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~ Make Your Dreams Reality – 2014 Goals ~



Use these prompts in your journal to guide your 2014 goal setting.

**Visualise your ideal life. How would it look? How would you feel? What would you be doing? Who would you surround yourself with?** Make notes about your vision or cut and paste pictures to represent what this looks like for you. This could be done in the first few pages of your journal or you might choose to create a 'vision board' to hang in a predominant place as a permanent reminder of your goals throughout the year.

**Now that you have your vision or end goal, think of the specific goals you will need to achieve your vision.**

**For each of your goals, do the following:**

- **Set your goal:** Write down exactly what you want – be very specific and make sure your success can actually be measured eg. instead of 'to lose weight' you might say 'to lose 5kg' or to 'lose 10cm from my waist measurement'
- **Reason:** Write down why this goal is important. How will achieving this goal impact on your life?
- **Make a Date:** Think about when you are going to start working towards this goal (Don't fool yourself into believing you can do everything at once) Check the calendar and be reasonable with yourself. Once you have a beginning date, set a deadline. A deadline is crucial to keeping you focussed and allowing you to manage your time effectively. Write down your start & end dates.

- **Actions:** How are you going to achieve your goal? Now you need to create a big 'to do' list. Write down all the steps required so that you can reach your goal by your deadline. Try to review your list regularly. You should cross off actions as they are completed and add to the list as needed. I leave a double page for my actions list and review it as I'm getting ready to start the week. Create a habit of regularly reviewing your actions towards your goals.
- **Rewards:** Of course the big reward is in achieving your goal. Remember, there is a reason that you want this, however, sometimes it is nice to spoil yourself with another reward to celebrate your eventual success. Write down something you would love to do or buy as a reward for achieving your goal.

**Always aim for balance in your life. With balance you will gain improved health, further productiveness and most importantly, greater happiness.**

***Best wishes for the journey. I hope in 2014 you see your dreams become reality.***

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