



GOAL- ACHIEVEMENT PROGRAM

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Our Goal-Achievement Program, a transformative roadmap designed to turn your goals into reality. Our program offers a new system for goal setting, comprised of five systematic steps that empower individuals to achieve their most important goals and improve their life.



The Goal Achievement Program



Planning for Success



5 steps for turning your goals into reality

Step 1: Transforming Limiting Beliefs into Empowering Truths



In this first step, we help you identify and overcome limiting beliefs that may be holding you back. By challenging and transforming these beliefs into empowering truths, you will gain a new perspective and the confidence needed to pursue your goals.

To create a bright future, it is essential to release the weight of past experiences. We guide you through a process of letting go, forgiveness, and embracing personal growth. By freeing yourself from the past, you will have a clear path towards achieving your goals.



Step 2: Moving Beyond Past Experiences

Step 3: Crafting a Desired Future through Effective [SMARTER] Goal Setting Strategies



In this step, we teach you powerful goal-setting strategies using the SMARTER framework. You will learn to set Specific, Measurable, Actionable, Risky, Time-keyed, Exciting, and Relevant goals. This process ensures that your goals are clear, attainable, and aligned with your vision.

Understanding your underlying motivation is crucial for long-term success. We guide you to uncover your "why" – the deep-rooted reasons behind your goals. By connecting with your intrinsic motivations, you will gain unwavering determination and resilience to overcome obstacles. We also aid you to recognise detrimental motivations that might impede goal achievement.



Step 4: Uncovering Your Why

Step 5: Showtime - Taking Action to Bring Plans into Fruition



The final step is all about acting and bringing your plans into fruition. We provide you with practical tools, accountability systems, and support to help you navigate challenges and stay on track. With each step forward, you will inch closer to achieving your goals and creating a fulfilling life.



DELIVERY



2 SESSIONS

1 FULL DAY

VIRTUAL WORKSHOP





**BOOK A CALL TO
LEARN MORE!**