

Are Your Goals Written Down?

Many people have dreams of things that they would like to have, do or be in their life. However, a dream is just a dream unless you write it down. A dream becomes a goal when you commit it to paper. Think about what you would do if you knew that you could not fail. What would you do if you could have, do or be anything and there were no limits? If you were granted a wish, what would that wish be?

Create a journal for your goals. Categorize the goals in order to have balance in your life.

Some of the categories you might choose are: Family, Career, Education, Development, Finance, Investment, Spiritual/Religious, Health/Nutrition/Fitness, Home, etc. Write goals in all of the categories.

Decide on the due dates for your goals i.e. when would you like this goal to show up in your life?

Highlight your top goals and write goal statements for the goals. Ensure the goal statements are positive statements. And, most important, take that top goal, the one that is your burning desire, and write it on a goal card and carry it with you wherever you go.

Read your goal statement every night aloud just before you go to bed and first thing in the morning when you wake up. Pull out your goal card throughout the day and read it aloud.

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