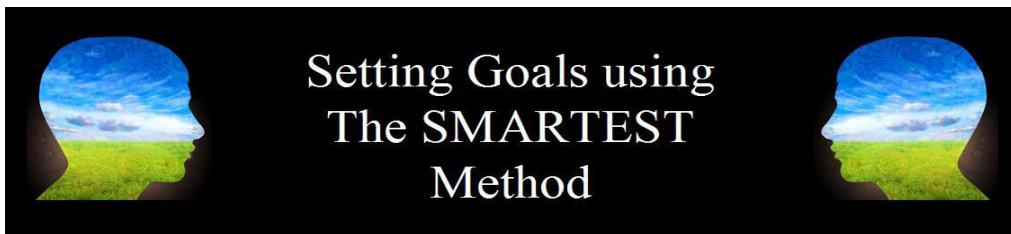
TIME-FRAMED (continued)

When do you now have spare time or where could you replace activities/distractions to free up more time for yourself?

.....
(day/s) (morn/aft/eve) (length of time, i.e. amount of. hours)

In this chapter, I mentioned one of my ebooks entitled “The Perception of Time”. When you attend the “Setting The SMARTEST Goals” workshop, you will be introduced to this concept in more detail. We'll look at the intricacies and mysteries of time in a way you may have never experienced, and by the end of the workshop, you'll walk away with a whole new perception of time that is empowering and ultimately, sets you free to do more in less time than you thought you could.

- Continue reading Chapter 5 to discover how to make your goal *Task-Orientated*



Constructing Your Goal

TASK-ORIENTATED

Looking back at each of the action-steps you identified in the section MEASURABLE, what are the *tasks* you'll need to implement initially, and possibly consistently to achieve each step of your goal?

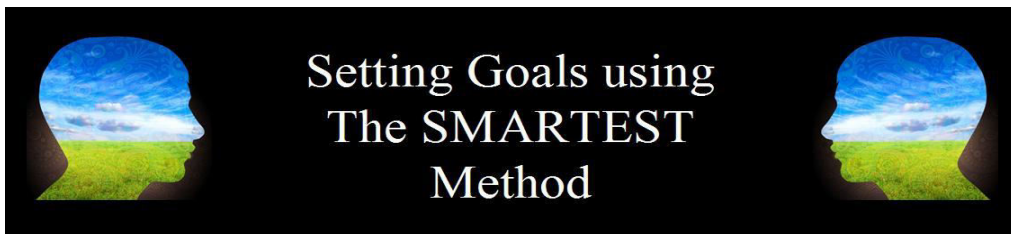
Step 1 –
Tasks(s) -
-
-

Step 2 –
Tasks(s) -
-
-

Step 3 –
Tasks(s) -
-
-

Step 4 –
Tasks(s) -
-
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Step 5 –
Tasks(s) -
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Constructing Your Goal

TASK-ORIENTATED (continued)

Step 6 –
Tasks(s) -
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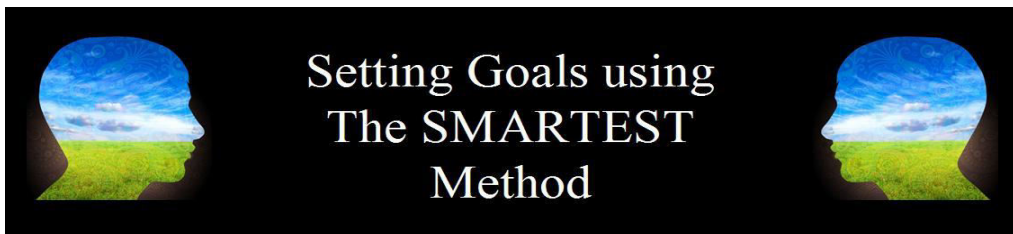
Step 7 –
Tasks(s) -
-
-

Looking at the tasks for each of your steps, break them down into *a beginning, middle and end*. Repeat this for each task of all your steps; (refer to example below)

In this example, the goal will be to start up a small business on line

Step 1 – Promote Facebook page to help start up business
Tasks(s) – Get 1000 Likes

Beg – Research how to get 1000 likes for a Facebook page
Mid – Promote and share page so its on track for 1000 likes
End – Post status update on page to announce 1000 likes reached



Constructing Your Goal

TASK-ORIENTATED (continued)

Step 1 –

Task(s) -

Beg -

Mid -

End -

Step 2 –

Task(s) -

Beg -

Mid -

End -

Step 3 –

Task(s) -

Beg -

Mid -

End -

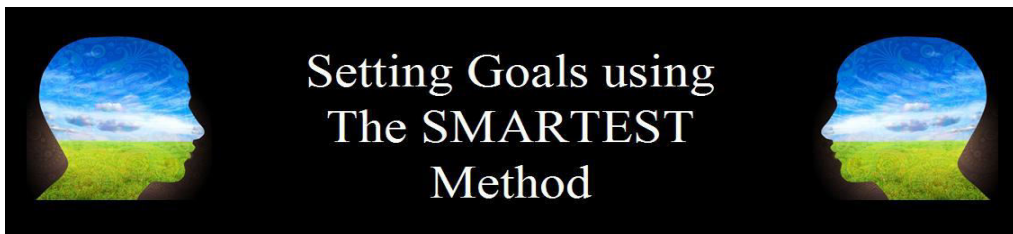
Step 4 –

Task(s) -

Beg -

Mid -

End -



Constructing Your Goal

TASK-ORIENTATED (continued)

Step 5 –
Task(s) -

Beg -
Mid -
End -

Step 6 –
Task(s) -

Beg -
Mid -
End -

Step 7 –
Tasks(s) –

Beg -
Mid -
End -



Constructing Your Goal

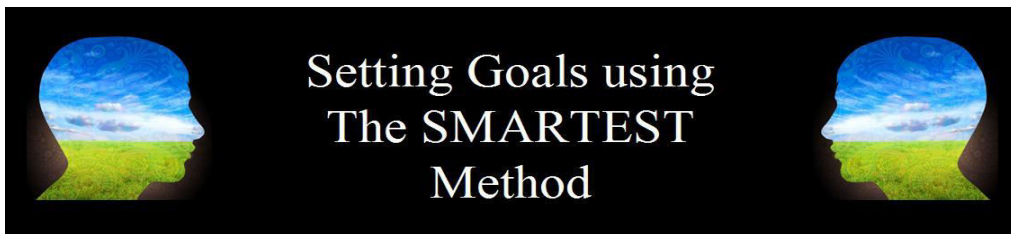
TASK-ORIENTATED (continued)

Looking back over your tasks and how you've broken them down into a beginning, middle and end step, put a star next to any processes you feel or think you won't enjoy or won't bring you pleasure in doing them, i.e. they are boring, laborious, difficult, stressful, etc. Then, imagine how you could make them more enjoyable. Think of the skills you will use and how they could develop, think of what kind of experience you *could* have in implementing every single step towards your outcome.

Remember, the real value of any goal is in the process of working on it.

Tasks are what form your habits, and in this chapter that is talked about briefly. In the "Setting The SMARTTEST Goals" workshop, we will dive deeply into the area of habitual success, and how the daily tasks one performs can bring them all they want, instead of what they don't want. You'll learn how to take massive and very effective action on a daily basis and soon, you will no longer doubt yourself when it comes to doing the necessary things everyday – you will simply do them without hesitation.

- Commence reading Chapter 6 - How to make your goal *Energised & Excited*



Constructing Your Goal

ENERGISED

On a scale of 1 to 10 – 1 being poor, 5 being good, 10 being amazing – how *Energized* do you feel about your goal?

1									10

How will you know when you're starting to lose energy in regards to your goal?

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When you are energised, your goal will be energised. Energy gives you high levels of focus, resolve, flexibility, strength and endurance. In saying that, answer the following;

When I'm focused I can

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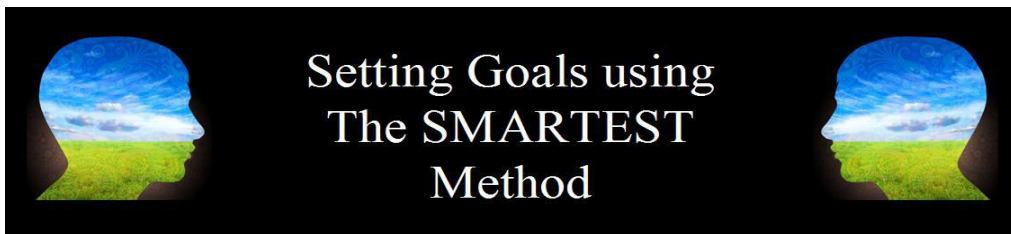
When I have resolve I can

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Constructing Your Goal

ENERGISED (continued)

When I'm being flexible I can

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When I feel strong I can

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When I have endurance I can

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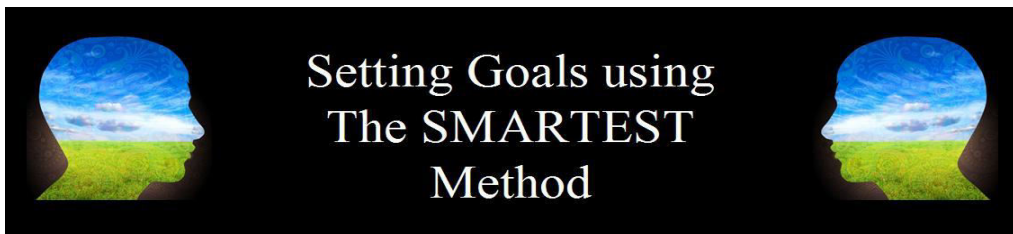
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Now, close your eyes and picture having achieved your goal. Pay close attention to what you can see, hear and touch. After visualising this for a minute, write down in detail what you saw, heard and felt.

Think about your reasons *Why* you want to achieve this goal. Then answer the following;



Constructing Your Goal

ENERGISED (continued)

Why, most of all above everything else, do you want to achieve this goal?

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Why does this need to happen?

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And why does that need to happen?

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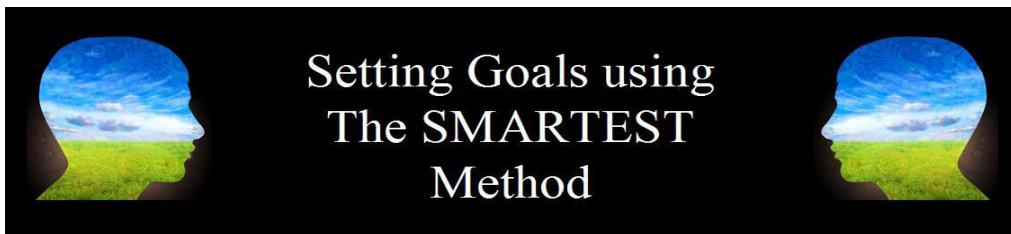
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Looking back over all your reasons why, rewrite your goal statement and provide 3-4 of your main reasons;



Constructing Your Goal

ENERGISED (continued)

My goal is

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I want this to happen for the following reasons;

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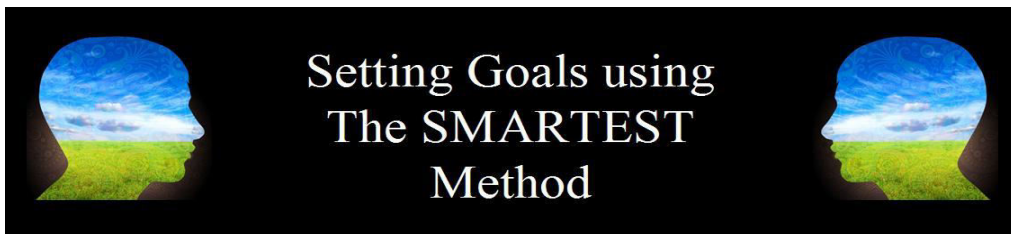
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Now return to the exercise at the close of the chapter *Energized*, where it asks you to read your goal statement out in various ways. Tick off each time you do this. Noticing how you feel doing this process and how your energy levels rise considerably

If you thought the exercise you did to energize your goal from the book was powerful, well... you ain't seen nothing yet. The potential energy you can muster up from deep inside yourself is almost unlimited. In a room full of passionate, determined and motivated individuals at the "Setting The SMARTEST Goals" workshop, we do a group energy experience where everyone injects life into their goal at the same time. The roof will be raised and the earth could possibly be shaken...it's like nothing you've every experienced.

- Continue reading Chapter 6 to discover how to make your goal *Excited*



Constructing Your Goal

EXCITED

On a scale of 1 to 10 – 1 being poor, 5 being good, 10 being amazing – how *Excited* do you feel about your goal?

1	5	10
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Revisit the two Wheel of Life diagrams you did in the chapter *Excited* (if you haven't completed that exercise, please do it now before proceeding to the next exercise).

Now, rewrite how your goal and its outcome will benefit your Eight Areas of Life;

- Health & Well-Being – my goal will benefit this area because

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- Lifestyle – my goal will benefit this area because

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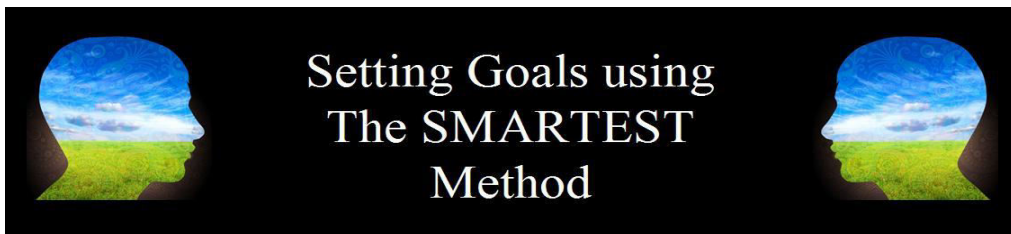
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Constructing Your Goal

EXCITED (continued)

- Family & Home-Life – my goal will benefit this area because

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- Career – my goal will benefit this area because

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- Finances & Wealth – my goal will benefit this area because

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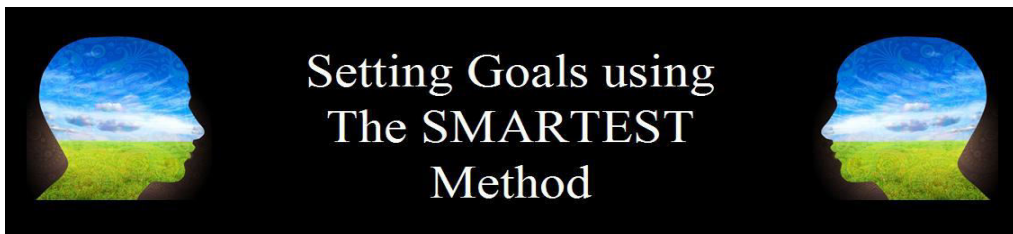
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Constructing Your Goal

EXCITED (continued)

- Friends & Social-Life – my goal will benefit this area because

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- Intimate Relationships – my goal will benefit this area because

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- Goals & Dreams – my goal will benefit this area because

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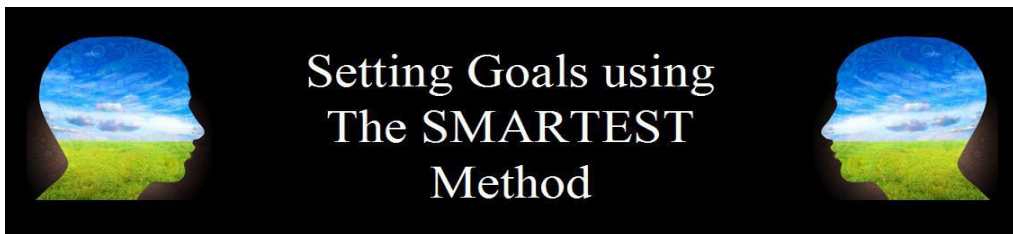
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Reading over that, visualise yourself and what your life will be like after you've achieved your goal...

Now answer the following questions;



Constructing Your Goal

EXCITED (continued)

Once you've achieved your goal and it's made a difference in all of your Life Areas, how will you feel about yourself?

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How will you be thinking differently?

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How will you look and appear to others? To yourself?

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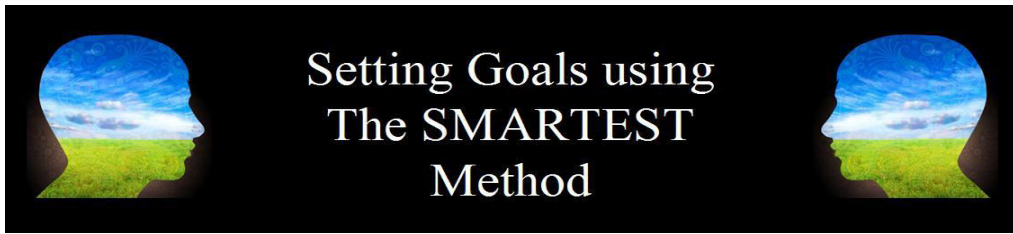
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Constructing Your Goal

EXCITED (continued)

In what ways will you be talking and communicating differently?

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What kind of people could be a part of your life?

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Now, you're going to develop your list of Positive Affirmations, which will serve you as you work towards your outcome. You can develop these PA's from your empowering beliefs and their supports, from your list of personal achievements, and anywhere else in your answers so far;

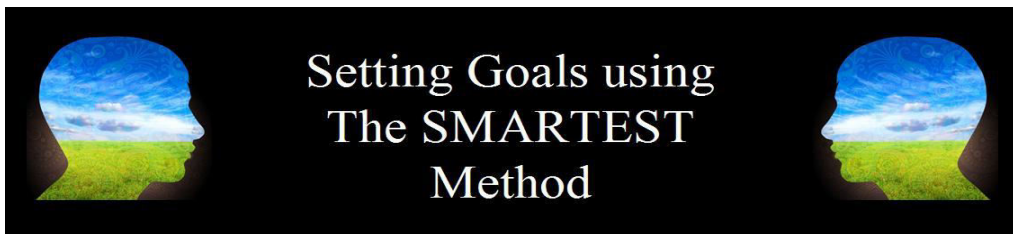
I am.....

I am.....

I am.....

I am.....

I am.....



Constructing Your Goal

EXCITED (continued)

I can.....

I can.....

I can.....

I can.....

I can.....

I have.....

I have.....

I have.....

I have.....

I have.....

I do.....

I do.....

I do.....

I do.....

I do.....



Constructing Your Goal

EXCITED (continued)

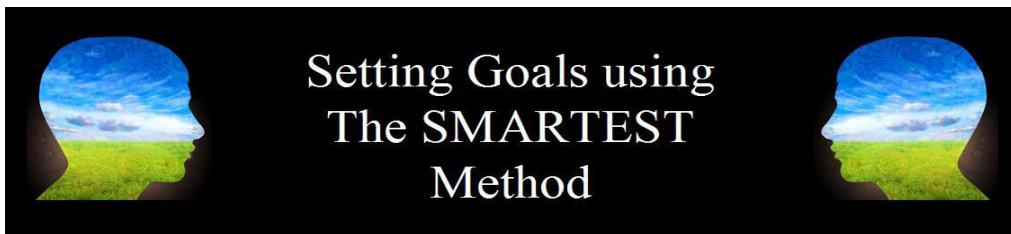
Read these Positive Affirmations out loud to yourself every day. Write them down on cards and stick them up where you'll see them on a daily basis, i.e. the bathroom mirror, on your fridge, next to your bed, in your car. I like to program my Positive Affirmations into my mobile phone, using the Reminders application. I choose the time my Affirmation pops up, how many times a day and can have it repeat for as long as I want. It's a great way to "talk to yourself."

Before moving on to the next chapter, where is your level of excitement now in relation to your goal?

If your excitement has only moved up one or two numbers that's fine. It shouldn't have gone lower than how you felt at the start of this section. If it is the same as earlier, then perhaps you're not getting associated enough to your reasons why, or they're not inspiring you. This section requires effort because energy and excitement do not just happen. You have to create those feelings for yourself.

After setting and achieving your goal using The SMARTEST Method for the first time, you will notice that when you creatively connect your goal to your entire life, the momentum can be huge. If you thought your personal reach was reasonably far and wide before, get ready to realise just how much further your influence can reach. As you experience a successful outcome, your self-belief grows more and more, and in the "Setting The SMARTEST Goals" workshop you'll create an even stronger sense of excitement for not only setting goals, but for your life in general – inspiring you to feel compelled to make a difference in everything you do, anywhere you are.

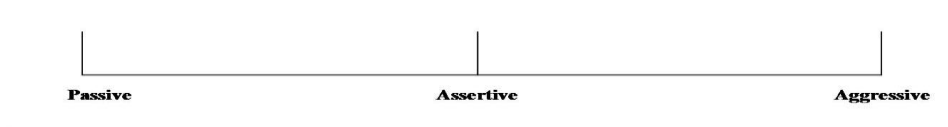
- Commence reading Chapter 7: S - How to make your goal *Stated & Shared*



Constructing Your Goal

STATED

Being as honest with yourself as you can, how Assertive are you? On the scale below, you will see Passive at one end of the spectrum, and Aggressive at the other. Most people sit closer to one end of the spectrum. You want to be somewhere in the middle, where Assertiveness sits. It's neither passive nor aggressive. But as I said, be honest and rate where you are in this moment. Assertiveness does not come easily; it has to be worked on and acquired through effort.



In the section *Stated* we talked about integrity; doing what you say you will do, exactly the way you intend to. Please circle the description that rates how much integrity you believe you have. Once again, be honest with yourself. This process is only for you and your eyes, so what's the point in lying to yourself?

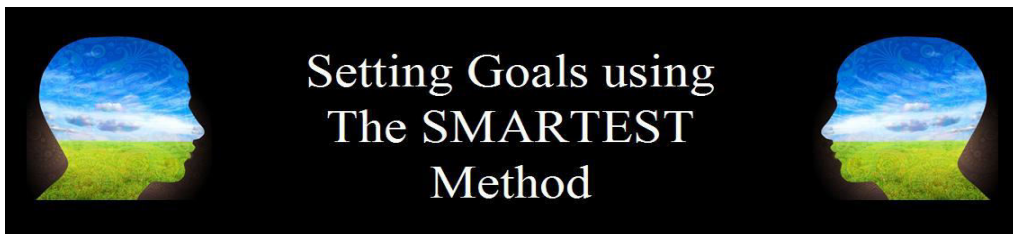
I *never* do what I say I will do

I *sometimes* do what I say I will do

I *often* do what I say I will do

I *regularly* do what I say I will do

I *always* do what I say I will do



Constructing Your Goal

STATED (continued)

Describe how much your goal is *worth* to you. This can either be a dollar amount or in a spiritual sense. If it's priceless, write that. But if it's more specific, then explain how so.

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What are your *fears* about your goal?

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When you overcome these fears, what could you accomplish then?

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Constructing Your Goal

STATED (continued)

Once written, read this out loud to yourself twice a day; once in the morning as soon as you out of bed, and again in the evening before retiring for the night. Then you will go to bed and wake up with your goal clearly in your mind, and watch as you inadvertently take action towards it each day.

As it was mentioned in this part of the method, assertiveness is only required with effort over time. But in the “Setting The SMARTEST Goals” workshop, we speed up the process and take you through an exercise where you will permanently move away from anything closely resembling being passive or aggressive. We also take a closer look at fears, as touched on in this book. Those fears you have, are they real or perceived? How do you know for sure. The answers are at the workshop. Fear not!

- Continue reading Chapter 7 to discover how to make your goal *Shared*



Constructing Your Goal

SHARED

This part of constructing your goal will cover the characteristics of your Accountability Partner (AP) as well as the details of your meeting arrangements.

Having already approach your AP – or at least having a good idea of who you will seek the support of and approach – answer the following questions about them;

What is it about the level of success or attainments your AP has achieved that you respect and admire?

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Which of their qualities or character traits do you see as positive and why? Which of these would you like to emulate in yourself?

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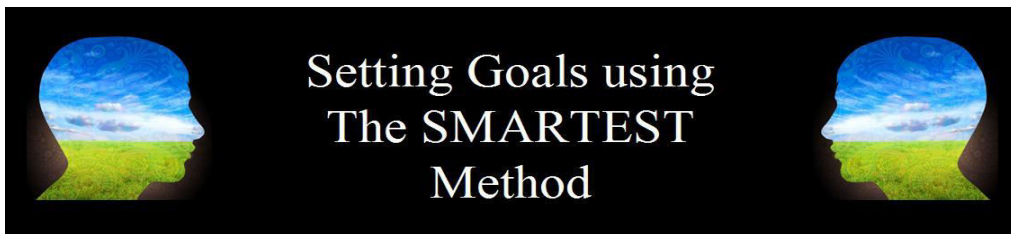
How do you think, or believe, your AP sees you? How much belief do they have in your capabilities?

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Constructing Your Goal

SHARED (continued)

What are, or could be, the details of when, where and how your AP and yourself will meet to work on your goal?

The Means, i.e. Face-to-Face,
over phone/Skype, email;.....

The Frequency, i.e.
weekly, fortnightly, monthly;.....

The Day, i.e. Monday,
Friday, alternating days;.....

The timeam/pm

The Duration, i.e.
30/45/60 mins;.....

Describe how the Goal Sharing Sessions with your AP will be structured and organised;

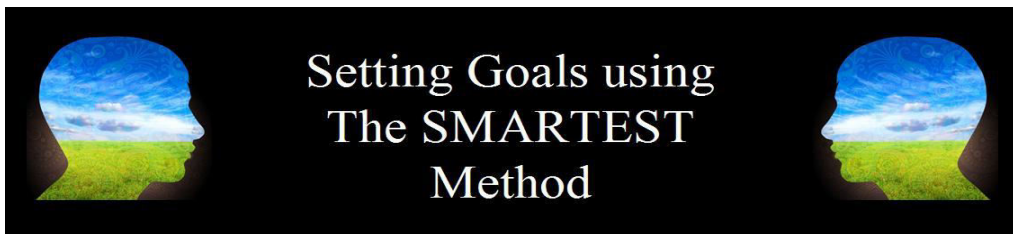
How will the session start?

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Constructing Your Goal

SHARED (continued)

Which of you will run the session and make sure it's focused?

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How will you conclude each session?

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Now, think of your goal outside of yourself and the sessions with your AP...

How could your goal include and incorporate other people? Who are these people?

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As you take each step, you will learn and experience much; how can you share these learning's and experiences with others?

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Constructing Your Goal

SHARED (continued)

Once you've achieved the outcome, how could you let other people experience the outcome?

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Circle the description below that best describes how *certain* you feel that your goal will benefit others;

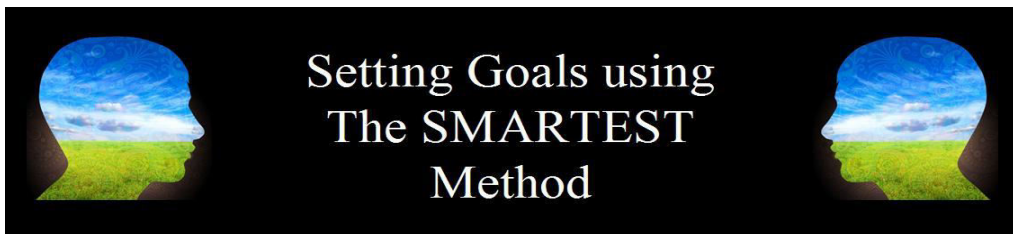
My goal will not serve others in any way whatsoever

My goal will serve other people in some ways

My goal will absolutely serve other people in many ways

If you thought having an Accountability Partner was helpful, imagine having an Accountability Team. That's right! Get ready to build your own personal network of support at the "Setting The SMARTEST Goals" workshop. Those in attendance will be so inspired to help you, and vice versa, you'll walk away from this workshop with a whole new meaning of the term "team work", and with your close knit group on side, there is nothing stopping you.

- Commence reading Chapter 8: T – *Take the First Step*



Constructing Your Goal

TAKE THE FIRST STEP

Looking back over the action steps you identified in the section *Measurable*, write up to 10 of the initial steps you could take to kick-start the pursuit of your goal;

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....
- 9.....
- 10.....

Rewrite your first step below;

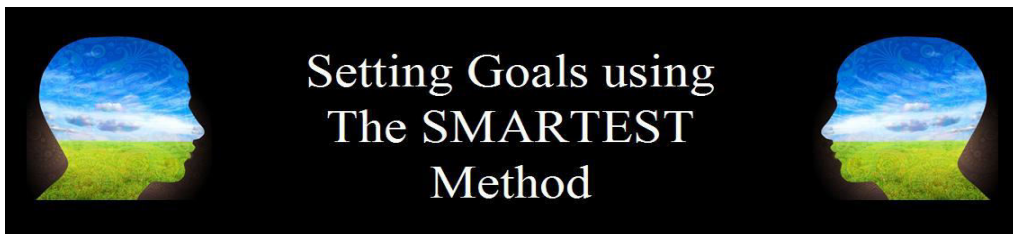
The first step I will take is

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Constructing Your Goal

TAKE THE FIRST STEP (continued)

You only need to take the first step to get moving, so looking at that step now, answer the following questions;

How strong is your vision? How will it help you in doing everything you need to?

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How strong is your faith? Will it be enough to carry you through the unknown that lies ahead?

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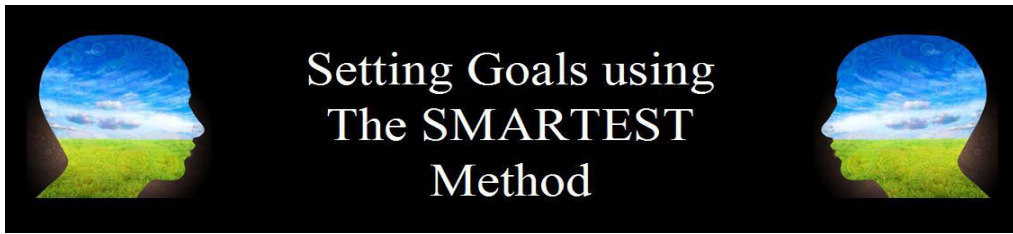
What is your definition of failure? How will that serve you on your journey?

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Constructing Your Goal

TAKE THE FIRST STEP (continued)

What is your definition of success? How will that serve you on your journey?

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Return to these answers before you take each step. Once you have taken each step, cross it off your list. Make some time to reflect about each step you take. And remember,

“Success is a journey, not a destination”

Good Luck!



Constructing Your Goal

You have now completed Constructing Your Goal, with each part of the method taken into account. To put all of this together into one document which you can refer to every day, please go to www.thesmartestmethod.blogspot.com.au, click on the “Resources” link and download your free copy of “My SMARTEST Goal Planner”.

Setting The SMARTEST Goals – the workshop

Now you've read the book. You've used the goal construction process. Do you want to go to the next level?

This book covers a broad range of topics but still only scratches the surface of The SMARTEST Method. To get even more out of it, come to one of the official goal setting workshops. I personally run these workshops and work closely with you to help you set any goal you want. With access to extra exclusive tips and secrets you won't find in the book, the “Setting The SMARTEST Goals” workshop will take you deeper into the The SMARTEST Method and make your goals Explode!

Although we've covered a lot in this book, there is still only so much I was able to fit onto the page. The SMARTEST Method is a strategy best suited for repeated use; applied to every goal you choose to work on, and in some cases re-applied to the same goal several times until you have the near perfect plan. In saying that, I urge you to come to the “Setting The SMARTEST Goals” workshop. Reading this book alone is certainly powerful, but you will gain so much more in one day with a room full of like minded individuals and myself taking you through the method personally.

This workshop is a one day event, which can be delivered at your workplace, function centre, conference room or community building. Stay connected to the Facebook page and The SMARTEST Method blog for upcoming dates and locations. You can also find out about the workshops by emailing info@brianmcaleer.com

“Tell me, I'll forget. Show me, I may remember. But involve me, and I'll understand”

- Chinese Proverb

