



Principles for Extra-Ordinary
Sales, Business & Sports Results
With Wellness Advantages
from Paul Rodden Co-author in
The DNA of Success Stories

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1. Write out your Prime Aspiration.

- A. Make is clear and concise.
- B. Option: Find an image or draw one that represents you having achieved your Prime Aspiration.
- C. Put the image or drawing under your written Prime Aspiration.

2. Create a Goals Page for your Prime Aspiration

- A. Write your Prime Aspiration at the top of the page - with the image too if you have one.
- B. Now list the specific Intermediate goals needed to achieve your Prime Aspiration

Your Prime Aspiration is now converted into specific goals

3. Create a new page and use this title: Goals To Steps:

- A. Take the first intermediate goal and list the steps needed to achieve this goal.
- B. On a new page, write the next intermediate goal and do the same. List all the steps needed to achieve this goal
- C. Do this for all your intermediate goals

Each goal is now has its own page and is converted into specific steps.

4. Create a Steps To Task Page:

- Take any steps that require more that one activity and list the tasks need to take that step

5. Next put completion dates by each task and step so you can start completing one task at a time to attain your Prime Aspiration

Once you've done that you can work on each goal one task or step at a time until your Prime Aspiration has been realised.

Each day or if you prefer, the night before, review the tasks / steps.

You have the dates so you know which ones need completing
Complete the task or step you are working on before moving to the next one

Now you can see and know you are making progress towards your Prime Aspiration.

Read your Prime Aspiration each day and do this with feeling the gratitude you would experience having achieved it. Feel it. Do this with faith and certainty that you can complete your tasks and steps. See the picture and experience having achieved your Prime Aspiration.