

Goal Attainment Exercises

Instructions, select one or more of the following exercises to complete over the next 30 days.

Exercise #1

Create your personal manifesto which clearly states who you are, what your vision is and what you will do to get there.

Exercise #2

Identify someone who has been successful in your field and invite them to lunch. Find out as much as you can about what you need to do to be successful.

Exercise #3

Mentor someone else in your field. The true proof of mastery is your ability to share your knowledge.

Exercise #4

Create an imaginary commercial about your success. Write down in detail what you see. Now play back your commercial daily.

Exercise #5

Create visual stimuli that will remind you of the benefits of achieving your goal. Hang them on your bathroom mirror; post them on your desk. Put them anywhere that you visit often as a reminder of where you are going.

Exercise #6

Create a mastermind group where the members support each other in reaching their goal. Skip ahead to Chapter 12 for instructions on how to start your ALLIANCE.

Exercise #7

Write a letter to yourself, signed by you, which details what you plan to accomplish and why it is so important that you succeed.