



# CRUSH YOUR GOALS WORKBOOK

Get clear on what you want to do, when you are going to do it, and how you will make it happen!

BY PAM JONES, CERTIFIED HYPNOTHERAPIST

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# LET'S DO THIS!

## 5 STEPS TO CREATING GOALS



**1**

### WRITE IT DOWN ON PAPER

Choose power words like, "I am" or "I will" versus "I want." Be specific when writing down your goal.



**2**

### IDENTIFY YOUR "WHY"

What is the reason why you wish to achieve the goal? List all that you can think of.



**3**

### GET INTO THE FEELING

How will you feel when you achieve your goal? What will change in your life? What emotions does this bring up?



**4**

### ACTION STEPS

What are the action steps you will take to achieve your goal? What resources do you need? Are there skills you need to learn?



**5**

### SET A DATE

When do you want to accomplish this goal? Your goal should have a realistic end date, enough so that you are motivated to take action, while giving yourself a reasonable amount of time.

# CLARIFY YOUR GOALS

*Set aside some quiet time to answer these questions thoroughly and honestly. This is a very important exercise that will give you clarity about what you want to achieve and why you want to do it.*

*Use additional paper as necessary.*



**1** What are the 3 most important things you would like to accomplish this year? (Personal and work-related)

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2 Why are each these goals important to you?

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3 How will you feel when you achieve these goals?

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What specific action can you take on a daily basis to work towards each of these goals?

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When will you accomplish these goals?

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# WRITE YOUR TOP 3 GOALS

*BE SPECIFIC AND USE POWER WORDS:  
"I WILL" AND "I AM"*



## GOAL 1

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## GOAL 2

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## GOAL 3

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# *Great work!*

It's not easy to get clear on what you want and how you are going to achieve your goals. Most people don't take the steps necessary to get on the path of their dreams. So I congratulate you!

As a Certified Hypnotherapist I help people like you every day, who want to shift limiting beliefs and stop feeling stuck in their life.

If you want to stop procrastinating and get moving towards your goals, I invite you to set up a free call with me.



**Pam Jones, CHT**

**Founder of Believing Mind Hypnotherapy**

**Are you ready to make  
your dreams come true?**

**Schedule a FREE Call:  
BelievingMind.com**