

Jack Canfield's

GOAL SETTING GUIDE

**Make 2019 Your Most
Successful Year Ever!**

Introduction

Learning how to set a goal is the first step to achieving your dreams. Many people struggle with figuring out exactly what it is they want to accomplish, and as a result, they expend a lot of time and energy going off in all directions and end up getting nowhere fast.

I don't want that to happen to you!

That's why I've created this guide — to walk you through the process of **taking responsibility for your life, identifying your purpose, and setting a goal that will bring you closer to your vision.**

But setting your goal is just the beginning... If you want to make your dreams a reality, you have to take action to achieve your goals! This is where most people stumble. They avoid taking action, or they take the wrong action and don't get the results they want, so they give up altogether.

To make sure you avoid this trap, I am delighted to invite you to join me for my free, online [7-Day Goal Achievement Bootcamp](#) this January 7th – 13th, so you can start the New Year right and make 2019 your best year yet.

I believe so strongly in your ability to accomplish anything you put your mind to, that *I want to personally give you the tools and support you need to achieve any goal, no matter how big.*

Each day during the bootcamp, I'll join you in our private Facebook group and share a video that will teach you my favorite tips, techniques, and advice on how to take meaningful action and actually accomplish the goals you're about to identify with the help of this guide. Plus, in addition to my guidance, you'll have the support of the entire goal achievement community, who will be going through the bootcamp with you.

In this private Facebook group, you'll be able to network, find accountability partners, participate in activities, ask for advice, and enjoy the unique experience of going through my Goal Achievement Bootcamp together.

I'm looking forward to seeing you then – but in the meantime, let's kick off the process by setting some exciting goals for the year ahead!





STEP 1

Take 100% Responsibility for Your Life

If you're constantly blaming others for your lack of success, it's time to look in the mirror.

There is only one person responsible for both your achievements and shortcomings — and that's you!

By taking 100% responsibility for everything that you experience in life, you give up blaming and complaining and acknowledge that you create everything that happens to you — and gain complete control over your life in the process.

To complete Step 1, [read the first chapter of *The Success Principles*](#) and learn why giving up all of your excuses, changing your responses, and analyzing the results you produce is key to achieving your goals.

Once you're finished, list 3 excuses you have used in the past to justify your actions or behavior. Then transform them into personal action statements that will help you take full responsibility for everything that happens to you.

Example:

Excuse — *"I didn't pay my bills on time because nobody reminded me and I didn't have the money in my account."*

Action Statement — *"From now on, I will take charge of my finances and set aside enough money each month to pay my bills on time."*

Write your excuses here:

Write your action statements here:



STEP 2

Be Clear Why You're Here

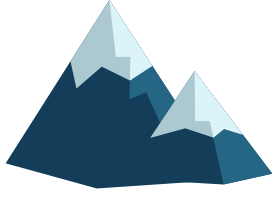
Why are you here? What do you want to accomplish?

These are the questions you need to ask yourself as you start to formulate your goals.

Maybe you already know what is it you want to achieve in life, or maybe you have no idea. No matter where you're at, it's a good idea to have a clear vision of what you really want your life to look like, so you can make sure your goals are aligned with your vision and purpose.

In chapter 2 of *The Success Principles*, I will show you how to identify, acknowledge and honor your life's purpose. [Read it now.](#)

Once you've finished, write your life's purpose here:



STEP 3

What is a SMART goal?

Once you know your life purpose, are clear on your vision, and have determined what your true needs and desires are, the next step is to translate them into specific and measurable goals and objectives that are aligned with the reality you want to create.

To make sure my goals take me closer to achieving my vision, I use the SMART goal formula:

Specific

Your goal must be clear and defined, not only to you, but to others as well. It should be precise, detailed, and answer questions instead of creating more.

Measurable

Include dates, exact financial numbers, and amounts. Your goal shouldn't be, "Make more money," it should state a specific amount by a specific time.

Attainable

Your goal must be achievable. You should be able to accomplish it within the constraints of time, money, environment, as well as your skills and abilities and other important factors.

Relevant

Goals should be in line with the direction that you're heading. Keep your goals aligned with your vision and don't waste time with irrelevant goals that distract you from your true purpose.

Time-Bound

Always set specific deadlines for the completion of your goal. Creating a target deadline creates accountability and gives you more motivation to keep moving forward.

By using the SMART formula, you ensure that your goals are as specific as possible. Vague goals produce vague results.



STEP 4:

Setting a Goal

Using the worksheet below, set your own SMART goal (or goals!). These are the goals you will work on during our **7-Day Goal Achievement Bootcamp**.

Remember, you want to be as precise as possible. *I will work out more* is less powerful than saying *I will run a 5K at 9AM on May 19*.

Specific — What, Why, and How?

Measurable — How Much, How Many?

Attainable — How can I Accomplish this Goal?

Relevant — Does this Align with my Purpose?

Time-Bound — By When?



STEP 5:

Achieving a Goal

Now that you've set your goal, you're ready to start bootcamp!

Here's how:

[Join Jack Canfield's 7-Day Goal Achievement Facebook Group](#)

Tune in on Monday, January 7th for our first day together, and be sure to visit the group leading up to bootcamp for exciting updates and to meet your fellow achievers!

I look forward to seeing you in bootcamp... Let's work together to set big goals and make sure 2019 is the year you take your life to a dramatic new level of happiness and fulfillment!

To achieving your goals,

A handwritten signature in black ink that reads "Jack Canfield". The signature is fluid and cursive, with a large loop at the end.

