

My Goals and how I can focus on them.

Everyday I read my Goals, they are my dreams with dates and \$ values attached.

To focus on my goals I will:-

- **Talk** to myself and my **supporters** about them..
- **See** them in the pictures I cut out and hang up in prominent places.
- **Take** pictures of me and them together.
- **Visit** show rooms to see and test them.
- **Get** brochures of them and look at them.
- **Read** about them.
- **Visualise** them in my mind's eye, make affirmations twice daily.