

The Goal Achiever Plan is part of a course called: GOAL VISUALIZATION.

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GOAL ACHIEVER PLAN

★ Goal Visualization = One Goal (big or small):

You will need to define what needs to be accomplished for your Big Goal in 3 Phases to complete your Goal. Start listing now. You can change and modify as time goes by!

★ List the 3 Main Tasks/Categories That Need to Be Accomplished to attain Your Goal

Phase 1	
Phase 2	
Phase 3	

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Each Phase will have 5 or less Main Tasks or Categories that need to be Done in each Phase.



List 5 Major Tasks or Categories that will help you achieve your Big Goal.

Major Tasks (Phase 1)	Major Tasks (Phase 2)	Major Tasks (Phase 3)
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____

★ What is your projected Goal Accomplishment date? _____

★ Commit to your goal date by signing your name here:



EVERYDAY: Keep your eye on the BIG GOAL. Keep a notebook with these notes in it and visit each phase and task in the same place and time: EVERYDAY.

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Write Down your Goal **AGAIN** from Page 1 and Simplify and Clarify = One Goal (big or small):



Why do you want to achieve this Goal?



Who or what does this goal benefit?



List the things that this goal will allow you to have or do. Try and add these things into your daily Goal Visualization of this goal.

GOAL

VISUALIZATION



TIP: To achieve a goal you must break your goal into 3 phases, (Months, Days, Weeks) and decide what you to accomplish in each phase. Doing so allows you to see where you are falling behind, or ahead. The big win is when you accomplish your goal, BUT: you will actually have many “MINI-WINS” because you will accomplish Major and Daily Tasks in each Phase; as well as accomplished each Phase. Each daily task, major task, phase or Big Goal accomplished should be celebrated with, at least, a gold star, a check mark or a dance around the room. Each time you celebrate an accomplishment makes you a better Goal Achiever for your Next Goal!

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Create a “Visualization Station:” This is the place where you will sit down, every day, to view your Phases and Task to make sure you’re on track, DAILY, to accomplishing your Goals. During each time you sit down at your Visualization Station, close your eyes and visualize your Goal or your Tasks as well as picture yourself accomplishing your task or goal as if it was NOW, in the present moment.

★ Visualize your Goal DAILY: 5 to 30 minutes per day!

You can use Jon-David’s Guided Visualization on YouTube

Guided Visualization Job Work Career Advancement: <https://youtu.be/8cbUbsxjLOo>

Goal Clarity Guided Visualization What You Want In Your Life: <https://youtu.be/L0swSpKjgdk>

Guided Visualization Exercise Become a Better Goal Achiever: <https://youtu.be/uFePg8dl-fy>

Guided Visualization Goal Clarity Be Clear on Your Next Steps: <https://youtu.be/xE4xkO-TWs>

Check Out More Guided Visualization from Goal Achiever Club: [YouTube Playlist](#)



Tip: If you feel like you might be dancing with daily procrastination concerning your Major or Daily tasks for your goal, try committing to doing 10 minutes of one of your next day’s daily tasks the day or night before. JUST TEN MINUTES! When you wake up the next day, your mind will be ready to tackle that task and more!

In the next Pages, you will be asked to fill out your MAJOR TASKS/CATEGORIES that you will need to do to accomplish your Big Goal.



Tip: You can add or take-away Major Task or Daily Tasks as needed. You don’t have to be perfect along the way of achieving your goals. You just have to be clear, DAILY, on what you need to do.

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 PHASE I

List 5 (or less) Major Tasks for Phase 1. Check off on Daily Tasks Chart when Completed

1. _____
2. _____
3. _____
4. _____
5. _____

DAILY TASKS CHART

(Feel Free to use your own Calendar!)

Daily Tasks	Daily Tasks	Daily Tasks	Daily Tasks	Daily Tasks	Daily Tasks	Daily Tasks	<input checked="" type="checkbox"/>
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31	32	33	34	35	

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 PHASE II

List 5 (or less) Major Tasks for Phase 1. Check off on Daily Tasks Chart when Completed

1. _____
2. _____
3. _____
4. _____
5. _____

DAILY TASKS CHART

(Feel Free to use your own Calendar!)

Daily Tasks	Daily Tasks	Daily Tasks	Daily Tasks	Daily Tasks	Daily Tasks	Daily Tasks	<input checked="" type="checkbox"/>
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
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 PHASE III

List 5 (or less) Major Tasks for Phase 1. Check off on Daily Tasks Chart when Completed

1. _____
2. _____
3. _____
4. _____
5. _____

DAILY TASKS CHART

(Feel Free to use your own Calendar!)

Daily Tasks	Daily Tasks	Daily Tasks	Daily Tasks	Daily Tasks	Daily Tasks	Daily Tasks	<input checked="" type="checkbox"/>
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
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When you take time to visualize each step, each phase and each task of your goal, **BEFORE YOU TASKS**, make sure you remember the details from your visualization/imagination. This allows your sub-conscious mind or higher power to help you find solutions and partners etc that you might need to accomplish your Goals.

PRECISION VISUALIZATION

Use Precision Visualization to Visualize your Goal EVERY DAY.



★ **THIS HELPS YOU!:** List the details about the goals that you have accomplished in the past, such as: People who helped you + Your attitude at the time + Time of Year + Inspirations for the Goal/s Accomplished + Rituals you had + Your Health + Financial Situation + Time Commitment + Work Involved + Motivations + EVERYTHING! (What is your process? What is your Rhythm?)

★ Add some of the positive things that had helped you to achieve your goals in the past into your Goal Achiever Plan and into your daily Goal Visualizations.

GOAL VISUALIZATION

★ Write down your *Goal Visualization* that you will spend 5 minutes or more visualizing per day. List details, such as people, weather, senses and what you would like to see.

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Have fun and draw or paint your Visualization on a separate page. Hang it near your Visualization Station!



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VISUALIZATION
OVER 1,091 STUDENTS HAVE TAKEN OUR COURSE!



Keep your eye on the BIG GOAL. AND when you get stuck, slow down or lack motivation, go back to the “WHY do you want to achieve this Goal?” and “WHO or WHAT does this goal benefit?” This will help motivate you, again & again!

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Facebook Live: Mondays 10am EST Tuesdays 10m EST CLICK