



## Lesson 4 – Goal Setting

Request for help

Intention versus goal setting

How can I make the intention stronger?

Goal setting's importance can easily be overlooked due to its simplicity. You don't just want to understand goal setting. You want to work towards becoming good at goal setting and goal achievement or work towards becoming great! Even consider striving for mastery at goal setting and goal achievement!

Goal setting is a fundamental success skill. It compares to addition, subtraction, multiplication and division.

Goal setting should be studied.

If you want to get better at playing the piano you would:

Practice

Study

Play live audiences

Hire an instructor

If you want to get better at goal setting and goal achievement you can:

Set goals – the more times you set goals the better you get

Study goal setting by reading, listening to audio and watching videos

Hire a coach

Teach goal setting to others

If I teach with any distinction there are 10 levels of understanding.

Goal Setting Mindset

I am not good at goal setting becomes

I can become good at goal setting

I can become great at goal setting

If I am willing to put in the effort I can master goal setting



## Mannifesting Formula

Idea  
Goal  
Plan  
Execute

## 10-Step Goal Setting Process

### **Idea**

1. Think about what you want and write it down.


### **Goal**

2. Decide exactly what you want and write it down.
3. Look at your goal and make sure it is measurable.
4. Identify the reasons why you want your goal and write them down.
5. Decide on exact date you want to accomplish your goal and write it down.

### **Plan**

6. Make a list of action steps to accomplish your goal and write it down.
7. Create a plan from your list of action steps and write it down.

### **Execute**

8. Take action 
9. Do something every day.
10. View, visualize, and speak your goals daily.

You can set goals in with many different time frames

1 hour  
1 day  
1 week  
1 month  
1 year  
5 years  
Lifetime



You can set goals in all areas of your life

Health  
Financial  
Career  
Spiritual  
Family

Last Productive Day Goal – September 12, 2046

Bonus Video – Goal Setting Mastery Course - <http://bit.ly/goalsettingmodules>