

Strategies in Setting GOALS

WHAT DO YOU WANT out of this life?
What are you doing to make this happen?

The Power of POSITIVE and NEGATIVE ENERGY

- If you believe you CAN, or if you believe you CANNOT

YOU ARE CORRECT.....

CREATE S.M.A.R.T. Goals

SPECIFIC: WHAT exactly are you wanting to achieve?

MEASUREABLE: How will you KNOW when you got it?

ATTAINABLE: How can this goal be accomplished?

RELEVANT: Is your goal worth working hard to get it?
Explain.

TIMELY: By WHEN is your goal accomplished?

Use POSITIVE affirmations to
move your thoughts from a
NEGATIVE position to a POSITIVE
one.

" I AM _____ " and **behave AS IF it is already happening.**

"I AM living a life of freedom and serenity"

"I AM able to control my emotions and remain calm, even in the face of adversity"

" I AM a Child of God, completely and unconditionally loved and accepted."

The SUCCESS INDICATOR:

- Accept responsibility for their failures
- Have a sense of GRATITUDE
- Embrace change
- Continuously LEARN
- forgive others
- set goals and develop life plans
- give others credit for their victories

SUCCESSFUL
PEOPLE

UNSUCCESSFUL PEOPLE:

- Have a sense of entitlement
- hold a grudge
- fear CHANGE
- secretly hope others fail
- blame others on their failures
- criticize
- never set goals
- fly by the seat of their pants

Again.....what is it that you REALLY want?

STOP AND REMEMBER:

Whatever is
going on in your
mind is what you
are attracting

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Choose
your
thoughts
WISELY.