

# *SPECIAL ACTION REPORT*



Ten Goals Worth Adopting

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Note: This pdf contains interactive (fillable) fields

## 1. Personal Development

The single best investment any of us can ever make is in our own personal growth and development. The accumulation of knowledge means everything to your future.

## 2. Excellent Physical Health

Your body impacts everything you do. Take good care of it through proper nourishment, exercise and rest.

## 3. Rest, Relaxation and Renewal

We must take good care of ourselves without feeling guilty.

## 4. Building a Loving Family

Family is the emotional core of our lives. We should make constant deposits into everyone's emotional bank account.

## 5. Intimate Relationships With Your Friends

Surround yourself with nourishing friends. Share yourself with them and let them share themselves with you.

## 6. Involvement In Your Community

The definition of a life well lived must include a commitment to serving others.

## 7. Excellence in Your Work

Develop a reputation for excellence. A sincere commitment to excellence is a noble goal.

## 8. Financial Freedom

Money is important. Exercise wisdom in all your financial dealings.

## 9. A Comfortable, Loving Home

The single biggest investment most of us will ever make should be comfortable and lined with love.

## 10. Peace of Mind

There is no substitute for peace of mind. Everything you do either supports it or takes away from it.  
Adapted from the Goalsguy.com

# Getting Clear And Excited

## Creating Motion

### Master List

Step one in any process is to find out where we are now, before we can move forward.

So we start with the Master List as a way of clearing our mental processes, and capturing our thoughts.

We do this because we know that there are two motivating forces, which generate all human actions – they are:

- 1) Desire for reward
- 2) Desire to avoid pain

To have a balanced life, we will have dreams in the mental, physical, spiritual, social, family, financial and business or career sides of our life.

At different times in our life, some areas will be more important to us than others.

Controlling this is called:

## Self Discipline or Self Management

you must let your mind go free at this stage:

**no qualifying, only ideas and wishes.**

So this is where we start the process...

A wish - in the physical area might be to be fit, healthy and strong – non specific, but fun.

A wish - in the mental area, might be to be constantly learning.

- or a wish might be to walk across the Sydney Harbour Bridge, and so on.



# Goal Setting

To qualify as a goal we must now get our thoughts crystal clear. A goal is a clear wish, with a date attached.

To do this, we test our goal against the acronym, S.M.A.R.T. – this stands for

- |   |          |            |   |
|---|----------|------------|---|
| • | <b>S</b> | Specific   | – you must be able to clearly define it in specific terms |
| • | <b>M</b> | Measurable | – you must be able to measure it                          |
| • | <b>A</b> | Attainable | – you must believe you can attain it                      |
| • | <b>R</b> | Realistic  | – it must conform to the natural laws                     |
| • | <b>T</b> | Tangible   | – taste, touch, see, feel                                 |

If it does not conform to these standards, then it is not a goal: it's still at the wish stage and needs defining for achieving.

Once I can fully analyse it in relation to S.M.A.R.T. it then becomes a goal.

## Affirmation

An affirmation is a positive, present tense statement, that supports what we are trying to achieve.

It might consist of our goal, it might be the reward, or better yet, it could be a combination of both. So, our process is to write positive, present tense statements that support us in our endeavours. And then, each day, we read them aloud to ourselves, twice a day, whilst we look into a mirror.
