



THREE-STEP FORMULA

Step 1. BE EXTREMELY CLEAR

WHO ARE YOU, WHERE ARE YOU GOING, HOW ARE YOU GETTING THERE?

- a. Create a list of what you don't want.
- b. Create a list of what you do want.
- c. What a very clear and statement about what you want.

Step 2. REMOVE OBSTACLES

THE "BIG 3" – PARROT, LIMITING BELIEFS & PERCEPTION

- a. Create list of why you cannot achieve what you want.
- b. Create a list of what you need to do to overcome challenges

Step 3. FOCUS AND REFOCUS

WHAT WILL IT TAKE TO GET WHAT YOU WANT?

- a. Visualize what it will take to achieve your goal.
- b. Develop focusing thoughts that help direct your actions