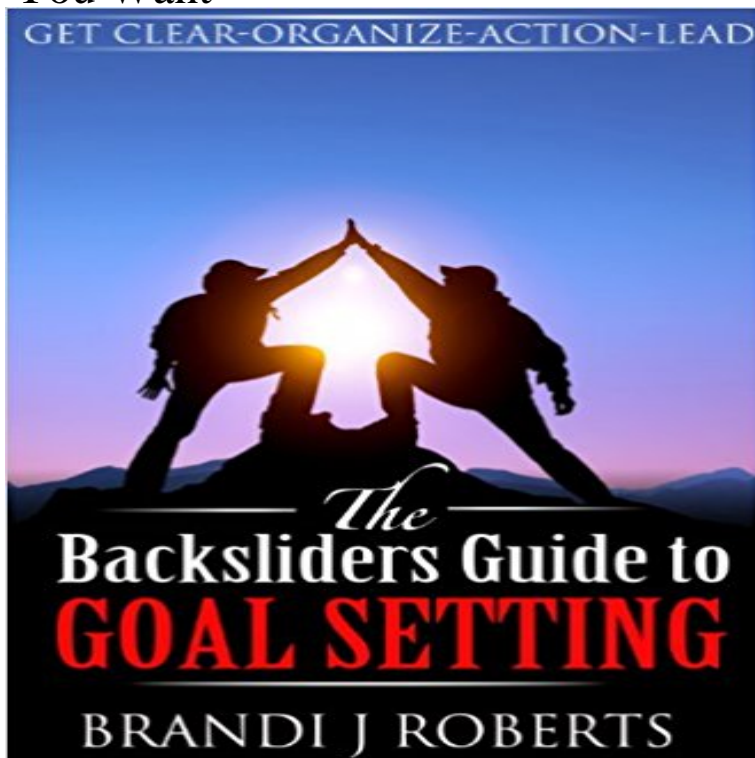


# The Backsliders Guide to Goal Setting: Strategies for How to Get What You Want



What is a Goal? 1. noun, the result or achievement toward which effort is directed; aim; end. 2. A goal is a dream with a deadline. ~Napoleon Hill 3. A promise you are making to yourself. The Backsliders Guide to Goal Setting is a four phase process to help you live an absolutely extraordinary life. The four phases are: Get Clear Organize Action Lead The Get Clear phase is all about dreaming, coming up with ideas, accomplishments, and projects you wish to complete. We will go over several exercises including gratitude, and defining your ideal day. We will then chunk it all down into actual goals you can set for yourself. This phase could take a few hours to complete all dependent on how far you want to take it. The Organize phase is all about getting ready. This preparation phase involves collecting all your resources to see what you already have and what you are lacking in order complete a specific goal. We will look at time, money, people, and internal resources. This phase should also take a couple hours to complete. The Action phase is all about taking the necessary steps to get you where you want to be. Taking massive, directed action with an absolute purpose! This is where your passions shine, your true colors show, and where you will be tested. You will see how constantly taking action brings about results. The Lead phase is all about taking what you have learned and helping others. Now that you have completed a goal you set out for yourself, you become the catalyst to help others do the same. This phase lasts a lifetime. Download your copy today! This process will help you take your life, your business, your health, your finances, and your relationships to a higher level. The Author: Brandi is the Best Selling author of The Backsliders Guide to Weight Loss, The Backsliders Guide to (self) Organization, and The Backsliders Guide to Goal Setting. She was

born in Fort Worth, Texas in 1974. She currently resides in Boise, Idaho with her husband, two boys, and the family dog, Martha Washington. She enjoys hiking in the foothills of Boise, writing, traveling with the family, and watching independent films. And. Shes happy! Tags: Backsliders Guide to, Brandi J Roberts, Goal setting, goal setting strategies, how to set goals, clear intention, leadership, taking action, personal development, personal transformation, self-help, how to set goals

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