## **GOALS TO STATEMENTS**



Why is it essential for you to reach this goal?	
When you think of reaching this goal, how does it feel?	
Note: If you feel tense, journal and/or talk it out to find yourself sharing this success as noted in step 7. Feel it, subconscious will begin to look for opportunities and wwant most. Use these answers to create a power state	see it, smell it! As you do this, your ays to align your life with what you
1. Does it inspire me?  2. Do I genuinely feel it's possible to reach this goal?  3. Who is my accountability partner?  4. When and how often will we check in?  5. How will I celebrate when I reach my goal?	Make your dreams sufficient to:  • Empower you to perform  • Overcome your fears  • Drive towards excellence  • Avoid things that ambush  • Become the person who achieves them
P.S. Don't skip this step! Celebrating is a form of app sustainable success.	reciation that is essential in creating
CREATE A POWER STATEMENT	
Create a statement to powerfully articulate your vision stay focused, and remain on track. Use the following a your Power Statement. Post it on your mirror (or recordaily. Draw out the insights that inspired you most fro to make these power statements, especially when using the statements.	uestions and format to create d as an audio) to connect with it m <i>Dreams to Goals</i> . You'll continue
I am a on or before	-1-11
I am so grateful because	
And I feelExpress emotion in advance for how you	
I amon or before	
In I amon or before	
Kank i year from now	Data

