

***65 Goal Tips to help
create a life
full of happiness and
fulfillment for you.***

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Author of:

Sailing a Different Course

Say Yes to a Positive Attitude

200 PowerTips to Keep your Attitude Positive

How to Get what you Want in your life & achieve Success

Be a Winner by Boosting your Esteem

The Purple tick for Healthy Self Esteem (ebook)

Dealing with Difficult People & Tricky Situations (ebook)

GOAL TIPS FOR SUCCESS
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GOAL TIPS FOR SUCCESS

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7 Steps to ensure YOU get what YOU want in life and Achieve Success

If you want more enjoyment, money, better health, less stress, and the ‘great to be alive and feeling good’ state of mind, it’s time to set some goals and strategies in your life.

If you’re like the majority of people and you haven’t set any goals in the past, now is a great time to start. The influx of life coaches shows that society has a need to ‘plan’ for success and happiness. People from rugby players to opera singers have coaches and goals, so join the list of achievers.

Here’s a list of seven steps:

1. List your ‘life rules’ for six areas of your life: self, health, work, relationships, financial, community
2. Brainstorm goals for each these areas of life.
3. Categorize them in 1, 3, 5, 10 year groups.
4. Chose the most important for each area for year one.
5. Design a programme for each goal for the year. (Continue this for the other goals)
6. Set a monthly and weekly programme intermingling all the goals for year one.
7. Ensure you have a life/work balance of goals.

22 Tips ABOUT Creating a better 2007 for YOURself.

1. Spring clean your life – analyze what you don't want in 2007.
2. Brainstorm what you **do** want.
3. Be your own driver and travel down your road in life – not other peoples.
4. Achieve the goal rather than changing the goal post when you get close.
5. Stay focused – with goals written down it's easier.
6. Winners make it happen – losers let it happen.
7. Face the hurdles, jump over them, move around them, dig under them. It's better on the other side
8. Don't put change off for another day, do it now.
9. Chose which positive people you want to spend your time/life with, spend less time with negative folk.
10. Understand you'll never be able to please everyone – so don't try – PLEASE YOURSELF it's your life.
11. Make it happen - Why settle for less than you deserve.
12. Take risks – you'll fail some but you'll achieve some as well.
13. Take time to daydream and write down or draw your goals.
14. Created your MAGIC from your right brained creative thinking (the first thing to come to your mind).
15. Use your left analytical side of your brain plan out HOW to achieve it.
16. Understand that you will be challenged and it's ok to ask for help.
17. Visualize achieving your goal.
18. Be prepared to make sacrifices and changes.
19. Take the risk and enjoy life as you're achieving
20. Value your health, have fun, laugh and love along the way.
21. Don't sweat the small stuff and decide what is the small stuff.
22. Pat yourself on the back and reward yourself constantly.

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30 Tips and Tricks **for** **Happiness and Fulfillment**

Yourself

- ✓ Wear clothes you love
- ✓ Discover your inner self by meditating alone
- ✓ Use ‘I Statements’ when you are expressing yourself. I am, I think, I feel
- ✓ Live with integrity to yourself
- ✓ Learn about yourself so you can align your mind, body and soul

Health

- ✓ Reassess where you need to make changes
- ✓ Drink more water
- ✓ Use more olive oils and less saturated fats in your cooking
- ✓ Create better sleep patterns, with bath, deep breathing, walks and relaxing before bed
- ✓ Increase your fitness gradually and to achieve a minimum fitness level you need to exercise for at least twenty three minutes, three times a week.

Relationships

- ✓ Make time for your friends – they’re your angels when you need help
- ✓ Communicate your feelings
- ✓ Relationships are about giving not taking – check your ratio
- ✓ Let go and spend less time with people who ‘grate your nerves’
- ✓ Open up to new people coming into your life

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Career/Business

- ✓ Make sure you're following your passion – you'll enjoy your work lots more
- ✓ Don't let time wasting task ruin your productive time
- ✓ Stop making excuses for what you're not achieving – just do it!
- ✓ Ask for new opportunities for you to achieve at work
- ✓ Keep up skilling – our world is changing at a rate that we need to keep up

Wealth or Abundance

- ✓ Give things away – clothes, furniture, food, toys and make way for the new
- ✓ Count how many stars in the sky and realize that abundance is unlimited
- ✓ Reassess where you can accumulate more in your business or work environment
- ✓ Read books and learn about financial abundance and start making new goals
- ✓ Smile more – it's free, makes you feel better and easy to share

Spiritual and Mental

- ✓ Invite angels into your life – physical and spiritual
- ✓ Relearn how great you are – and love being you
- ✓ Hold a good opinion of yourself and use affirmations to remind yourself
- ✓ Take yourself to a quiet, solitary place and allow your mind to become free
- ✓ Create the 'feel-good' feeling by laughing more and giving compliments



10 GREAT questions

to ask when setting your

2007 Business Goals and Strategies.

Where do I want my business to be in 5 years?

1. Are our products or services likely to be relevant in 5 – 10 years time?
2. Will our currently high value product or service just become another commodity in 5 – 10 years time?
3. What new product could I develop?
4. Which technologies are being developed that might affect our current products or services?
5. Who are my consumers going to be in 5 – 10 years time (age group, relative demographic importance, lifestyles, characteristics)?
6. How am I going to be able to deliver the solutions that customers require?
7. What channels will I use to access my consumers – direct mail, advertising, marketing, internet?
8. Do I need to operate effectively both locally and virtually(via internet)
9. How will the increasing focus on sustainability affect my business?
10. How is increasing globalization going to affect my business?



Janice Davies, the Attitude Specialist is a Professional Speaker, Business Trainer and Success Coach. Additional free tips, articles and self esteem ebook along with other Attitude, Goal & Difficult People ebooks AND coaching information is available on www.attitudespecialist.com or email janice@attitudespecialist.co.nz

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Attitude Training Programme
By Janice Davies

Attitude Training improves your thoughts about your everyday personal and professional life. With over 30,000 thoughts per day to keep positive, you need to train your mind.

There's a quote: *Success comes in cans or cannot.* It's the same with your attitude to life...*Attitude comes in positive or negative.* It's 10% what happens to us and 90% how you react to it. Only you have a choice about your thoughts. My postcard reads;

Past, Present and Future – every second, you have a choice
Choose positive and be your own success story

This series of books progresses you through a mindset change to achieve the following

- 1 Think positive about life
Say Yes to a Positive Attitude book
- 2 Keep positive in everyday situations.
200 PowerTips to keep your Attitude Positive book
- 3 Plan and live your dream life.
How to get what you want in your Life and Achieve Success book
- 4 Believe in yourself that you can do it.
Be a Winner by boosting your Esteem book

Say Yes to a Positive Attitude Book
This book helps you transform your outlook on life.

200 PowerTips to keep your Attitude Positive
This book explores 30 areas and includes a variety of tips for your personal and professional life that will help you maintain a positive attitude.

How to get what you want in your Life and Achieve Success
This book examines your values (rules) and delves into your mind to discover your dream life. Then it provides a programme so you can achieve it.

Be a Winner by boosting your Esteem
This book helps you believe in yourself and your greatness.

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