Creating the Life You Want

The Ten Steps to Accomplishing a Goal

1. State as clearly as possible in a positive manner what it is that you want to create in your life.
   - Within the next (time frame)_____________________, I choose to ...

2. Be clear why you want this and how your life will be different once you achieve this goal.
   - I believe the benefits of doing this will be ...
   - If I decide not to do this, it will mean...

3. Understand what you have going for you to help you achieve this goal.
   - Three things that I have going for me in terms of creating the kind of future that I want are ...

4. Understand the challenges that exist.
   - Three things that may keep me from creating the kind of future that I want are...

5. Be especially aware of the negative self-talk that sabotages and undermines your attempts to succeed.
   - The negative and destructive self-talk that I need to watch out for is...
   - I will fight this negative self-talk by ...

6. Be clear about what you need to achieve this goal in terms of skills, resources, support systems, etc.
   - I need to learn the following skills in order to accomplish this goal...
   - I need to get these resources...
   - I need to develop these supports...

7. List the 3-5 major actions that you need to take to start moving toward this goal.
   - I need to get started by doing these things...

8. Think of ways to care for yourself as you work to achieve this goal.
   - I will take care of myself while working to create the kind of future I want by...

9. Stay focused on what you want to create, not on the difficulties you might be having.
   - I will keep myself focused on what I want to create and the benefits this will bring me by ...

10. Be easy on yourself! Have fun! Enjoy it! Enjoy life!
    - I will remember to be easy on myself. Have fun! Enjoy it! I will work to enjoy life by doing these things...