



Make 'Your Goal' Cards

Your Mission Statement has already defined specific objectives, which I defined as 'Your Goals.' (Find 'Make A Mission Statement' resource in the Going It Alone Toolkit part of my website.)

There is a 'Your Goal' objective in each section 1 – 5. These are highlighted in yellow. Ignore the entire Mission Statement (you will use this in 'Record My Dream' resource, with guidance on this in the Going It Alone Toolkit part of my website.) Place these goals on index cards and make several copies.

The first copy should be left beside your bed and should be read when you wake up in the morning, as in accordance with 'My To Do List For Today' (this can be downloaded in the Going It Alone Toolkit part of my website.). This will remind you what the specific goals are to make up your entire objective.

A second set of cards should be carried with you so that you can have a flick through them on the move. They will ensure that the importance of your objective is always there even in busier times, as well as making you feel more confident during difficult days.

I guarantee that this is not an easy journey to embark on, and there will be difficult moments along the way. That is not being negative, it is realistic. However, it is important you condition yourself to avoid negativity. To do this, place broader affirmations to remind you that you can do it, for instance 'I Am Doing My Best'; 'Success Will Find Me Today'; 'I will do this!' etc. Check out the Direct Action website for a daily affirmation. Add personal affirmations which are related to you as well as questions you are trying to overcome to meet your objective. Log your thoughts, feelings, self-talk, language and how these are changing daily in your Progression Diary, the exercise to help you do this is in the Going It Alone Toolkit part of my website. The 'Make An Encouraging PowerPoint Presentation' resource will help too, this can be found in the Going It Alone Toolkit part of my website.