

Name: _ Today's Date: _		_ _
would take to really ma happiness, contentmen can really visualize it in	our overall life goal or ambition. How would it ike you happy, like an ideal retirement? What it, and economic security? Picture it in your r i your mind's eye. Regularly review it and pra- of your subconscious mind. Write this goal do	are the possible pay-offs in mind so intensely that you ctice creative visualization
	nework. Research all the information you can e there steps involved, or smaller goals that m gs in Step 2.	



Step 3: // "to do" list. a major go	Analyze all these facts and organize them into an order of accomplishment. This is a Next, number the steps in order by weeks, or months over the course of a year for al.
Step 4: States to ea	Set a definite time for the accomplishment of your goal. Add beginning and ending ach of your weekly/monthly goals.



Step 5: TAKE IMMEDIATE ACTION TO PUT THESE PLANS INTO EFFECT. DO IT TODAY! List the immediate action that you have taken to put these plans into immediate effect.
Step 6: Be persistent in your plans. Don't let obstacles stand in your way. List some of the obstacles that you believe will hinder your progress, and then work to remove those obstacles either through a positive mental attitude, or through specific removal.



Step 7: Concentrate on a single step at a time to achieve your goal. You must walk before you can run. List the single steps that you will take this month toward the achievement of your definite major purpose.	
Step 8: Check yourself at intervals to see whether you are on the way; and adjust your plants required by any circumstances over which you have no control. List signposts that will tell you that you are traveling in the right direction.	าร



Step 9: Put this whole plan on paper and make planning a habit. Use as many extra sheets as necessary, but only focus on one small action at a time.

Do not just say you will succeed. Don't wish that you could succeed. Do not just expect good counsel to automatically make you successful. <i>Act</i> upon your plan yourself.
Remember, you don't have to do it alone! www.PTSDacademy.com/live
I hereby commit to myself that I will take consistent, definite action towards my Definite Major Purpose, one day at a time.
Signature:
Date: