

Goal Setting, the Master's Edition

I am convinced the reason we get pulled away from our most important tasks is that we lose sight of our ultimate goals. We need to be reminded of those goals, every moment of every day. I really cannot say enough about creating a dream board to affirm your goals visually. Spend a few minutes each day looking at your images, and your subconscious will take hold of those goals in ways you can't imagine. You won't be able to keep yourself from moving toward them. This is also a great way to drown out any negative thoughts that arise with positive ones, improving the quality of your work throughout the day.

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YOUR ACTION STEP

For more entrepreneurial tips, get your copy of *Letters to my Daughters* today!
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MAKING A DREAM BOARD: So how do you get started? Of course, the first step is to imagine big. I always start by asking what I'd be doing if money was no object and I had all the time in the world. Then decide where you will put these pictures. The best place is on a bulletin board right in sight. (As I travelled a lot for work, I used my daily planner because it was always with me.) Grab some scissors and a bunch of old magazines, or print some images from Pinterest or Instagram, and get started. Fill in your goals in the following 6 categories below, and reference them as you create your dream board.

Family & Relationships Goals

Financial Goals

Physical Goals

Mental Development Goals

Career Goals

Recreational & Social Goals

