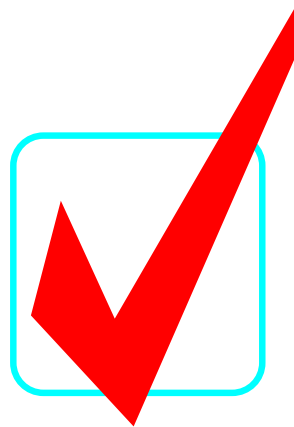


Goals Magic System

You Can Design Your Future!



<http://www.goalsmagic.com>

Goals Magic System

You Can Design Your Future!

Congratulations on taking the first step towards designing the rest of your life. By setting goals and developing a future focus you will find that you are pulled towards your goals almost as if by magic. If you have been a wandering generality for too long then today is the day when you become a meaningful specific. Clarity around your goals has enormous potential to get you moving in the direction of what you want out of life.

In Brian Tracy's new book 'Goals', he recounts a conversation with an extremely successful business associate. This very wealthy man stated to Brian that 'Success is goals, and all else is commentary'. A cornerstone of all successful people is their ability to set meaningful worthwhile goals and develop plans for their accomplishment.

By beginning work today on designing your future, you will find you rapidly move up to the upper 10% or income earners. You will find yourself becoming far more efficient and productive, and leading a fuller, happier life. Don't delay! Begin the process of designing your better future today.

Your use of the Goals Magic System

The Goals Magic System is made available to you free of charge for your own personal use. Whilst you may feel free to provide copies to your friends, family, business associates and customers, the only thing we ask is that you do not sell the system or attempt to reproduce it in any way without the prior written consent of the authors or Self Management Systems.

Please feel free to give this Goals Magic System away to as many people as you like though. You never know who may benefit from having a systematic program like this to plan out their future. By providing this free gift to everyone you know you are spreading the magic of goal setting and making a positive contribution to the world.

Visit the Goals Magic web site

The Goals Magic web site is being established to bring you the best information from around the world on the topic of goal setting. It will shortly feature articles and information from leading thinkers on success, motivation and goal setting.

Visit the site now and register for other great personal empowerment tools at:

<http://www.goalsmagic.com>

How to use the Goals Magic System

For a detailed explanation of how to fully use the Goals Magic System, visit the Goals Magic web site and download a free copy of the e-book “The Magic in Goals!”. The book takes you through a step-by-step process of how to use the Goals Magic System to best advantage, and how to set specific goals that create magic in your life.

To get a copy of the e-book “The Magic in Goals!” visit <http://www.goalsmagic.com>

Feedback on Goals Magic System

We are extremely keen to hear from you with your feedback and thoughts on the Goals Magic System. Tells us your ideas for improvement, things you like or dis-like and what else you would like to see included in the system. Additionally we would like to hear about your success at setting goals and with using the Goals Magic System.

Send us your feedback to feedback@goalsmagic.com

Share the Magic!

We give you the Goals Magic System free of charge so that you to can experience the magic power that is unleashed inside of you when you clearly define your future. All that we ask in return is that you pass the magic onto at least three friends via email. Also, we ask that you share your success with us via e-mail so that we know that the Goals Magic system is making a positive contribution.

Our mission is to share the magic in goals with one million people around the world. With the power of the internet and e-mail, and your help we know that it is entirely possible. Please send this Goals Magic system to as many people as you can via email.

DREAMS

DREAM ACTIVATION

Use this worksheet to create a list of dreams, goals and desires for the future. Don't worry at this stage how you will achieve these dreams, or the details. Simply create a list to be used as a starting point.

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DREAM IMAGES

Find images that represent your dreams and paste them here. This will assist you with visualising your goals and dreams as it serves as a constant visual reminder of where you are going.

A large, empty rectangular box with a thin black border, intended for pasting images that represent the user's dreams. The box occupies most of the page's vertical space.

FUTURE VISION

MAJOR GOALS

MAJOR GOAL SUMMARY

Use this worksheet to summarise all of the major goals you are currently working on in your life. This will provide you with a quick overview of your major goals and objectives at any one time.

Major Goal :
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.....
Life Area : Deadline : Completed: <input type="checkbox"/>

Major Goal :
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Life Area : Deadline : Completed: <input type="checkbox"/>

Major Goal :
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Life Area : Deadline : Completed: <input type="checkbox"/>

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Life Area : Deadline : Completed: <input type="checkbox"/>

Major Goal :
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Life Area : Deadline : Completed:

Major Goal :
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Life Area : Deadline : Completed:

Major Goal :
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Life Area : Deadline : Completed:

Major Goal :
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Life Area : Deadline : Completed:

MAJOR GOAL WORKSHEET

Your Major Goals are significant goals or objectives to be achieved in the mid to long term range. Major Goals are then supported by a series of Support goals that when achieved lead to the completion of your major goal.

Major Goal :
.....
Clearly define your
major goal describing
it in detail
.....

Life Area :

Time Frame :

Start date :

Completion date :

Why ?
.....
Describe why this
goal is important for
you to achieve
.....

Motivation
<i>We are all motivated to act for one of two reasons, either to avoid pain or gain pleasure. Describe the pain / pleasure motivation behind this major goal in detail. Why do you have to achieve this major goal?</i>
Pain:
.....
.....
.....
.....
.....
Pleasure:
.....
.....
.....
.....
.....

Support Goals

Now document what Support Goals you will need to achieve in order to reach this major goal. These Support Goals will then form the basis of your short term goals program as you are required to work on each one.

Support Goal Start Date: Finish Date: Complete:

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Support Goal Start Date: Finish Date: Complete:

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Support Goal Start Date: Finish Date: Complete:

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Support Goal Start Date: Finish Date: Complete:

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Support Goal Start Date: Finish Date: Complete:

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By signing off on this goal I fully commit myself to its achievement and seeing it through to the end. I realize that at times it may be hard and challenging but in the end it will be worth the struggle to see this goal through to the end.

Signed :

Date:

CURRENT GOALS

CURRENT GOAL SUMMARY

Use this worksheet to summarise all of the support goals you are currently working on in your life. This will provide you with a quick overview of your support goals and objectives at any one time.

Current Goal :	
	
Major Goal: <input type="checkbox"/>	
Plan: <input type="checkbox"/>	
	
	
Life Area :	Deadline :	Completed: <input type="checkbox"/>

Current Goal :	
	
Major Goal: <input type="checkbox"/>	
Plan: <input type="checkbox"/>	
	
	
Life Area :	Deadline :	Completed: <input type="checkbox"/>

Current Goal :	
	
Major Goal: <input type="checkbox"/>	
Plan: <input type="checkbox"/>	
	
	
Life Area :	Deadline :	Completed: <input type="checkbox"/>

Current Goal :	
	
Major Goal: <input type="checkbox"/>	
Plan: <input type="checkbox"/>	
	
	
Life Area :	Deadline :	Completed: <input type="checkbox"/>

CURRENT GOAL WORKSHEET

Your support goals are goals that when achieved move you closer to a major goal. Usually each major goal has a number of support goals that need to be accomplished prior to achieving the major goal.

<p>Current Goal :</p> <p>Clearly define your support goal describing it in detail</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Major Goal :</p> <p>List major goal this support goal relates to</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Life Area :

Time Frame :

Start date :

Completion date :

<p>Why ?</p> <p>Describe why this goal is important for you to achieve</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
---	--

<p>Motivation</p> <p><i>We are all motivated to act for one of two reasons, either to avoid pain or gain pleasure. Describe the pain / pleasure motivation behind this support goal in detail. Why do you have to achieve this support goal?</i></p>	
<p>Pain:</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Pleasure:</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Obstacles	Solutions
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.

Resources

To achieve any goal requires you to have access to key resources. List here the resources you currently have access to and any that may be required in order for you to complete this support goal.

Current:

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Required:

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Knowledge Required

What additional knowledge do you require to complete this goal? What books can you read, or courses can you take to gain this additional knowledge? Who could you seek help from in gaining this knowledge?

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Action Steps

Now document what action steps you will need to achieve in order to reach this support goal. These action steps will then form the basis of your day-today activities in order to reach your goals program as you are required to work on each one.

Action Step	Start Date:	Finish Date:	Complete:	<input type="checkbox"/>
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Action Step	Start Date:	Finish Date:	Complete:	<input type="checkbox"/>
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Action Step	Start Date:	Finish Date:	Complete:	<input type="checkbox"/>
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Action Step	Start Date:	Finish Date:	Complete:	<input type="checkbox"/>
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Action Step	Start Date:	Finish Date:	Complete:	<input type="checkbox"/>
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Action Step	Start Date:	Finish Date:	Complete:	<input type="checkbox"/>
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By signing off on this goal I fully commit myself to its achievement and seeing it through to the end. I realize that at times it may be hard and challenging but in the end it will be worth the struggle to see this goal through to the end.

Signed :

Date:

MONTHLY ACTIONS

Monthly Action List

Month:

Year:

The monthly action list details all the steps you can take this month to move towards your goals and dreams. The monthly action list should include items from all of your life areas. When you plan out your day each morning you should refer to this list and see which items you can work on or complete today.

Action Step
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Action Step
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Action Step
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DAILY GOALS REVIEW

DAILY GOALS REVIEW

Every day write down your top 10 – 15 goals you are currently working on as a reminder and to further imprint them on your subconscious mind. State your goals in the present tense, positive, and in the first person. Make sure your goals have a deadline.

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