

# *Goal Guide*

**How To Live Your Dreams**



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# Define

define your ideal life 12-18 months from now

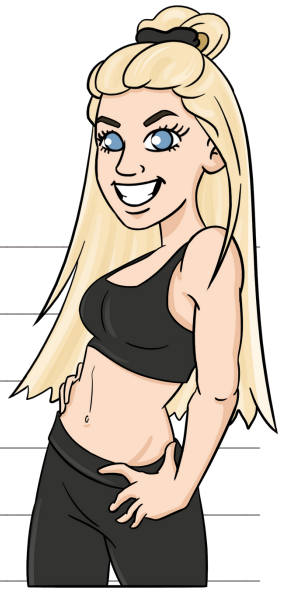
**THE AVERAGE PERSON  
MAKES THE SAME NEW  
YEAR'S GOALS 10X  
WITHOUT SUCCESS!**

Why is that? They set too many goals, the goals are vague, they aren't in writing, and there's no deadline.

Just imagine it's exactly 12 months from right now and you turn to your friend and say, "this has been the MOST AMAZING year of my life!"

What needs to happen for you to say that? Define it. Describe it in great detail. Write it in past tense form as if it already happened (example: i paid off my credit card of \$5312.23 or I went on my dream vaction to Hawaii)

Use the space to define your dreams and be very specific. Include as many details as possible:



# *Put it in Writing*

Write the vision and make it plain upon tables,  
that he may run the readeth it..... Habakuk 2:2

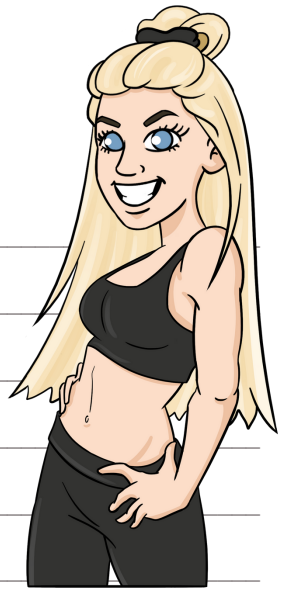
When you write your goals, it forces you to  
CLARIFY what you really want.

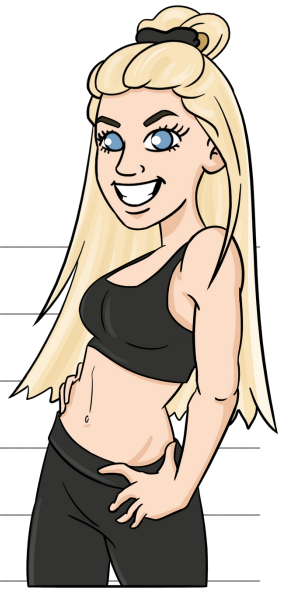
Not writing your goals is like saying you're going  
on vacation with no location in mind. How do you  
pack? Which flight do you catch? Which route  
do you drive?

When you have goals, you are planning and  
pinpointing your destination and making plans to  
reach it.

Write the vision out and keep it before your eyes.  
In the last section, you wrote out where you saw  
yourself 12-18 months from now. Now create  
some goals that will get you there:

Use the space below to list your goals





# Declare Daily

What's coming out of your mouth has everything to do with what you are experiencing. Your words are a tool to be used to help you reach your goals.

If your dreams appear impossible and there's no indication that things will ever change, do not use your words to describe your current situation, use your words to change your situation. This takes time and practice. I teach you how to mold your mind into being able to do this more in depth in my online course #getUnstuck: The Vision with a printable workshop! You can find the link to this at [www.GlitterU.com](http://www.GlitterU.com) and in my FB community at #getUnstuck: The Get Unstuck Community!

**I N T H E L A S T S E C T I O N ,  
Y O U L I S T E D O U T Y O U R  
G O A L S . L E T ' S T U R N  
T H E S E G O A L S I N T O  
D E C L A R A T I O N S . S T A R T  
E A C H D E C L A R A T I O N  
W I T H " I A M . "**





# **T A K E   A C T I O N !   N O W !**

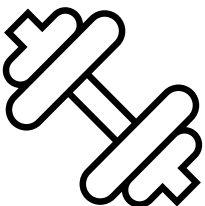
What do you need to take action towards your dreams and goals this year? Enroll in a class, meet with the bank, open the savings account, get the resume' typed, join the gym, hire a coach, volunteer at the shelter, go on the interview?

**NOTHING HAPPENS UNTIL YOU TAKE ACTION!**

**PLAN OUT TIME IN YOUR DAILY ROUTINE TO START TAKING STEPS TOWARDS ACHIEVING THESE GOALS.** If one of your goals is to read one book a month, then plan out 20 minutes a day to read. Put it in writing on the calendar.

Make an appointment with yourself.

Use the space provided to break down your goals into daily routine-oriented task.





# *Be Grateful*

Gratitude is a VITAL KEY TO SUCCESS! "Do not worry, Learn to pray about everything.

Give thanks to God as you ask HIM"

Philippians 4:6

**Psychological research shows that the practice of expressing pure gratitude results in these benefits:**

**Makes people happier, strengthens relationships, reduces stress, improves health, combats anxiety and depression, gives more confidence in personal growth, and moves you closer to fulfilling your dreams.**

A grateful heart is a magnet for miracles. List out what you are thankful for every single day. Plan a time in your schedule to give thanks everyday. A grateful heart will OPEN DOORS that no man can shut.

Use the space provided to list out 4-5 things you are grateful for today, big or small.



# THE LAST STEP: ADD PHOTOS

YOUR MIND THINKS IN PICTURES

AND IMAGES. It doesn't think in words. DO NOT SKIP THIS STEP!

When you think about the car you desire, you don't see in big letters

C A R -

You actually see a photo a clear picture of that car in your mind.

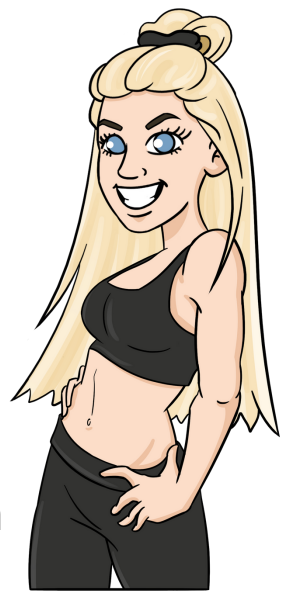
Add photos of the things you would like to have one day: an exotic vacation, a luxury car, a new house, a pool, a diploma, a business, a larger salary.

LOOK FOR ITEMS THAT INSPIRE YOU:

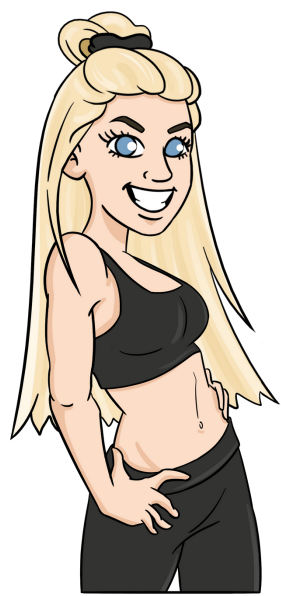
Print or cut out all the images that represent your big dreams.

Put your images on the sheets provided:





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