

A top-down photograph of a white coffee cup filled with dark coffee and a light brown foam, sitting on a white saucer. To the left is a notebook with a red and white patterned cover and a pink ribbon bookmark. The notebook has a pink banner that says "YOU MAY SAY I'M A DREAMER". The background is a plain white surface.

*Jen Hall*

Jen Hall - Business Clarity Coach

GOAL  
GETTING  
GOAL  
SETTING  
SYSTEM

Achieve alignment and you'll  
achieve your dreams!

# BE CLEAR ON YOUR GOAL FOR THE NEXT 90 DAYS

When we set our Power Goal (the ultimate goal/ big dream) it creates a feeling of amazement and excitement and it really is only as far away as we believe it to be. You can reach that power goal quickly or you can do it in 10 years... it's your decision. How quickly depends on your belief that it's possible and how much action and investment you're willing to put in.

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But when we set our power goal we tend to think of it being ages away and we say 'oh I have ages to achieve that!' and then days, weeks, months and years pass and we're still no where! So it's important that we're taking daily action towards our power goal and creating short term goals towards it.

When you set goals in shorter periods of time, for instance within 3 months, it lights a fire under your ass and you have to get shit done!

So I'd like you set your goal that you want to achieve in the next 90 days for your business. It's so important to be CLEAR on what we want, otherwise our internal GPS will not be set and it won't know where you're heading.

**Step 1. In the next 90 Days I will have achieved...**

**Step 2. Now write it in the present tense as if it's already happened!**

**Step 3. Feel the feelings of having achieved what you want. This is the single fastest way to achieving your goal asides from action taking. Spend about 5 minutes feeling how good it feels and try and label those feelings in your mind! And then write those feelings out below.**

**Step 4. Now I want you to brain dump all of things you think you will need to do to achieve your goal including questions asking for clarity or things that you need to find out.**

**Step 5. CHUNK IT DOWN! What actions are you going to take Weekly, if you can only manage week 1,2,3,4 for now that's fine. Sometimes we don't need**

**to see the whole staircase just the next step. If it helps, work backwards from your goal.**

|                |
|----------------|
| <b>Week 1</b>  |
| <b>Week 2</b>  |
| <b>Week 3</b>  |
| <b>Week 4</b>  |
| <b>Week 5</b>  |
| <b>Week 6</b>  |
| <b>Week 7</b>  |
| <b>Week 8</b>  |
| <b>Week 9</b>  |
| <b>Week 10</b> |
| <b>Week 11</b> |
| <b>Week 12</b> |
| <b>Week 13</b> |

**Step 6. Once you have all your weeks planned out as far as you can see, in whatever daily organisation you use, I'd like you (for the days that you work**

**on your business) write down 3-5 action steps that you can do every day to get you closer to your overall goal for as far as you can. Look at where you're getting stuck and write down empowering questions to yourself such as 'How can I...?' 'Who can I...?' to get you closer to the answers you need. You won't know it all, it's likely you'll have to go out there and ask, so don't be afraid to ask. Ask and you shall receive! If we were take 3-5 hacks at a tree with an axe every single day, it will eventually fall down!**

### **Step 7. FUN FUN FUN Part!**

Create a vision board for the 90 day goal! Cut and stick it physically to a board! Look at it regularly throughout the day and read your present tense achievement daily!

### **Step 8. Create 30 Power Statements for your goal:-**

#### **10 x I am statements**

Eg. I am capable of turning my goals into reality. I am totally on track to achieving my goals.

#### **10 x I can statements**

E.g. I can do it! I can \_\_\_\_ with ease!

#### **10 x I will statements**

E.g. I will achieve my goal of \_\_\_\_\_! I will take action everyday to\_\_\_\_\_!

**And read these daily and as often as you can!**

**Step 9.** Create 10 x Positive Affirmations specifically for your goal and add these to your daily ritual

**Step 10.** Be grateful for everything, even the shit stuff, what lesson are you grateful for. Start a gratitude diary because they are going to accelerate the hell out of the process. Be grateful for the things that

directly relate to your goal and the universe will respond.

**Step 11.** Act as if! When I do this, I ask myself, ‘how would the successful and wealthy Jen act today?’ ‘how would she dress?’, ‘how would she behave?’, ‘how would she respond?’, ‘what actions would she be taking?’

Start acting as if you have achieved your goal. Like attracts like. Where attention goes, energy flows.

Believe, believe, believe! The universe doesn’t have favourites. The universe doesn’t discriminate.

Stop thinking about your goal being ‘over there’ and you being ‘over here’, this will put you in a low vibe and in a position of wanting. You want, you’ll get more want. FEEL GOOD and positivity will be attracted. So for as much as you can do everything you need to do FEEL GOOD.

You’ll live in two states when you’re actively manifesting:-

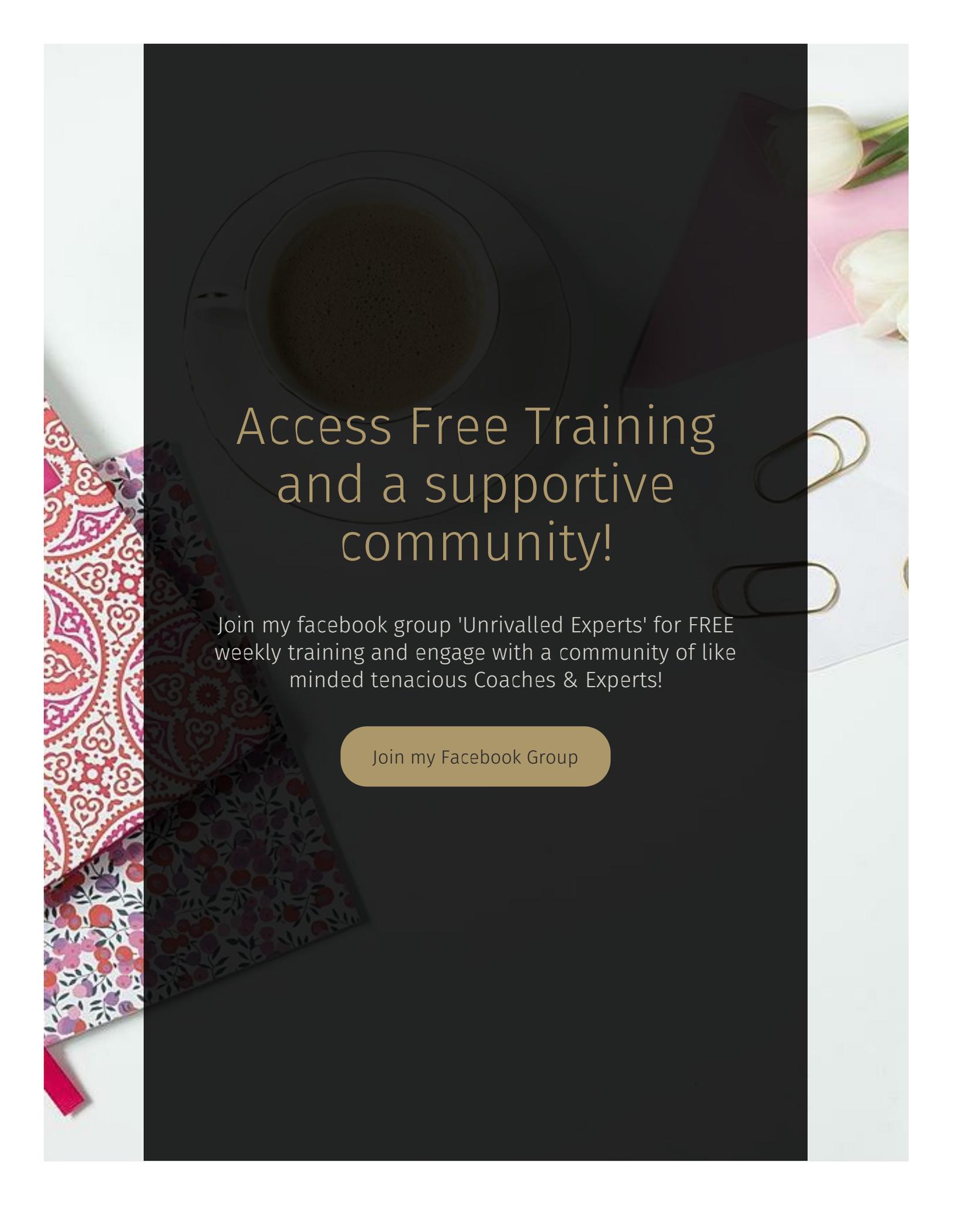
- Most of the time we will stay in a calm, steady and generally positive vibe.
- Spend short bursts on visualising and feeling the positive and exciting emotions of achieving the goal.

If you fall off the wagon, do something to cheer yourself up and make yourself feel good. Whatever that might be for you, even if sometimes that’s going to bed and waking up a happy bunny!

**HAPPY Goal Setting! Post your goals in our group so we can help you stay accountable, support you through to completion and celebrate your wins!**

[www.facebook.com/groups/unrivaledexperts](http://www.facebook.com/groups/unrivaledexperts)

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