**INFINITE GOALS**

1. I AM LEAN AND STRONG

2. I HAVE A RICH SPIRITUAL LIFE

3. I HAVE A WARM, SEXY, COMPANIONABLE RELATIONSHIP

**ACTION STEPS**

1. I STRENGTH TRAIN 3X/WEEK

2. I DO CARDIO 3X/WEEK

3. I EAT CLEAN-NO BREAD OR PROCESSED FOOD

4. I DRINK 80 OZ OF WATER DAILY

1. I STUDY MY SPIRITUAL BELIEFS DAILY

2. I WRITE IN A JOURNAL DAILY

3. I ATTEND CHURCH 4X A MONTH

1. I DATE \_\_\_\_\_ WEEKLY

2. I LISTEN WITH SINCERE INTEREST

3. I TAKE A WEEKEND TRIP WITH \_\_\_\_\_

**SYSTEM**

TS

TS

TS/Affirmation

TS

TS

TS

TS/SC

TS/SC

AFFIRMATION

TS/SC

4. I AM A MASTER OF SELF-DISCIPLINE

5. I AM SELF-EDUCATED

6. I AM A LEADER AND AN AUTHORITY

7. I AM INDEPENDENTLY WEALTHY

1. I READ MOTIVATIONAL MATERIAL DAILY

2. I TRACK MY DAILY AND WEEKLY GOALS

1. I READ 20 MINUTES DAILY

2. I ATTEND ONE EDUCATIONAL EVENT

3. I LISTEN TO EDUCATIONAL MATERIAL WHILE DRIVING TO WORK

1. I SPEND 30 MINUTES OF MY WORKDAY READING THE LATEST INFORMATION IN MY FIELD

1. I HIRE AN INVESTMENT PROFESSIONAL

2. I INVEST 500$ A MONTH

3. I PAY 500$ A MONTH TOWARD DEBT

TS

TS/AFFIRMATION

TS

TS/SC

TS

TS

SC

TS/SC

TS/SC

8. I AM A WOMAN OF INTEGRITY

**FINITE GOALS**

1. I CLIMB MT. FUJI

2. I READ THE QUR’AN

3. I TEACH MY CHILDREN TO SKI

4. I ATTEND \_\_\_\_\_ SEMINAR

1. I AM HONEST IN EVERY DEALING

2. I KEEP MY PROMISES

**ACTION STEPS**

1. I PICK A DATE FOR FUJI

2. I BUY AIRFARE TO JAPAN

3. I TRAIN BY HIKING TWO HOURS 3X/WEEK

1. I READ 6.5 PAGES OF THE QUR’AN DAILY

1. I BUY A FAMILY SKI PASS

2. I RENT SKIS FOR THE SEASON

3. I BUY SKI WEAR FOR EACH CHILD

4. WE SKI EVERY SATURDAY

1. I PURCHASE A TICKET TO \_\_\_\_\_ SEMINAR

2. I CLEAR MY CALENDAR FOR SEMINAR DATES

AFFIRMATION

AFFIRMATION

**SYSTEM**

SC

SC

TS

TS

SC

SC

SC

TS

SC

SC

5. I READ 30 BOOKS IN ONE YEAR

6. I DO THREE MILLION IN SALES THIS YEAR

7. I LEAVE A SERVER A 100$ TIP

8. I VOLUNTEER AT THE HOMELESS SHELTER

1. I MAKE A LIST OF 30 BOOKS TO READ

2. I PICK 10 BOOKS FOR CURRENT 90 DAYS

3. I READ 30 MINUTES DAILY

1. I INCREASE SALES BY ADDING TWO SALES CALLS A DAY

2. I CUT OVERHEAD BY 5%

3. I RAISE PRICES BY 2%

4. I ATTEND A NETWORKING EVENT WEEKLY

1. I LEAVE A SERVER A 100$ TIP

1. I CALL THE HOMELESS SHELTER TO CHECK NEEDS

2. I PLAN A DATE TO SERVE

3. I ORGANIZE THE PEOPLE AND MATERIALS

SC

SC

TS

TS

SC

SC

TS

SC

SC

SC

SC