

TRAINAggressive - GOAL SETTING 101

The 7 Steps To *DOMINATE Your LIFE*

1: Decide on WHAT your Goal Is

- Be as specific and descriptive as possible
- Choose with **PURPOSE** and **PASSION**

2: WRITE your Goals Down

- Repeat this daily, weekly, monthly until you accomplish your goal – a goal NOT written is nothing

3: Set a HARD DEADLINE

- Be reasonable
- set up “stepping stone” deadlines

4: Create Your ATTACK Plan

- What will you need? Who’s help will you need?
- What steps will you have to take? Barriers?

5: Organize Your ATTACK Plan

- Create your **PRIORTITY LIST**
- Attack the most important steps first then move on.
- Build **MOMENTUM**.

6: TAKE ACTION NOW!

- Be F*cking **RELENTLESS**
- Accept **NO EXCUSES**
- **DO NOT PROCRASTINATE!**

7: Rinse and Repeat!

- Do something **POSITIVE** everyday – **KEEP the MOMENTUM**
- Stay **POSITIVE** and keep moving forward – **DO NOT QUIT**