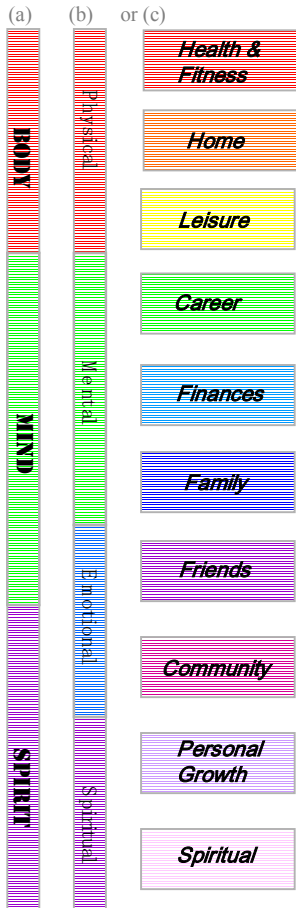


Start Here

* POCKETS OF LIFE



1. GRAND

D.R.E.A.M Goals

- Daring
- Rewarding
- Energizing
- Advance
- Mountain Top

2. I DO

Action Goals

- Things you can do that move you towards your Dream Goals

3. The KEY

S.M.A.R.T Goals

- Simple
- Measurable
- Describe an Action
- Realistic
- Time-bound



I am an easy size ten	I exercise	I exercise for 20 minutes 3x each week
I live in a plush & lovely home	I will paint my house	I will paint my living room by 8/31/03
I am a world traveler	I will go to Tahiti	I will go to Tahiti in or before year 2005
I am successful	I will win top sales awards	I will make 20 cold calls, 3x a week
I want to be prosperous	I will retire rich & early	I will go to a financial planner before June 1, 2004
I am a good mother	I read to my daughter	I read to my daughter in the evenings, 4x a week
I am fun to be around	I will throw a party	I will mail party invitations to my friends no later than 10/15/02
I am giving	I will donate my time	I will donate 2 hours of my time to the AGT nursing home, for the next 8 weeks
I live as if each moment counts	I will stop thinking small	I will read an inspiring book every month
I am enlightened	I will pray or center more	I will center for 10 minutes each morning thru the end of the month



EXTRA CREDIT

Visual Smart Goals

- Usually start with the words 'I Am'
- Present tense
- Include at least one 'feeling' word
- Describes the moment of **doing** your goal or **achieving** your goal

I am smiling and proud as I complete my 3rd 20-minute exercise session this week!

I am enjoying painting my living room by 8/31/03

I am grinning as I lay on the beach in Tahiti, sipping a cool drink, in or before year 2005

I am relaxed and expectant as I make 20 successful cold calls, 3x this week

I am excited and prepared as I go to my financial planner before June 1, 2004

I am happy and loving as I read to my daughter, most evenings this week

I am having fun mailing party colorful party invitations to my friends no later than October 15, 2003

I am loving and giving each time I donate 2 hours of my time each week to the ABC nursing home through September 20, 2003

I am peacefully reading my inspiring book this month, enjoying the new ideas I learn from it

I am easily centering for 10 minutes each morning when I get up, thru August 31, 2002

I Conceive

I Believe

I Achieve

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* Visit www.goalgenie.com for sample goals in each category

In Napoleon Hill's foundational bestseller "Think and Grow Rich" he states that if you can **conceive** of a goal, and **believe** in that goal, you will **achieve** that goal. This Tip Sheet helps you think of, or conceive, goals. Goal Genie helps you believe in them, through the proven powers of repetition and visualization. THAT is the 'magic' of Goal Genie.

THIS IS EASY!!! After you do this a couple of times, it becomes easy and natural. BUT, if this looks too hard, ignore this and just go for it! Log onto Goal Genie, add your first goal, and you're on your way!