



FIRST NIGHT GOAL SETTING

To realize any goal, we first need a couple things to achieve it!

Please fill out questions as clearly and concisely as possible!

1. What will you be creating here in class? (pick 3 goals)
2. When clear, write in 3P's: Personal, Positive, Present tense!
3. Mind-Storming - ASK IT AS A QUESTION! Write 20 answers!
4. Who are 10 'possible' people who could help you achieve it?
5. BE HONEST - What's been holding you back from achieving it?
EXCUSES = PAIN *"Trying is just excusing failure in-advance!"*
6. 20 years from now, what will you have missed out on if you don't?
7. Every morning before class, write down your answer from #2.
8. Breathing-Gratitude exercise as you are confirming it out loud!
9. Relish in SMALL successes! CELEBRATE WITH A MANTRA!
"I am deserving!" "I can do anything!" "I like myself!" etc...
10. Decisions shape our future... PERIOD! And emotions control our decisions. Manage your emotions well, create a better future!

**KNOW THIS - *True hell is when the person you are,
meets the person you could have been!***