

MAP YOUR GOALS

A Concise System To Getting What You Want
Worksheets Included

Desmond Menz

MAP YOUR GOALS

Map Your Goals

A Concise System To Getting What You Want

And Setting Your Online Business On The
Right Path

Worksheets included

A New Times Home Biz Publication

Des Menz

www.NewTimesHomeBiz.com

Copyright 2015, All Rights Reserved by Desmond Menz
(D&L Web Enterprises, a business unit of Enviro-Civil Pty Ltd)

Disclaimer and/or Legal Notice

Along with your personal use, you may distribute the digital pdf file on the Internet without charge by itself or as a bonus included with other products. No changes can be made, and you may not sell this book, nor may you distribute it in print form.

While reasonable attempts have been made to ensure the accuracy of the information provided in this publication, the author does not assume any responsibility for errors, omissions or contrary interpretation of this information.

This publication is not intended for use as a source of advice of any kind.

The author stresses that the information contained herein may be subject to various laws from all jurisdictions, and all over the place. You're responsible, so do not break them.

No representation is made, implied, hinted at or otherwise expressed that the reader will do as well from using the techniques in this publication.

The results you achieve using the procedures will depend on your unique situation, your skills, goals, and personal effort.

The author does not assume any responsibility or liability whatsoever for what you choose to do with this information. Use your own judgment, such as it may be.

In short, use the information in this publication at your own risk.

NOTE : It is recommended that you print this ebook; you'll be able to follow along much easier. Set up your printer to print two sheets to a page. This will save paper and printing costs.

Introduction

This is not leisure reading, it is a workbook. Therefore that means you will have to do some work if you plan to get any benefit from it. Be assured that even if you only do the Worksheet exercises and not follow through thereafter, you'll still get significant benefit from it.

If you follow all the way through, you may find that it will change your life ... or at least change your perspectives.

It may seem a bit out of the ordinary to start the process of helping you to achieve your goals by asking you to make a series of lists, but think of it as balancing the books. This will be your first task, and without it, you won't know what you have to work with.

Have you ever heard the remark about how some people spend more time planning a two-week vacation than they do planning their futures? There's much truth in this. The exceptions are the truly successful people.

This Goals Guide can be used for any business and by anyone regardless of disposition of life and regardless of age. You can use the ideas for any system, and to achieve any goal you want.

At the end of the manual are a series of worksheets. Print these out as you work through the manual, or better still, print them all out now. You'll be doing some writing.

So, let's get going.

What do you really want?

PART 1

It's All About Change

Setting and achieving goals is about something more profound than creating change. It's about managing change, and putting your future completely in your control.

- Print out the "**Goals Brainstorming**" worksheet, and get comfortable. You've got some thinking to do.

Now, what future do you want?

If your life could be anything you wanted it to be, what would it be right now?

- Where would you live?
- Who would your friends be? What kind of people would you like to spend your time with?
- How would you spend your time, if you could be doing anything at all that you wanted?
- What would you eat? Wear? Listen to?
- Would you work? If so, what would you do? If not, what would you do?
- What do you want to learn? To know? To be?
- Where would you like to vacation? What would you do?
- What else would be a part of your perfect life?

Have you ever asked these questions of yourself? They are reasonably obvious but how often do we take time to ask them of ourselves?

Start writing. Write down the answers to every one of those questions. Be as complete as you can be, and list everything you'd like to have in your life.

Don't assign money values, or think about cash in the bank right now. That comes later.

While you're writing these things down, add anything else that you would really like to make a part of your life. Don't skimp.

You can have anything you want. Make a list of all the things you want.

Your List

Now that you've made your list, take a look at it. See each of the things you've listed individually, as though it was real.

Do this one at a time.

Some people say that seeing it helps you to believe it can be done. That's true. Others say that actually focusing on it helps to get your subconscious to believe it's possible and start making it happen. That's also true. But those aren't the reasons I suggest this.

I want you to see it for another reason. If you have always thought "I'd like to see the world in my own yacht," then see that happening. How does that actually make you feel?

Does it make any real difference in how you feel? (Forget how others feel about you. That's their business, and shouldn't have anything to do with your focus).

Does it actually make you feel happier? Maybe it represents a milestone, or gives you a sense of accomplishment.

You need to visualize it, to put yourself in the situation as though it were real, to know if it's something you really want, or if it's something you think you're supposed to want (if only because you see it as a reward for yourself).

Whatever your life's goals, you would know that life is way too short to spend it messing with things you don't want, just to live up to someone else's expectations. If they're concerned with laying expectations on other people, they won't be made happy when you fulfil them anyway.

It's your life. So ...

What do you really want?

If there's something on that list that you don't see making a big change in your happiness, drop it like a hot rock. It will keep you from getting something you DO want.

Anything you decide that isn't really important to you, cross it off.

Now, look at the list again.

How many of the things that you want don't cost money at all? Probably some of the most important ones. Those are called "**Permission Goals.**"

Maybe you feel you have to somehow prove you deserve them. This can range from where you live, to what kind of people you have in your life.

Maybe you think you don't have the time. These can be things like learning a language or musical instrument, or taking up a new hobby.

Move those goals over to another list.

○ There's a worksheet provided for this.

These may be easy, or they may be the hardest to achieve, because they involve a decision. Usually they don't involve much more than that.

Something has kept you from making that decision in the past. If it's just not realizing that all that was needed was a decision, or that it was just an ordinary routine, then that decision will be easy. Just do it.

If it's some psychological or deep-seated issue, you're going to have to deal with that and maybe qualified help is the way to go.

- Again, move those goals to the **Permission Goals** list, and cross them off the one you're working with now.

Clearing Away Clutter

Now you're going to create one more list - things to get rid of.

If your life contains stress, and your time is consumed by things you don't enjoy, the chance of getting where you want to be can be significantly reduced. If you somehow managed to get there despite those things, carrying them along with you will keep you from enjoying your goals.

You need to get rid of the clutter.

What is it that exists in your life right now that won't exist in your perfect life? What annoys you without giving anything positive back? What stresses, unpleasant relationships, environmental conditions, work issues, routines, commitments, etc?

List them all.

There are some types of things that should be dropped immediately. The first group are things that you do because you're concerned about what others will think of you if you don't do them.

If your happiness depends on what someone else thinks of you, you'll never have control of your life. And you'll never be happy. You can't please everyone.

Another group includes the things you do because "someone has to." Do they really? And if so, why you? What horrible thing would happen if you stopped doing them?

Commitments are more complicated. If you agreed to something, you need to make sure it's taken care of, or find an honest way to get out of the commitment or get it fulfilled in some other way.

Note: I'm talking about commitments that you don't want. There are things each of us are committed to that would not make us happier by giving them up.

Ask yourself: Did I really agree to this, or is it defined as a commitment by convention or default?

If you didn't agree to it, it's not a commitment, it's an expectation. It's someone else's expectation and it's their problem.

Yet another group is "Stuff I paid for."

If you paid for it, you can drop it just as fast as you like. Don't throw good money (and time) after a bad investment or on an interest that's waned.

Maybe you paid with effort, and you want to try and make the thing work, despite all the proof that it won't. That's fine if it's something that's really important to you. Just don't do it to avoid admitting a mistake. There are better ways to live.

Failing to admit a mistake doesn't make it less of a mistake. It makes it more of one. Acknowledge it, deal with it.

- Now, take all the things you can get rid of immediately and put them on the "**Things To Get Rid Of**" list.

Whatever is left is likely to be something that involves a void to fill. For example, money to pay off debts or skills needed to alleviate shortcomings.

- Put those on the "**Main Goals**" list, if they're really things that you need to make you happy.

Remember, the only definition of what's important in your happiness is the one you set. What I or anyone else might think is completely unimportant.

If it makes you truly happy without actively interfering with someone else's life, it's what you should do.

What Are All Your Life's Connections?

Here's where the fun starts. Yes, you're going to make more lists!

Lists of resources. These may well open your eyes. Most people have far more available resources than they realize and have ever considered.

Knowing everything you have to work with will put you light years ahead of

most people. Recognizing the value of those resources is another story. Once you learn to see that value, the only thing that can stop you is yourself.

- Print out the File "**Inventory Worksheets.**"

7 lists for clarity

1. Contacts

List everyone you know; your banker, bartender, and boss. Friends, relatives, suppliers, customers, casual acquaintances, email buddies, you name it. List them all.

2. Financial resources

- ✓ Cash on hand
- ✓ Credit line
- ✓ Liquid assets
- ✓ Investments
- ✓ Invoices outstanding
- ✓ Any other financial resources you may have
- ✓ Convertible assets (stuff you don't need and can sell)
- ✓ Cash-generating assets - products, inventory

3. Technical resources

List computer, printer, cell phone, electronics (e.g. camcorders, DVD players, sound systems), software etc. Include any internet resources if you have them.

Pay close attention to the resources that come with your website or blog, if you decide that these are necessary for your future; for example, if you have an autoresponder, extra email boxes or aliases, list servers, password protected directories, etc. Anything your web host lists as being included with your service. These are often an overlooked part of a resources list. If

these terms are not familiar to you, don't be concerned. In the Resources list at the end there's more information about what you can access to develop your online skills.

4. Skills

- ✓ Every job you've ever had, and what you learned from it.
- ✓ Every hobby you have that requires any more skill than flipping channels.
- ✓ Every language you speak, instrument you play, and past or present interest.
- ✓ Every volunteer position you've filled.
- ✓ Every incidental skill you've acquired along the way. This can be writing, accounting, brainstorming, whatever.

List them all. Over the course of the next few days, lots of these will occur to you that didn't come to mind right away. Add them as you think of them.

- Note for now that this list is going to become very important because if you follow **New Times Home Biz**, creating your own information product as a start to an online home business is based predominantly on your skills and experiences.

You may want to show this list to someone who knows you well. They may think of things you take for granted. For example, you may not realize that listening well or asking good questions or carrying on a lively conversation is a skill. They are, and they're very valuable.

Or maybe you're a good time manager, or a great speaker.

Make sure this list is as complete as you can make it. Keep it growing.

5. Interests

Anything at all that you find interesting. It doesn't matter what it is. If you're interested in it, if it grabs your attention even a trifle, write it down.

6. Activities

Start with one week ago today, and list everything you've done for the past week. Then list everything you do on a frequent basis that you might not have done this week. Then list all the activities you were involved with in years past.

Include online activities if they are applicable. For example, participating in lists or forums, web surfing, researching, learning, chat rooms, buying at online sites. Whatever it is, list it.

7. Character Traits

Describe your character as you see it. Are you honest? Impatient? Cheerful? Easily distracted? Are you creative, a good process person, or maybe an outstanding manager?

List every character trait that you have.

For some people that one is tough, but be honest. Self-analysis is not easy, unless you're the self-deprecating type and are generally a relaxed character and don't get offended by much.

This isn't a test, and you aren't going to be graded. This is you finding out more about yourself, and where you're at.

That's enough for now.

When you've finished these lists, take a break for a day or two. If it will make it more comfortable and complete for you, come back and add to the ones you've started, but don't go on to the next part until you've had that breather.

As you possibly already know, taking a pause on any enterprise allows clarity of thought to come through.

PART 2

If you've completed the exercises in the previous section, you have a list of your goals put together. If you haven't, you should go back and do them. This guidebook does you very little good if you don't do the exercises. Let's move on.

The Big Goal First

Pick the biggest, most important, most exciting goal from that list. By the time you're done with this section, you're going to have a plan to achieve it. Let's start with something simple, an example. Some people's desires may be a fancy house, or a flash car, or maybe a yacht. All consumer stuff. It may be important to some and not to others. We're not discriminating here.

As an example, if your big goal is to become financially independent by starting an online business using your accumulated skills and experiences (this is the fundamental purpose of [New Times Home Biz](#)), then these are the questions you'll need to ask.

However, to get those desires, all you need is:

- ▶ a mountain of money, or a big pile of it and good credit.
- ▶ sufficient income to support them.

That's it. But that's not goal-setting. That's "I want" stuff. You'll need a plan to get the money.

First, consider the following questions:

1. How much is my “desire” going to cost, assuming I just went in and paid cash right now?
2. How can I get it cheaper? If I can get it at a lower cost, I could cut the time needed to achieve the goal.
3. Who do I ask to get that information? How do I find out the best ways to save money?

At this point, you're just getting warmed up; getting a bird's eye view of the terrain, as it were. This is important, as it helps you to get a general picture of the things you need to know and to have in order to make the goal a reality.

Also you've already started thinking of alternatives, and ways to shorten the time between here and there.

Take a look at your big goal.

- ▶ What do you require to make your big goal happen?
- ▶ Is there some way you can shorten the process?
- ▶ What do you have to compromise with, or trade off, along the way?
- ▶ Who can you learn from to find these things out?

Take a few minutes and think about these things right now.

Do You Really Need It, Or Is It Just A Want?

Begin by asking yourself the following questions.

Is this goal what I really desire, or does it just represent what I want?

If the latter, what is it that this goal represents to me?

Do I really need to have this wanted thing to get to the goal?

This last question could be easy to answer, and in many cases it will be. For others it might be that the goal that's set actually represents a condition that's wanted in life. In that case, the condition is the goal.

If you identify with this, then you might choose to change how you go about creating that condition, or you might decide that what you have already selected is the right way for you.

All of this is important to think about. The purpose of this book is to help you get what you **really** want and need, in the shortest time possible. It's not for me or anyone else to try and influence your choices.

You now have the goal, and a general idea of what you'll need to acquire it. And you're already thinking about ways to shorten the process.

What's next? Put it in reverse; there's a bit of logic in this, as you'll see a bit further on. You're going to do a bit of back-testing.

○ Print out the "**Step-by-Step**" page.

Now, ask yourself one question: What is the last thing I need to achieve before this step becomes a reality?

Write that down. For each step, repeat the question: "Just before that, what do I need to do or get?"

And again, repeat the question: "Just before that, what do I need to do or get?"

If you keep repeating the question as you go backwards, you'll come across aspects such as :

- having a good plan
- identifying obstacles
- what costs there will be
- information about cutting costs

... and so on. These are general questions, but the **Goals Guide** system illustrates the principle ... you decide where you need to go, and then work backwards to where you are now.

To start with, you only do a very sketchy linear map. Don't fill in the "how" yet, just the "what".

The key is in developing a strategy and measurable benchmarks to gauge your progress.

Let's look at a second approach to get a view of the landscape.

Assume you were already in the position of having achieved your goal. Then it all slipped away.

What would have to go wrong to cause you to lose your desired position?

Go over it step by step. Trace it back.

Now, write it down IN REVERSE. The last things you lost will be the first stages of getting to the goal.

Here's a third way.

Assume you're already there. Put yourself in that position.

Now, remember what you did to get there. Then write it down.

It sounds strange to try and remember things you've never done ... until you do it. It works. It's all in the procedure, and in a logical sequence. Visualization is as important in the process as in documenting it. Your imagination is a vital key.

And here's a fourth way.

Put yourself back in the position of remembering how you got there. Say out loud "My big break came when..." and complete the sentence.

Write that down.

By now, your brain should be focused on the process enough to open up and think creatively.

That's the single biggest key to achieving goals.

It allows you to actually think creatively. Most people don't have three truly creative thoughts in a month. You can have them on demand.

Just look at things from as many different perspectives as possible.

Some More Things To Consider

When setting goals, consider these few aspects.

- ▶ The first is that big goals require big actions. Unless you want to have to do huge amounts of unnecessary work, you need to make every step as effective and as simple as possible.

- ▶ Next, the less time you allow for completion of a goal, the more dramatic your action will need to be to achieve it. Make sure you allow time for testing.
- ▶ Progress is the act of being progressive. The closer you get to achieving your goal, the faster you will move in that direction. Your resources and belief will both grow, and you'll be more focused. Think of it as gaining momentum. Renowned life coach Tony Robbins summarizes this very nicely: "Most people overestimate what they can do in a year, and underestimate what they can do in ten." If you really apply the material in this **Goals Guide** book, you'll change that year to a month, and those ten years to one or two.
- ▶ Surprises are to be expected. Be prepared to adapt. Be flexible in everything that comes your way. Clear your path for the unexpected.
- ▶ Always have measurable progress indicators. They'll help you to keep the faith when things seem slow, or just plain boring.

Now, let's shift gears.

What Do You Enjoy Most?

Right now, write down the three things you most enjoy doing. The things you could do all day long, and never get bored with.

What is it that gets you up off the couch when you're stressed out and tired, and gives you the energy you need to carry on?

Those are the things you want to write down. The passions, the things that give you great satisfaction, those that give you great joy and peace.

Let's digress for a moment.

Zig Ziglar, the "Master of Motivation" has an extensive library of quotes. Here are several. Can you identify with them?

"It is not your aptitude, but your attitude, that determines your altitude."

"Before you change your thinking, you have to change what goes into your mind."

"You can have everything in life that you want if you will just help enough other people get what they want."

"You cannot make it as a wandering generality, you must become a meaningful specific."

Don't think about the money. Again, that's for later. And no, this isn't wishful thinking. It's probably the most practical advice available.

Do what you really enjoy.

By really enjoying what you do you'll have the energy and make the time to keep going, even when it doesn't look like you're making any progress. Be aware that there will be times when that seems to be the case.

Enjoy the journey as much as the destination.

Right now, look at your list of contacts. Aren't there a lot of people on there with some connection to one or more of the things you like to do?

Turn to your skills list. There's probably a lot of overlap there too, as there could be in your other resources.

One of the great things about this approach is that by concentrating on areas where you have a lot of resources already, you can dramatically shorten the time needed to get to your goal.

Don't think that your area of expertise or skills are too specialized. There are many people in the world probably wanting to do the same as you, but don't be concerned. Have confidence, grab a slice of the market that relates to your skills or knowledge. Do it better, or do it with a unique twist.

If you do have a specialized offering, consider the higher price points that are possible. People pay good money for things they're really interested in, and they'll pay if it is easily available and saves time.

Recall that I said earlier that the purpose of **New Times Home Biz** is mainly about creating an online home business using your skills and experiences ... and then to create an info-product about them. Your best info-product will be one that you are passionate about! And of course, one that has wide appeal.

Now think about this ... the narrower the interest, the higher the profits, and the easier it is to locate and contact your prospects.

This doesn't just apply to selling information. If you really enjoy something, it's easy to enlist the assistance of other people who enjoy the same thing. This is about forming a joint venture.

Remember, everything connects to everything else, and sometimes the straightest lines to what you want will pass through the most unexpected (and pleasant) connections. Interesting, isn't it? Have you ever experienced that in your life?

Start Your Map

First, do a list of what you need to accomplish to get to your goal. Make the steps general. Don't focus on how you're going to get there yet; just focus on the "what".

Do it in reverse, or forwards, or any way you like that ends up with a list of measurable steps.

- Do this right now, on the "**Step-by-Step**" page.

Now we get down to brass tacks.

- Print out a copy of "**Taking the Step**" for each step in the process, and answer the following questions:

1. What financial resources do I need to accomplish this? How much will it cost?
2. What skills will I need to achieve this? What do I need to know?
3. What contacts will I need to achieve this? Who can help me get there? Who do I know, and who do they know? What do I need to do in return? (Or in advance...)
4. How much time will this stage take? Overall? Per day?
5. What system will I need to have in place to achieve this? Will I need help, or can I do it alone? What technology is necessary? What will help speed this up?
6. How can I make this part easier on myself? What can I do to achieve this faster, cheaper, and with less risk?
7. What else will I need to do, get, or learn in order to complete this step?

Don't be overwhelmed by the number of questions, as many of them can be answered very quickly.

Attach these pages to the "**Step-by-Step**" sheet. Note that many of them will not happen in the same order as the steps they're related to. Some will almost certainly have to be done in advance.

For example, if you need a certain level of assistance and/or training in a part of your online business, you'll want to start working on that right now.

Once you've done that for each step, go back and look at them again from the beginning. You'll start to get ideas of how you can do each thing most effectively, and you'll also see a pattern emerging.

Most likely there will be many papers all over the place and you'll be jotting notes down that connect a lot of the ideas you've written down.

If you're looking closely, the pattern will form around something that feels completely natural, and the ideas will flow easily. You'll be as enthused about the ideas as the goal itself.

If you have focused on fitting things into a specific model that you had in mind before you started all this, you'll reach out for those ideas. They'll seem exciting, but they won't quite fit right.

If you hear that voice talking, listen to it.

Look at the whole package you've just put together in the light of the most enjoyable thing on your list, and the biggest goal you have chosen. Do you see how they fit together?

Do the outline of your plan from there. Do it one step at a time, and lay out the general steps and timeline. Then fill in the specifics.

You're just about done.

Now look at it with a critical eye. See yourself going through each action. Is there anything in there that doesn't fit? That doesn't feel right?

If so, figure out why. If you can't do something that you'll need to do to accomplish your goal, you'd better know before you hit that point in the process.

If it's a preference thing, can you delegate it, or automate it?

If so, plan for that.

If it's an ethical question, get it clear before you start, or figure a way to adjust the plan so you don't have that challenge. Nothing will derail you faster than an attack of the "I should have known better."

Clean out the stuff you can't or don't want to do.

Now look at it from the perspective of the "Effectiveness Expert." How can you optimize it?

Go over every point with that question in mind, and get creative.

Right now you're planning and brainstorming at the same time. There are no wrong answers, just ideas to explore.

Write them down - all of them - and take as long as you need.

Take a break if you wish.

Back from a break?

MAP YOUR GOALS

NOW you look at the ideas you just came up with through the critical lens.
Will they work? If not, can they be made to work?
If they will, move on to the next.

When you've finished this step, make sure there aren't any holes in your roadmap.

Congratulations. You're done.

Conclusion

If you only read through this **Goals** book without doing the steps, you will most likely be a little confused. Maybe you now see how it works and you've realized you need to actually do this stuff.

If you've followed all the steps, you should have a realistic, specific, detailed plan for achieving your biggest goal, by doing something you love.

So, how does it feel?

For each goal on your sheet, just repeat the process. It gets easier as you go.

By the way, some people may prefer to type all their details into a computer. If you really prefer to DO things you've typed, that's alright. It's just not the best way, even if you're good with "virtual" lists. The act of writing the steps and creating the lists by hand makes a difference.

I'm not going to get into the psychology behind it, but just try it that way. I think you'll see it for yourself.

If not, go ahead and type this stuff out. The only thing that really matters is that you do it.

You'll never know until you have a go!

Final Words

You made it! Well done!

I hope this eBook has helped you define your life and your future a little more. It means a lot to me that you have taken the time to go through the Goals Guide. But it means a lot more if you've actually taken action and followed every process.

There's a lot of value in this Goals Guide, but don't just stop there. If you would like to sell MAP YOUR GOALS GUIDE as an affiliate to anyone you think would benefit from it, then have a look at Tradebit and JVZoo, or go to New Times Home Biz for details.

Please remember that there are many more benefits to be gained from subscribing to the New Times Home monthly newsletter "eBiz EYE", where free information, ideas, and publications are made available every month. Subscribing is done through the New Times Home Biz website, where you'll see the opt-in sign-up form.

Thank you for your interest and support.

Please let me know how you're doing, and what your thoughts are on the Goals Guide.

My contact details are at New Times Home Biz.

Des Menz

www.NewTimesHomeBiz.com

"Creative Ideas ... Rewarding Results"

RESOURCES

MAP YOUR GOALS can be used in many ways, and here's one. If you're ready to take the next step to an online business, or to find ways to improve your existing online business, then here several of my other publications that can give you a great springboard to an online future.

[BRING ON NEW TIMES](#)



This is like a course on its own, and outlines various business models, the “value chain”, key concepts, getting the right parameters in place, the proper process to choose a business model to suit your objectives, and how to choose the best approach for your online business. The final chapter takes you through setting up an info-product, in this case an eBook; gives you a product of your own to use however you choose, and concludes with several great ways to sell your

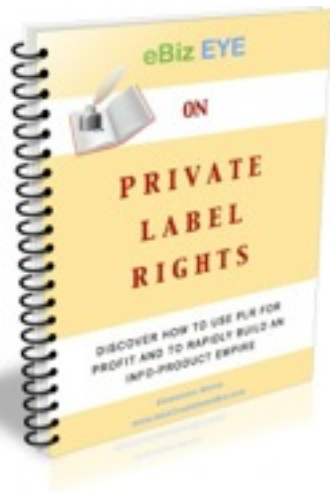
eBook. It's all there ... all in one concise volume.

[THE eBIZ EYE SERIES AT NEW TIMES HOME BIZ](#)



WORKING FROM HOME

Learn About Critical Elements For Home Business Survival And Your Health



PRIVATE LABEL RIGHTS

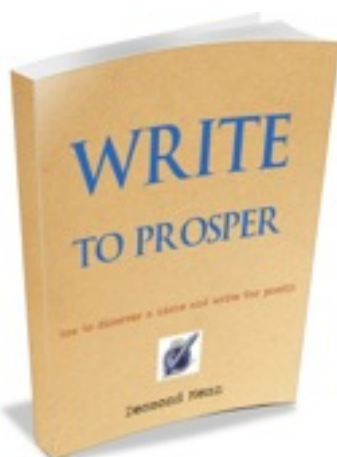
Discover How To Use PLR For Profit And To Rapidly Build An Info-Product Empire



100 INFO-PRODUCT CREATION IDEAS

Never Be Stuck For Another Idea Again To Create Your Next Info-Product

WRITE TO PROSPER



How To Discover A Niche And Write For Profit

If you really want to create an online income, then there is no better place to start than with **WRITE TO PROSPER**.

Written in concise language and straight to the point, it is full of vital information about eBook creation, including graphics, the eBook cover, pricing, how and where to sell, and creative marketing. The gem in this

eBook is on how to create repeat business by leveraging existing marketplaces like Tradebit and JVZoo.

[NEW TIMES HOME BIZ BLOG](#)

With more than 78 articles in 9 Categories, and more being added all the time, the NTHB Blog is the place to go for down-to-earth, real-life experiences in how to create info-products and prosper in your online business.

[SUBSCRIBE](#) to get tips, tools, and tactics about creating products for profit, and get the free book “Create and ebook in 5 days ... earn from it for life”.

1 Goals Brainstorming

If your life could be anything you wanted it to be, what would it be **right now?**

Where would you live? _____

What would your house be like? _____

Who would your friends be? _____

How would you spend your time, if you could do anything you wanted?

MAP YOUR GOALS

What do you want to learn? To know? To be? _____

Where would you like to vacation? What would you do? _____

2 Permission Goals

Permission goals are just what they sound like: Things you really want and could easily have with the resources you have now, but that you just haven't given yourself permission for.

What's the goal? _____

Why don't you have it? _____

What's the goal? _____

Why don't you have it? _____

What's the goal? _____

Why don't you have it? _____

What's the goal? _____

MAP YOUR GOALS

Why don't you have it? _____

What's the goal? _____

Why don't you have it? _____

What's the goal? _____

Why don't you have it? _____

Is there a pattern? If so, describe it: _____

3 Things To Get Rid Of

Like Permission Goals, these can be extremely easy or terribly difficult. They're the things that exist in your life right now that you'd be better off without. Habits, clutter, distressing people, unpleasant environmental factors, unnecessary expenses, fixations, collections, annoying verbal habits... Anything at all that you'd be better off without.

Just complete each sentence, put a deadline on it and make it happen.

I want to eliminate _____

by ____/____/____ When that's done, my life will be better because:

I want to eliminate _____

by ____/____/____ When that's done, my life will be better because:

I want to eliminate _____

by ____/____/____ When that's done, my life will be better because:

I want to eliminate _____

by ____/____/____ When that's done, my life will be better because:

I want to eliminate _____

by ____/____/____ When that's done, my life will be better because:

MAP YOUR GOALS

I want to eliminate _____

by ____/____/____ When that's done, my life will be better because:

I want to eliminate _____

by ____/____/____ When that's done, my life will be better because:

I want to eliminate _____

by ____/____/____ When that's done, my life will be better because:

I want to eliminate _____

by ____/____/____ When that's done, my life will be better because:

I want to eliminate _____

by ____/____/____ When that's done, my life will be better because:

I want to eliminate _____

by ____/____/____ When that's done, my life will be better because:

10 I Really Enjoy...

A simple list, but you need to take it very seriously. Be honest with yourself.

What three things in life do you really enjoy the most? What would you do if money wasn't a concern and never could be?

11 Step-by-Step

What specific goal are you outlining right now?

(Step 1) What is the last thing I need to achieve before this step is made reality?

(Step 2) And just before that?

(Step 3) And before that?

(Step 4) And before that?

(Step 5) And before that?

(Step 6) And before that?

(Step 7) And before that?

(Step 8) And before that?

(Step 9) And before that?

(Step 10) And before that?

(Step 11) And before that?

(Step 12) And before that?

(Step 13) And before that?

(Step 14) And before that?

(Step 15) And before that?

12 Taking The Step

The step I am focusing on right now is:

1. What financial resources do I need to accomplish this? How much will it cost?

2. What skills will I need to achieve this? What do I need to know how to do?

3. What contacts will I need to achieve this? Who can help me get there? Who do I know, and who do they know? What do I need to do in return? (Or in advance...)

Taking The Step 2

4. How much time will this stage take? Overall? Per day?

5. What systems will I need to have in place to achieve this? Will I need help, or can I do it alone? What technology is necessary? What will help speed this up?

6. How can I make this part easier on myself? What can I do to achieve this faster, cheaper, and with less risk?
