



Dreams & Sweat Spot Goal

Gift yourself ~1hr to Dream & Focus!

White paper, blue pen, quiet place, open mind, relaxed heart, excited spirit...

1. Dreams – “What do you want to Be, Do, Have, Give in the next 10+years... your life time?” Write for as long as possible. Let the pen & the ideas flow. If sparks are needed write Dreams about your health, wealth, relationships, well-being, living environment, pleasure, play, people you care about, contributions to people, planet, legacy...
2. Chief Aim – “Of those Dreams, which ones do you i) most want to focus on & accomplish new results in the next 3-5years, ii) write what those Chief Aims are (chunks of your Dreams you will accomplish in next 3-5years)? – you might have ~1-3-6
3. Sweat Spot Goals –
 - a. Draft - “Of those Chief Aims, which ones do you i) most want to focus on & accomplish new results in the next 3-12mths, ii) write what those specific Sweet Spot Goals are (chunks of your Chief Aim(s)) ~1-3-6
 - b. Select - If you have more than 1 (which is great), write beside each one:
 - Belief Level – 1 to 10
 - Excitement Level – 1 to 10Then select the **one** that is closest to a 10/10!
 - c. Finalize – Craft the qualitative & quantitative language of your Sweet Spot Goal to be most inspiring – most 10/10!
 - d. Post your Sweet Spot Goal – where you see it daily.
 - e. Declare your Sweet Spot Goal – at the beginning of each day, standing up, with hand on heart, energizing it with ‘gusto & abandon’, truly imbue it with excitement, belief, and attraction as if it is “Already Done”!

Note: For our Rewired4Success course we are suggesting the timeframe for your first Sweet Spot Goal be 30Days – it’s EXACTLY the same process just a smaller chunk - 😊

E-mail your Sweet Spot Goal to us – To Your Success! – Heather & Colin