

Session 6

Success & Goal Setting

"Success does not consist in never making mistakes but in never making the same one a second time." – George Bernard Shaw

Goal setting is necessary to stay motivated. Without goals, we don't have an end in sight. Our goals keep us moving forward. And our endless motivation helps us get there.

During **Session 1**, you created a list of the things you wanted to accomplish. Without realizing it, you were starting your goals list.

During **Session 2**, you learned how to stop procrastinating so you could find your reason, drive, and effort to succeed at your goals.

During **Session 3**, you acted, stepping from bigger goals to smaller goals, making things easier to manage.

During **Session 4**, you were given tools to plan your schedule to meet goals and to form habits to keep them.

During **Session 5**, you were taught to respond (not react), so you make positive choices for your future (more goal setting).

Now, in **Session 6**, you will be learning ways to continue achieving your goals and succeeding for years to come!

EXERCISE

Understanding Our Goals

Although you have a better idea of where you're headed, you may not have a clear understanding of why you have a certain goal. Use **WORKSHEET 1** to feel clear, focused, and more motivated to achieve your goals.

EXERCISE

Unstick Yourself Now

Since you will always be moving towards new goals, you will need to ask yourself questions to get there. Use **WORKSHEET 2** to help you brainstorm and come up with new ideas. Learn how to move closer to a new goal when you're stuck.

Motivate Yourself Now (self-motivation course)

EXERCISE

Eat Your Elephant

If you have a goal that is so big it seems overwhelming, then you'll want to use [WORKSHEET 3](#) to help you eat that elephant, one bite at a time!

Thank you so much for taking this program. I really hope it has helped you become aware of what motivates you. Next session, you will receive one last email from me, containing some AMAZING bonus materials. Please take some more time for yourself; you deserve it!

Happy Goal Setting!!

Elizabeth Debol

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