

Goals Brainstorming

If your life could be anything you wanted it to be, what would it be ***right now?***

Where would you live? _____

What would your house be like? _____

Who would your friends be? _____

Achieve Your Goals

How would you spend your time, if you could do anything you wanted?

What would you eat? Wear? Listen to? _____

You Deserve It!

Achieve Your Goals

Would you work? If so, what would you do? If not, what would you do?

What do you want to learn? To know? To be? _____

Where would you like to vacation? What would you do? _____

You Deserve It!

Permission Goals

Permission goals are just what they sound like: Things you really want and could easily have with the resources you have now, but that you just haven't given yourself permission for.

What's the goal? _____

Why don't you have it? _____

What's the goal? _____

Why don't you have it? _____

What's the goal? _____

Why don't you have it? _____

Achieve Your Goals

What's the goal? _____

Why don't you have it? _____

What's the goal? _____

Why don't you have it? _____

What's the goal? _____

Why don't you have it? _____

Is there a pattern? If so, describe it: _____

Things To Get Rid Of

Like Permission Goals, these can be extremely easy or terribly difficult. They're the things that exist in your life right now that you'd be better off without. Habits, clutter, distressing people, unpleasant environmental factors, unnecessary expenses, fixations, collections, annoying verbal habits... Anything at all that you'd be better off without.

Just complete each sentence, put a deadline on it and make it happen.

I want to eliminate _____

by ___/___/_____ When that's done, my life will be better because: __

I want to eliminate _____

by ___/___/_____ When that's done, my life will be better because: __

I want to eliminate _____

by ___/___/_____ When that's done, my life will be better because: __

I want to eliminate _____

by ___/___/_____ When that's done, my life will be better because: __

I want to eliminate _____

by ___/___/_____ When that's done, my life will be better because: __

Achieve Your Goals

I want to eliminate _____

by ___/___/_____ When that's done, my life will be better because: __

I want to eliminate _____

by ___/___/_____ When that's done, my life will be better because: __

I want to eliminate _____

by ___/___/_____ When that's done, my life will be better because: __

I want to eliminate _____

by ___/___/_____ When that's done, my life will be better because: __

I want to eliminate _____

by ___/___/_____ When that's done, my life will be better because: __

I want to eliminate _____

by ___/___/_____ When that's done, my life will be better because: __

Achieve Your Goals

Main Goals

These are the things that are important to you that are left after you take out Permission Goals and the list of things you want to get rid of.

When you list the goal, describe it. Be specific about what you want. It's next to impossible to achieve something without knowing what it is that you want.

You Deserve It!

Main Goals - Page 2

Main Goals - Page 3

Inventory: Contacts

Here you want to list everyone you know. Your banker, your bartender, and your boss. Friends, relatives, suppliers, customers, casual acquaintances, email buddies, you name it. List 'em all.

Who are they, and what do they do?

Who are they?

What do they do?

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Inventory: Financial resources

Cash on hand: \$ _____ .00

Credit line(s): \$ _____ .00

Liquid assets: List what could be immediately converted to cash.

- 1. _____ Value: \$ _____ .00
- 2. _____ Value: \$ _____ .00
- 3. _____ Value: \$ _____ .00
- 4. _____ Value: \$ _____ .00
- 5. _____ Value: \$ _____ .00
- 6. _____ Value: \$ _____ .00
- 7. _____ Value: \$ _____ .00
- 8. _____ Value: \$ _____ .00
- 9. _____ Value: \$ _____ .00
- 10. _____ Value: \$ _____ .00

Total liquid assets: \$ _____ .00

Invoices payable to you: \$ _____ .00

Total: \$ _____ .00

- Invoices you owe: \$ _____ .00

Current net cash position: \$ _____ .00

Inventory: Financial resources 2

Revolving Debt

Revolving debt: (credit cards, home equity lines, etc):

\$ _____ .00

How soon do you want to eliminate this debt? ____ / ____ / ____

Monthly Cash Flow

What is your total current monthly income? \$ _____ .00

What is your total monthly spending? \$ _____ .00

Your monthly net income is: \$ _____ .00

Inventory: Financial resources 3

Convertible assets (Stuff you don't need and can sell):

Investments and Real estate:

Inventory: Financial resources 4

List all your cash-generating assets - any products, inventory, rental properties, intellectual property (if supported by a sales process), and anything else that creates (or could easily be set up to create) income:

List any other financial resources you may have:

Inventory: Technical Resources

Here you want to list computer hardware, electronics, (camcorders, VCRs, etc), software, technical staff, etc.

You want to pay close attention to the resources that come with your web site. If you have autoresponders, CGI access, extra email boxes or aliases, list servers, password protected directories, etc. Anything your web host lists as being included with your service. This is one of the most often overlooked parts of the resource list.

Inventory: Skills

List every skill you have, no matter how simple and obvious it may seem. The ones that could be the key might be obvious and unimportant-looking to you.

For instance, if you speak and write fluent Spanish and are good at research, consider the potential for information products in the Spanish speaking market.

List: Every job you've ever had, and what you learned from it.

- Every hobby you have that requires any more skill than flipping channels.
- Every language you speak, instrument you play, and past or present interest.
- Every volunteer position you've filled.
- Every incidental skill you've acquired along the way. This can be writing, accounting, brainstorming, whatever.

Achieve Your Goals

Inventory: Skills 2

You Deserve It!

Inventory: Activities

Inventory: Character Traits

List the good ones and the bad ones. Be honest with yourself. We all have positive and negative traits. You don't fix the negatives or make the most of the positives until you know what they all are.

Positive

Negative

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

I Really Enjoy...

A simple list, but you need to take it very seriously. Be honest with yourself.

What three things in life do you really enjoy the most? What would you do if money wasn't a concern and never could be?

□ _____

□ _____

□ _____

Step-by-Step

What specific goal are you outlining right now?

(Step 1) What is the last thing I need to achieve before this step is made reality?

(Step 2) And just before that?

(Step 3) And before that?

(Step 4) And before that?

(Step 5) And before that?

(Step 6) And before that?

(Step 7) And before that?

(Step 8) And before that?

Achieve Your Goals

(Step 9) And before that?

(Step 10) And before that?

(Step 11) And before that?

(Step 12) And before that?

(Step 13) And before that?

(Step 14) And before that?

(Step 15) And before that?

Taking The Step

The step I am focusing on right now is:

1. What financial resources do I need to accomplish this? How much will it cost? Will I need credit? A consistent level of income? Insurance? Real estate?

2. What skills will I need to achieve this? What do I need to know how to do?

3. What contacts will I need to achieve this? Who can help me get there? Who do I know, and who do they know? What do I need to do in return? (Or in advance...)

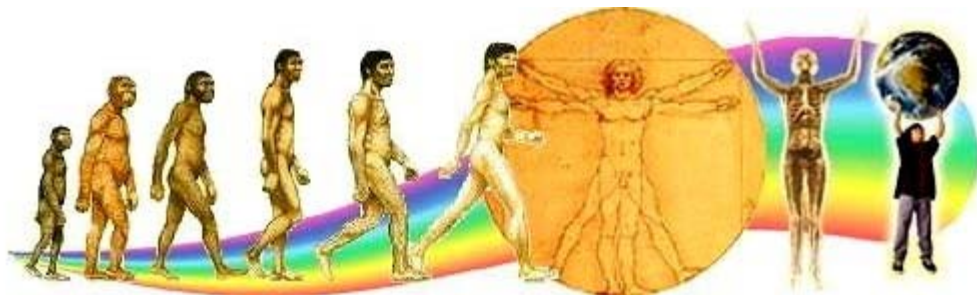
Taking The Step 2

4. How much time will this stage take? Overall? Per day?

5. What systems will I need to have in place to achieve this? Will I need help, or can I do it alone? What technology is necessary? What will help speed this up?

6. How can I make this part easier on myself? What can I do to achieve this faster, cheaper, and with less risk?

Trans4mind.com



Comprehensive resources for personal growth and transformation of body, mind and spirit. The site includes excellent free personal development plans, courses, books, articles, quotes and videos ... and our great collection of [free ebook downloads](#). Plus the paid Trans4mind courses and programs for those who want to go all the way!

Why Do Personal Development?

A natural trait of humans is to be constantly developing, growing and moving toward a **balanced and mature way of being**. Our present personality is determined by both who and what we have been and by the person we strive to become. The goal of personal development is to learn and apply that which enables us to attain emotional wellbeing, understanding and effectiveness, and to share this knowledge with others.

Personal development is the conscious evolution of human nature, and yet throughout history it has been sorely lacking! Although it is in our nature to learn and grow, we are held back by our culture, which is predominantly focused on survival needs, each of us in competition with others, and our spiritual inner nature is repressed. The animal rules. We make no room for unconditional love.

Even though the culture may have evolved with technological advancement and administrative complexity, human nature has not moved forward as it might. Our consciousness and mindfulness remain as always. We are now paying the price for Mankind's selfishness and inconsideration. **Going forward, the quality of our lives on this planet - even our survival - now depends on each of us taking responsibility for our personal growth.**

The human being needs to awaken to the soul that inhabits each body and is our true self and source of inner knowing. Awaken through a process of self-discovery, leading to one's own, self-directed spirituality. We need to become mindfully conscious instead of ruled by the dictates of instincts, past habits and fixed beliefs. We need to throw away dogma, open our minds and reconsider. **Instead of fear about our survival and competitive angst, we will then be motivated by compassionate understanding and creative love.**

For those that do move forward, the next epoch - that is almost upon us as we move into 2012 - will be a celebration of human cooperation and shared love. **It's our best hope for the future - and it's in our hands.**

[FREE COURSES, READING & SERVICES](#) ▶

[TOP RECOMMENDED PRODUCTS](#) ▶