

Learning how to set goals properly is arguably the most powerful skill that you can possibly learn. When you know how to set goals, it allows you to effectively work toward anything.

### Steps:

1. Visualization
2. Assess Your Situation Honestly and Thoroughly
3. Formulate a Plan
4. Phrase Your Goals in Small Steps

### Fear Setting.

The idea here is simple: you are going to write down all of the things holding you back and all of the things you're afraid of and then you're going to present counterarguments, contingency plans and more to remove those fears.

Goal Setting

The Formula

Getting of fear

## MAKE IT HAPPEN

How to make your fitness goals happen

How to make your career goals happen

How to make your Relationship goals happen

- ✓ Start with visualization.
- ✓ Look at your circumstances.
- ✓ Make your plan based on this information and break it down into small steps.

### How to Set and Stick to Realistic Goals:

- ✓ Fitting it In
- ✓ Enjoy It
- ✓ Play to Your Strengths
- ✓ Take it Slow

- ✓ Knowing What You Want
- ✓ Creating a Fool Proof Strategy
- ✓ The Path of Least Resistance
- ✓ The Fail Fast Model

- ✓ Taking Stock
- ✓ Creating a Plan for Dating
- ✓ Knowing What You Want