



Email Profit System

Goal Setting Worksheet

Reimagine Your Self-Image

A positive self-image determines outcomes

Release all preconceived notions about yourself

Tell yourself you will rise above any challenge

Let go of your past - you define today

Reimagine **who you are** and what
you are capable of doing..

Learn to positive self-talk:

“I am someone who succeeds”

“I will set up this business”

“Nothing can stop me from doing this”

Use the next page to change your self image...



Reimagine Your Self-Image

Describe who you were yesterday:

Describe who you will be when you are successful:

See The Finish Line First

Your brain doesn't care if your experiences are **real** or **imagined**. (Dr. M. Maltz et al ~1960)

Envision what success looks like
and means to you:

Who else will benefit from your success and how?

What will you buy and do with success?

Where will you go on vacation?

Bigger house? Newer car?

What hobbies will you start?

What toys will you buy?

Who will you help?

Use the next page to define your future...



Describe Your Finish Line

Visualize your goals and dreams. Record them below:

Take A Small Step

Big Things Have Small Beginnings

**Breakdown Your Goals Into
Small Manageable Tasks**

Take The Stairs...

You wouldn't jump to the top step.

Each task is a step up towards your goal.

Use the next page to define your tasks...



Define Your Small Steps

Breakdown your goals into small manageable tasks:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Set Your Own Standards

Measure Yourself With Your Own Standards

*Avoid other people's standards to
destroy your inferior feelings...*

Stick to the vision you have of yourself down the line:

6 months from now...

1, 3, 5, 10, 20, 30 years from now...

Use the next page to define your tasks...



Define Your Standards

What do you expect of yourself?

[illegible]

Make Mistakes

Mistakes Are Building Blocks For Success

If you try 10 times and fail 9 times,
Success Is Close...

Everybody makes mistakes.

Learn from them and act because of them.

Use the next page to embrace mistakes...



Embrace Your Mistakes

How have you failed and why? What could you have done differently?



Embrace Happy

Success Won't Make You Happy

Be happy **today**, not later.

Happiness is a state of mind & daily habit

Decide to be a happier person in your day-to-day life.

21 days of happiness will change your life



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