

Momentum Questions To Attract Your Goals

Step 1: Get Clear

- To begin, you must first gain clarity about where you really are in your life right now...
- What would you like to change, improve, attract, experience, duplicate, develop, etc...

Step 2: Get Certain

- Once you know what your goals, dreams and desires are, you need to create certainty about your capacity to turn anything you can wish for, and manifest it.
- Write down at least 5 goals/dreams/desires, set a date by which you would like them achieved.

Find Your Purpose Now!

- Outline the strategy (detailed action plan) you will be following to reach each of these goals/dreams/desires

Step 3: Get Excited

- Now that you are clear about what your goals/dreams/desires are and you have certainty about your ability to make them real, it is time to decide where you want to go...
- In a peak state, write down every goal you'd like to accomplish in the next 20 years. Be sure to include ANYTHING you want to do, be, share, create, have, give. Include financial goals, personal development goals, physical goals, relationship goals, contribution goals- anything you'd like to learn, enjoy, or do. No matter how silly or outrageous it may seem, this is your chance to dream without limits. Be sure to keep writing as fast as possible! Feel free to use a separate sheet of paper if the allocated space below is too small.

Find Your Purpose Now!

- When you are finished, go through your list and next to each item, write down the number of years you want it to take (or believe it will take) to achieve your goal (write 1 year, 2-3 years, 5 years, 10 years or 20 years).

Step 4: Get Focused

- Out of your list of goals (from Step 3), circle your top four one-year goals. Out of your entire list, what do you desire most? What are the top four goals that, if you could achieve them this year, would get you up early and keep you up late with inspiration and excitement?

Step 5: Get Committed

- For each of your top four one-year goals/dreams/desires, write a paragraph about why they are 'musts' for you to attract them. What are the reasons you absolutely will achieve this no matter what? Remember, reasons come first, answers come second! Why do you want to do this?
