



Dominate

YOUR YEAR

CHECKLIST

The Importance of Setting Goals

- ☐ Gives your subconscious mind direction
- ☐ Empowers you
- ☐ Improves your self-esteem
- ☐ Changes your reality
- ☐ It's good for your health
- ☐ You create a better life

Discover What You Really Want

- ☐ Avoid drifting through life
- ☐ Increases chances of reaching your goals
- ☐ Overcome challenges and obstacles
- ☐ Discover your life's purpose
 - Record the things in life that make you unhappy
 - Transform them into concrete goals
- ☐ Convert each problem into the complete opposite
- ☐ Create power goals that will motivate you
- ☐ Understand the difference between wants and needs
 - Needs are things that are important for our survival
 - Wants are things that you don't truly need
- ☐ Important to overcome low self-esteem
- ☐ Important to improve overall self-worth
- ☐ Discover you're Big Why
 - Find out if what you desire is something you need or want

Decide What You Want in Life

- ☐ Live a life of deep meaning and purpose
- ☐ You can change your frustrations and disappointments
- ☐ Transform your pain into powerful goals
- ☐ You need to be clear about what you want

- ☐ Brainstorming your goals
- ☐ Gain clarity and understanding
- ☐ Write down what you would like to achieve in your life
- ☐ Create goals for all aspects of your life
- ☐ Create the right mindset
 - Stop worrying about things you can't control
 - Focus on positive thoughts rather than negative thoughts
 - Learn to manage your inner life
 - Develop the ability to create what you want
 - Control your thoughts, feelings, and beliefs to achieve your goals

Create Highly Charged Goals

- ☐ Set goals that excite and motivate you
- ☐ Set goals that are meaningful to you
 - Allows you to create highly charged goals
- ☐ Combine several goals into a new condensed goal
 - Establishes powerful motivating factors (PMF)
- ☐ Create goal anchors
- ☐ Brings a greater emotional energy to your goals
- ☐ Results in highly charged goals
- ☐ Condense your goals
 - Uncover strong emotional catalysts
 - Group goals that are similar
 - Group goals that can support each other
- ☐ At least one goal must contain an emotional charge for you
 - Create more powerful goals that are more energized
- ☐ Create Goal Anchors
 - Tap into the power of gratitude
 - Remember the feeling every 30 minutes

- Use specific words, gestures or touches to trigger your goal anchor

Establish a Deadline for Your Goals

- ☐ Regroup your condensed goals
 - Group into short-term goals
 - Group into medium-term goals
 - Group into long-term goals
- ☐ Start with your long-term goals and work backward
- ☐ Set deadlines for each condensed goal

Program Your Mind for Success

- ☐ Change your negative beliefs and thoughts
- ☐ Discover your subconscious minds unique language
 - Repetition
 - Strong Emotion
 - Visualization
- ☐ Reprogram your subconscious
 - Create powerful affirmations
- ☐ Rewrite your goals into affirmations
- ☐ Repeat these empowering statements out loud and with emotion every day
- ☐ Trigger your goal anchor while repeating your affirmations
- ☐ Make your affirmations personal
- ☐ Create affirmations that are in the present
- ☐ Be positive
- ☐ Be specific about your goal
- ☐ Include a dynamic feeling
- ☐ Include an action word

- ☐ Be clear and concise and make them easy to remember
- ☐ Convert your condensed goals into affirmation
- ☐ Use your affirmations to overcome negative thoughts
- ☐ Use creative visualization
 - Add visualization to your daily affirmations
 - Create a vision board
- ☐ Learn to control your mind
 - Change your self-image
 - Change your attitude
 - Show gratitude for what you have

Plan for Accelerated Success

- ☐ Create an action plan
 - Examine your goals
- ☐ Create a mind map for each goal
 - Gain greater insights into your action plan
 - Think in new and creative ways
- ☐ Take consistent daily action toward your goals
 - Take small steps toward your goal daily

Be a High Performer

- ☐ Use daily routines and habits to consistently move toward reaching your goal
- ☐ Plan your daily activities
- ☐ Set aside time daily to work toward your goal
 - Minimize distractions
- ☐ Win back your time
 - Eliminate time-wasting activities
- ☐ Shut off the TV an hour early
- ☐ Create a daily success planner

- Develop a daily routine
- ☐ Increase your energy and focus
 - Take short breaks throughout the day
- ☐ Create change in your environment
 - Take action toward achieving your goals
 - Stay motivated through challenges and setbacks

Overcome Your Limiting Beliefs

- ☐ Don't let your circumstances define what you can achieve
- ☐ Question your beliefs
- ☐ Overcome your conditioning
 - Uncover your self-limiting beliefs