



## Goal Tips Cheat Sheet

### Goal Tip #1 - Put Your Life on Full Power

Dig deep and explore your dreams. Be open to new opportunities. Be only yourself.

### Goal Tip #2 - Build Your Bucket List

Keep your mind open for activities to update your list. Think about adding fun and generous activities.

### Goal Tip #3 - Validate Your Goals

Periodically review and evaluate your goals using the 'Victory' process.

### Goal Tip #4 - Start Your Goal Engine!

Challenge yourself. Leave your comfort zone. Walk away from bad habits.

### Goal Tip #5 - Visualize Your Dreams

Mentally view your goals in detail to crowd out your doubts.

### Goal Tip #6 - Punch Out Your Fears

Analyze your anxieties. Consider the worst outcome. Remember that failure is positive. Defeat your fears with passion.

### Goal Tip #7 - Ignore Criticism.

Believe in yourself. Set boundaries with naysayers. Stop comparing yourself to others. Find people who will encourage you.

### Goal Tip #8 - Your Amazing Goal Journey

Make a practical plan for each goal including milestones and dates. Enjoy your journey!

### Goal Tip #9 - A Small Step Can Be a Giant Leap

Remember the power of a small step. It is full of motivation. Take small steps consistently.

### Goal Tip #10 - Keep Moving

Take action every day and don't stop. Keep repeating successful habits until you form a groove. Stay in that groove!