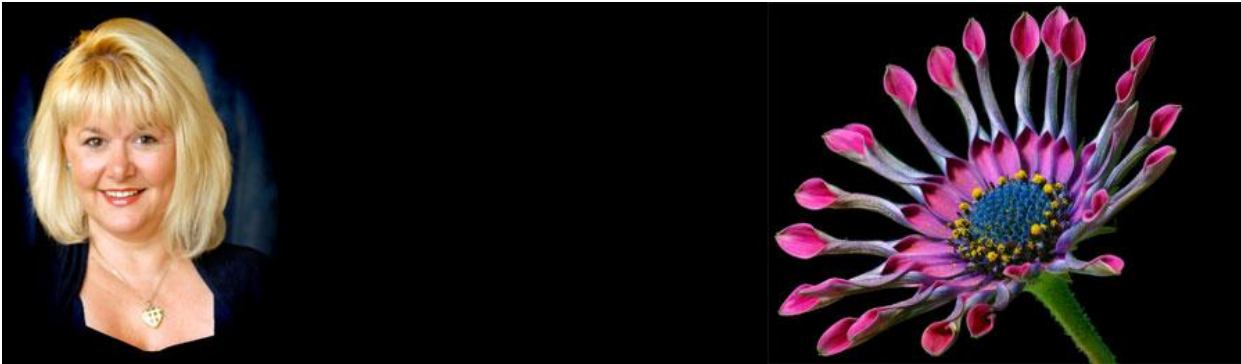


Jacqui Tillyard's Hidden Profits Blueprint System tm

www.jacquitillyard.co.uk email jacqui@jacquitillyard.co.uk



Goal Setting Template - The format

- Concise and to the point (clear)
- Realistic to you
- Ecological (doing no harm to you, others or the planet)
- As if now (written in the present tense)
- Time bound (give a specific date on each one)
- Evidence procedure- how will you know you have achieved that goal

Example

It is now (date) 20th May 2015_____

And I have secured my new job at my local charity organisation working with kids in gardens

I know I have achieved my goal because:

I can see, happy smiling faces (including mine!) I am learning new experiences and I can manage the workload easily and with lots of energy

I can hear laughter and thanks

I feel energised and happy

I think to myself, well done you did it!

The strategy for creating and achieving successful goals is:

- **Decide** –
When you are totally committed to making it happen, all sorts of synchronistic occurrences can happen!
- **Focus on what you want**
Avoid the I don't want syndrome, only keep your eye on what you want to have happen
- **Set time boundaries**
You must always set specific dates and times on your goals, when you write them put them in the present tense as if they are happening now, not some time in the future.

E.g. it is now 4th Jan 2009 and I have/am, not I will or might have etc

It is vital to write down goals in this format as your unconscious mind will begin the work it needs to do to help you fulfil your ambitions once it knows what you want. It can only comprehend the here and now hence you must state your goal in the present.
- **Commit and take steady and regular action towards achieving your goal**
Some believe if they just write down what they want it will magically happen, bad news is effort, action and focus are all prerequisites for achieving goals!
- **Review, learn, celebrate**
Always review where you are in relation to your goals, do they still serve and stretch you? Are you on track? Do they need adjusting to meet your needs? If you have achieved them have you celebrated them yet?
- **Ask, be curious**
A curious mind is an expansive one, keep asking questions growth comes from learning and while you are asking you are learning. A mind expanded can never go back to its original size.
- **Set some more goals to continue to grow and expand**

Keep repeating this process for continuous results!

Expanding your Goal Plan – Defining your 'IT' goal.

I hear many people refer to their goals as some place out in the future with no real substance other than they want IT, are going for IT or wish they had IT! Well in order for you to get IT, I want you to sit and define what your IT is! IT, in this case is your Income Target Goal. Really think about who you need to become, act and behave like in order to achieve your target.

Why is it so important for you to achieve this goal, why must it absolutely happen?

The more you can convince yourself about this, the more likely it is to happen!

Who do you need to become to achieve your goals?

(List the qualities that spring to mind and the feelings that they evoke in you)

What specifically will you invest your time and effort on?

Why must you absolutely reach this goal, what's your big WHY?

(What is your ONE compelling reason that this is so important to you?)

My Big WHY

Understanding your why will keep you focused on your outcome and inspire you to take regular focused action to make sure you achieve the goals you set. A method to get your creative juices going is to creating your Target Vision?

Write a ***detailed*** description of your target vision.

You can use this list to get you started:

I want to _____ so that I can _____

I'll feel ...

I'll see ...

I'll say ...

I'll know ...

I'll have ...

I'll keep ...

I'll receive ...

I'll give ...

The more emotional details you can put into this part will help you to create a clear directional picture.