

**BEFORE  
YOU  
GET TO THE  
GLUE**

**START YOUR VISUAL BOARD**

## ✚ SET A TIME FRAME FOR YOUR GOALS:

It is important to know when exactly you see yourself achieving your goals. Whether it be 1 year 5 or 10, be specific.

Knowing when you expect to make something happen will truly push you towards achieving it.

## ✚ DIVIDE YOUR GOALS IN CORE SEGMENTS OF YOUR LIFE:

Most of us want love, financial stability, travel, education, happiness and job fulfilment. Find YOUR 5 core wants and write them down in order of importance. Be as specific\* as you can.

## ✚ FOCUS:

Don't get lost in the glitz, not everything that shines is made of gold. Focus on the things you know you can realistically achieve and be motivated by seeing (visualized) every single day on a board.

## ✚ BE CREATIVE:

If your goal in life is to live on a tree house and you need to see it, but can't find it on a magazine, make your own, find a tree a house and stick that bad boy on it, and there you go!

\* "I want to be happy" is not exactly a goal. What you decide to do to be happy, now THAT'S what you are REALLY looking for.

TIME FRAME:

LIFE CORE SEGMENTS

+1.

+2.

+3.

+4.

+5.

# MY NOTES

