

RAW Goals – Part 1

Part of the 'Unleash Your DNA Seminar' Series

Personal Dream Building Sheet

Name: _____

<i>1st Step to DREAM BUILDING – All the things I want and wish to DO in my life are...</i>				<i>Imagine 1-3-5-10-20+ Years</i>
1.	11.	21.	31.	41.
2.	12.	22.	32.	42.
3.	13.	23.	33.	43.
4.	14.	24.	34.	44.
5.	15.	25.	35.	45.
6.	16.	26.	36.	46.
7.	17.	27.	37.	47.
8.	18.	28.	38.	48.
9.	19.	29.	39.	49.
10.	20.	30.	40.	50.

<i>2nd Step to DREAM BUILDING – All the things I want and wish to HAVE in my life are...</i>				<i>Imagine 1-3-5-10-20+ Years</i>
1.	11.	21.	31.	41.
2.	12.	22.	32.	42.
3.	13.	23.	33.	43.
4.	14.	24.	34.	44.
5.	15.	25.	35.	45.
6.	16.	26.	36.	46.
7.	17.	27.	37.	47.
8.	18.	28.	38.	48.
9.	19.	29.	39.	49.
10.	20.	30.	40.	50.

<i>3rd Step to DREAM BUILDING – All the things I want and wish to BE in my life are...</i>				<i>Imagine 1-3-5-10-20+ Years</i>
1.	11.	21.	31.	41.
2.	12.	22.	32.	42.
3.	13.	23.	33.	43.
4.	14.	24.	34.	44.
5.	15.	25.	35.	45.
6.	16.	26.	36.	46.
7.	17.	27.	37.	47.
8.	18.	28.	38.	48.
9.	19.	29.	39.	49.
10.	20.	30.	40.	50.

1st Step to SETTING GOALS – Ask yourself WHY? do I want or wish for this thing...

<i>2nd Step to SETTING GOALS – Ask the following questions, you must have a 'YES' for it to be a GOAL</i>	
1. Is this my GOAL or someone else's?	11. Will accomplishing this GOAL give me more security?
2. Is this GOAL morally right and fair to everyone?	12. Will accomplishing this GOAL make me healthier?
3. Is the GOAL consistent with the other GOALS?	13. Will accomplishing this GOAL improve my relationships?
4. Can I emotionally and mentally commit myself to completing this GOAL?	14. Will accomplishing this GOAL enlighten me?
5. Can I 'see' and 'believe' myself reaching this GOAL?	15. Will accomplishing this GOAL give me balance in my life?
6. Will this GOAL help me personally develop and learn new things?	16. Will accomplishing this GOAL help my life purpose?
7. Will accomplishing this GOAL make me happier?	17. Will accomplishing this GOAL _____ (educate) others?
8. Will accomplishing this GOAL make me more prosperous?	18. Will accomplishing this GOAL _____ (inspire) others?
9. Will accomplishing this GOAL make me more friends?	19. Will accomplishing this GOAL _____ (enrich) others?
10. Will accomplishing this GOAL give me peace of mind?	20. Will accomplishing this GOAL leave a legacy?

NOTES:

“A GOAL IS THE ONGOING PURSUIT OF A WORTHY DREAM UNTIL ACCOMPLISHED.”

A DREAM IS TURNED INTO A CLEARLY DEFINED WORTHY OBJECTIVE; THIS OBJECTIVE SHOULD BE VISUALISED DAILY; THIS OBJECTIVE SHOULD GIVE PLEASURE TO YOU AND OTHERS AND NOT HARM, HURT OR PUT ANYONE IN PAIN AS A RESULT OF ACHIEVING THIS WORTHY OBJECTIVE.

Reg Athwal

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