

Create Your S.M.A.R.T. Goals:

Take your list from your vision exercise in episode 3 (Clarify Your Ideal Life Vision), the part where you wrote down your vision in each of the 9 areas of your life. Now take that list and create S.M.A.R.T. goals that will help you get to that vision of yourself. When you are done with this, you should have at least 9 S.M.A.R.T. goals, a minimum of 1 for each area of your life.

Then read these goals to yourself each day. This will begin to plant seeds into your subconscious and help you achieve your vision.

Your S.M.A.R.T. Goals:

Financial Goals:

Home Goals:

Material Possessions Goals:

Career Goals:

Free Time and Recreation Goals:

Health and Body Goals:

Relationships Goals:

Personal Goals:

Community Goals:
