



# 10 Steps to Successful Goals

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1. Decide what you want—Dream It—See It.
2. Stand in front of the mirror and give yourself permission to go for your goal. I want it—I deserve it.
3. Make a plan. What will it take? Break it down.
4. Tell a friend
5. What additional training or help will you need?
6. Make no excuses. Don't talk yourself out of it. Talk yourself into it.
7. Ask Leader for help.
8. At least 1 weekly call w/ Leader to keep on track.
9. Make a back-up plan.
10. Start today.