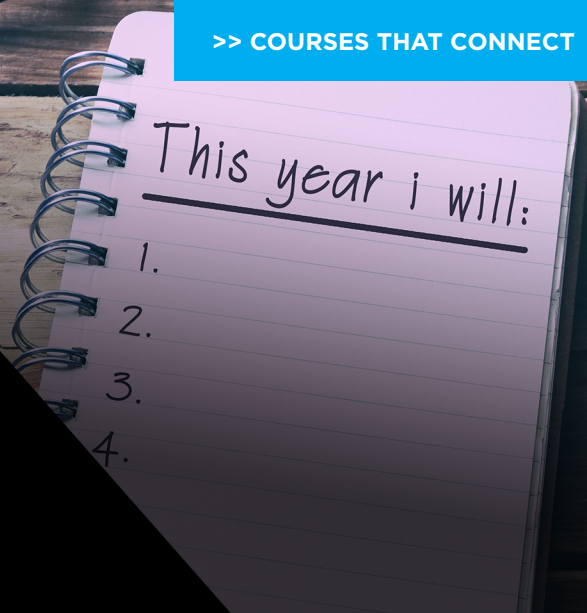




GOALS

Turning dreams into reality.



COURSE DESCRIPTION

By determining what it is we truly want out of our lives, setting specific goals and adjusting our daily habits make it a reality. It's that simple.

This course is highly-customized for anyone wanting their dreams to come true and get more out of life. You have to take the time to think about what exactly it is you want from life and what you want to achieve. What do you want your destination to be? Goals are powerful, both small and large. They are also powerful for motivating yourself and turning your vision of the future into reality.

WHAT YOU WILL LEARN

PRIORITIZING DREAMS

Dreaming of achieving big goals is important when you want to change the course of your life. Having dreams help motivate, inspire and improve your professional and personal life. This course covers how to get focused and learn how to convert dreams to goals. If you try to accomplish all of your dreams at once, it is likely that you will accomplish very few of them.

S.M.A.R.T. GOALS

The S.M.A.R.T. model is a common principle and a simple way to make sure your goal setting efforts are not wasted. Learn how to convert dreams to goals and then into S.M.A.R.T. goals. The S.M.A.R.T. model measures your goals regularly and daily.

MILESTONES

Covering how to not let your big goals intimidate you is important. Breaking down goals into bite-sized chunks makes it easier to tackle. This method helps you achieve your daily, weekly and monthly goals. We must think about big goals as milestones when we have more complex goals. We will learn that it's easier to accomplish a portion of a goal instead of the entire goal all at once.

BALANCE

Ninety-five percent of us do not focus on our goals, which leaves only 5 percent of people, who actually actively and intentionally focus on completing worthwhile goals. Life is about balance. Accomplishes and failures are a part of balance. If you focus on your failures, try to notice small moments of success. Learn how



it's perfectly okay to not always get everything done, and even though continuous action is needed on a continuous basis, life is about balance.

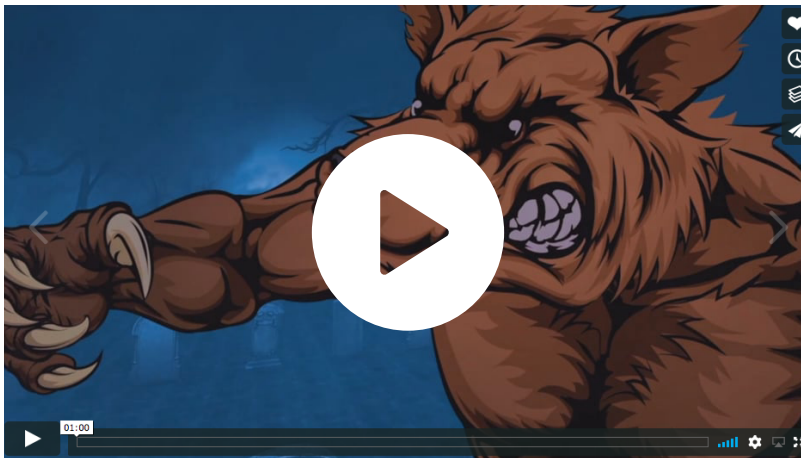
ACCOUNTABILITY

The common phrase “You are what you eat”, essentially means what you have on your plate is about to be a part of you. Learn how this phrase can relate to more than just a healthy lifestyle — applied to all aspects of your life.

WHO SHOULD TAKE THIS COURSE

This course is designed for all individuals who are looking to turn their dreams into reality. It does not matter what your job title is, this course can be beneficial to just about anyone. Your professional and personal lives will thank you for investing in yourself. Sales professionals, managers, family members and friends, who have dreams and aspirations, will all benefit from learning about how to get more out of their life.

VIDEO SAMPLES



Being goal-oriented helps you learn



Achieving goals using the S.M.A.R.T. Model