

S.T.A.R.T. GOALS

Transforming big goals into daily actions is the key to moving ahead. Ask this simple, yet powerful, question: *What can I do TODAY to realize my goals?* Break down your goal into actionable steps, and ensure that you are ready to "S.T.A.R.T.":

- S** Specific (What exactly is the action step I can take now?)
- T** Tangible (What is the result I expect upon completion?)
- A** Achievable (Do I have the resources needed to complete this action step?)
- R** Reasonable (Can I accomplish this now?)
- T** Timed (When exactly do I intend to have this action step completed?)

The Energy blocks:

What is stopping us from moving forward? Well it's **GAIL!**

- G Gremlins:** A very strong, emotional 'I' statement that pops in your head all the time (I am not good enough; I am not intelligent enough etc)
- A Assumption:** The "I-have-been-there-done-it-before-so why-do-it-again" block.
- I Interpretation:** A judgment from your own perspective of a certain experience in your life.
- L Limiting belief:** A belief that is outside (cultural, religious)of ourselves and we believe as true (the world is flat, blonds are dumb, etc)

<i>MY PASSIONS</i>	Date / /
When my life is ideal I am:	
1. _____	
2. _____	
3. _____	
4. _____	
5. _____	
* This or something better *	

Suggested reading:

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| "Breaking the Rules" | by Kurt Wright |
| "How the expand Love" | by his Holiness the Dalai Lama |
| "Non violent Communication" | by Marshal D. Rosenberg |
| "Take Time for Your Life" | by Cheryl Richardson |
| "The Four Agreements" | by Don Miguel Ruiz |
| "The Passion Test" | by Janet Bray Attwood and Chris Attwood |
| "The Secret" | by Rhonda Byrne |
| "The Science of Getting Rich" | by Wallace D. Wattle |