

“How to Get Super Goal Results Finally this Year!”

By Dr. Cindy Brown, “The Relationship Strategist”

Research shows repeatedly that people who spend the time to map out their lives; wants and needs; their daily, weekly, yearly goals and visions and then spend the time making them happen, accomplish more, are happier, healthier and more successful than others.

Here are the steps you must take to begin this process. You must first look at where you have been in order to decide where you want to go now.

I. Do an honest inventory of the previous year of your life personally and professionally. Look at your goal sheets if you made them last year. Look at your profit and loss summary for your business. Look at your life and your surroundings. Now Allow yourself some quiet private time to explore these questions below; put music on, meditate, pray or think about each one and then write down what you find.

-What did you accomplish last year? What are you proud of?

-What are you thankful and grateful for?

-What did you not complete that you wanted to?

-What were your challenges and what can you do differently now to create different results this year?

-What do you want this year to look like?

II. Do a vision exercise to make your wishes a reality; stay in that contemplative, meditative place a bit longer and imagine yourself in the present year 6 months from now, walking through a forest path and you come across a bridge to a beautiful meadow and garden with a big pond. You bend down to look into this pond and **you see your reflection and you begin seeing your present year flash in front of you;** the things you accomplish, the goals you complete, the relationships you have; all the good and maybe even the challenges...**flash forward it is New Years eve.** You are looking at your goal sheet and you are reading off all your completed goals to a gathering of your most supportive and loving friends. They are smiling at you and clapping in celebration of your

accomplishments. You feel the expanding joy inside you!

III. Do your Planning NOW! Or Plan to Fail!

Write down right now what you saw in the previous visioning exercise...what was your big picture, what were you doing, what did you accomplish, what were you feeling???

Now write down 1-3 goals in each of these categories that you want to complete this year: Personal/Psychological, Health/wellness, Job/career, Financial, Spiritual, Social/Relationships, Family, Community/charity

Now Let's look at how you can take a goal to completion. So you have your goals written down in each category...

IV. Write a completion date next to each one to give yourself an end point to work towards. Now rewrite each goal as if it has already happened. For example: if my goal was to buy a new house by June 2008. I would rewrite my goal as- It is June 30th, 2008 and I am sitting in the sun in the backyard of my new house and I am so happy and grateful for my new house. This tells the universe it is already done.

V. Now write these statements you have constructed on note cards and read them each day and night. As you read them let yourself feel the feelings, qualities that would accompany having that goal met as if you are having it right then; see yourself enjoying the goal accomplished and reaping the benefits, feel it, taste it, hear it, etc. *Remember the **Law of Attraction** always works and works best for you when you stay in the good feelings that will attract the good goal you want to yourself.

VI. Now Take action each day towards that goal being fulfilled.

Create a task list for each goal and each day choose to do some of these tasks to get you closer to accomplishing your goals and experiencing your dreams. As you are completing your tasks, make sure you praise yourself and feel the feelings associated with fully receiving that goal intended

...REMEMBER, the universe doesn't know the difference between your positive thoughts and feelings and reality. **According to the "Law of attraction-" like energy attracts like energy.** So the more time you stay in the positive feelings and thoughts and actions associated with your goal, the more likely you will attract it to you and you will have it.

VII. Work through your negative thoughts, feelings or inhibitors so they don't interfere with this process. You may have false beliefs, conflict, challenges receiving, negative people around you, or you exist in negative surroundings. You may need to clean house, let some old stuff go, reorganize your life in order to be able to receive or create something new. **You may need a coach like me to help you** clear out negative patterns of fear, doubt and lack in order for you to accomplish your goals and what you really want. **Call me now to get SUPER RESULTS COACHING for a limited time and to a limited number of people at 50% off 310-202-1610 ext. 4.**

These are the necessary steps to making your new year and every year successful for you. Do these steps and I can guarantee your new year will come out better than the last year for you. Also go check out another great BONUS article at my website www.successfulrelationshipsnow.com in the free articles section scroll down to the bottom for all my great articles: <http://www.successfulrelationshipsnow.com/pdfs/HowtoGetandStayMotivated.pdf>.

I hope these tips have helped you and will prepare you to have what you really want this year. **Remember: In order to be the person you have never been, In order to have the life and relationships you have never had, You must do what you have never done before: Give me a call or contact me so I can support you further!**

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