

Stretch – Lift your Lid and Set the Goal!

“Where success is concerned, people are not measured in inches, or pounds, or college degrees, or family background: they are measured by the size of their thinking”
-David Schwartz

What is a Goal? **_It is the result or achievement toward which effort is directed**

Why Set Goals? **_You feel good about yourself, they give you direction and purpose; they establish self –discipline and motivation**

Goals can be negative if **_: It is too big, you are doing it for someone else, you compare yourself to others**

Reasons most people do not set goals: **Fear, poor attitude or focus, they don't want to do the work, it's safer not to..**

How to set a goal:

- 1) Decide : **exactly what you want, be specific**
- 2) Aim High **_:- you should have “butterflies”, stretch you limits**
- 3) Create Visuals: **the subconscious mind accepts all information as fact..**
- 4) Involve family members **_: Let them know what's in it for them**
- 5) Pick someone to emulate : **Who would you trade places with ???**
- 6) Define where you are : **Goals must be big according to your ability**
- 7) Determine what you are capable of doing according to your schedule **:what can you do in a day, week, month, year**
- 8) Write goals in detail and talk about them with appropriate people **__Your senior? Your national?**
- 9) See goals as if they had already happened **_Project them..**

- 10) Keep your focus__**Follow One Course Until Successful**
- 11) Quitting is not an option_!
- 12) Focus on your goal daily. **If a goal is not focused on for 3 days, its as if it never existed...**
- 13) Set another goal immediately upon reaching a goal__**Always have something to strive towards_**

What is the definition of a leader_: **One who knows how to lead**

A good leader knows_**How to communicate what their desires are and is good at rallying people and supporters together to succeed at a common goal. They possess god character and set a good example.**

In order to “lift your lid” you have to have a connection with your MK business and what it means to you on many different levels:

- 1) Why do I have a MK business?

- 2) What is my definition of success?

- 3) Am I giving my best?_____
- 4) What are 5 things I want out of life?_____
- 5) What do I want to change about myself?_____
- 6) What has MK done for me?_____

- 7) What would I do if I were not afraid?

- 8) What/Who are my lids? What is holding me back from
advancing in my MK
business?_____
- 9) Who are my lid lifters?

- 10) Who compliments me?_____

Inspirational quotes:

" Keep moving forward"
Walt Disney

*" The key to momentum is always having something to look
forward to"* Mary Kay Ash