



WEEK 1: GET INSPIRED

INTRODUCTION

Welcome to Week 1 of the **Fun & Fearless Goal Success** 28-day program.

This program is designed to put you on the fast-track to setting – and getting – the GOLDEN GOAL (and *not more than* 3 subsidiary goals) that will make your heart sing as a writer, author, coach or creative this coming year.

Goal Setting – why we don't do it

We know that goal setting is important so why don't more people do it? It seems that less than 5% of the population set goals.

Why? Here are some of the reasons people don't set goals – see if any resonate with YOU.

8 REASONS WHY PEOPLE DON'T SET GOALS

1. They don't understand the power of goal setting.
2. They don't know how. Goal setting may be the number one life skill for success, but it's not a skill most of us are ever taught.
Worse – parents, society, the church, teachers may actually imprint negative disempowering goal-setting-and-getting beliefs into us.
3. It takes time and effort. (It's work).
4. They fear success.
5. They fear failure.
6. GOAL TRAUMA. They've failed so often in the past that they lose faith, hope and belief in themselves.

Goal Setting – why we do it

Setting a goal with commitment, passion and intention triggers a subconscious process.

The goal-seeking mechanism in your brain sets out to transform your goal into reality.

That's the purpose of WEEK 1

Barbara Sher, the inspired genius who wrote the book WISHCRAFT says:

“Anything you want can come true if you cast it in the form of a perfect goal.”

“Life is not a miser – you have the right to everything you love.”

Definition of “Inspired”

- ▶ Amazing, brilliant, wonderful, impressive, exciting, outstanding, thrilling, memorable, dazzling, uplifting, enthralling, superlative, of genius.
- ▶ *Of such surpassing brilliance or excellence as to **suggest divine inspiration***



Heart and soul – and being on track with your Divine life purpose – aligned with your Divine Life Blueprint, gifts and talents.

What I want to hear you say... **YES, YES, YES!**

“My goal thrills me – makes me feel elated, enthused, stimulated, excited – can’t wait for the feeling of joy, pride when I achieve it.”

And...some of you may say with relief:

“At last, I’m going to have/be/do something that’s MY CHOSEN GOLDEN GOAL – not just a dream, wish or fantasy... THIS TIME I CAN DO IT...”

But it all begins with...

THE “FEEL GOOD” FACTOR

- What would really make me “feel good” now; next year; five years from now?
- What Big Dream would feel good to create in my life?
- What would be worthwhile to do with the rest of my life?
- What would I *like* to do?
- What would be *fun* to do?
- What sort of person would I like to *BE* – ultimately become?

BLUE- SKY THINKING knows no limits

Ask yourself...

What goals would I go for:

If money were no object...

If I knew I couldn't fail...

A GREAT GOAL IS...

- INSPIRED
- CLEAR
- PASSIONATE
- COMMITTED
- PERSISTENT
- GOLDEN

BY THE END OF WEEK 1

You will have

Begun your Early Morning Ritual

Completed exercises to *discover and recover* your authentic goals based on the intersection of your wishes, dreams and desires.

Goal Success

Paid attention to dreams/goals that you may have buried, forgotten or pushed aside as unattainable.

Rallied your supportive CHEERING TEAM (including me)

Cleared any belief blocks that appeared and fearlessly decided to BELIEVE IN YOURSELF as a Goal Achiever!

I believe in you – I know you can achieve your golden goal success.

Yes, you can...I know it for sure!

Caryl Westmore