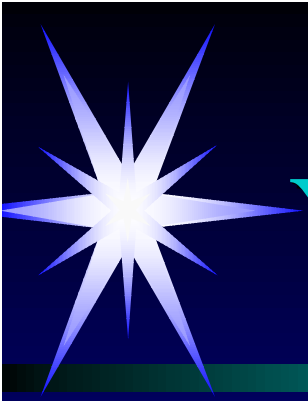




**Welcome to**

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**Achieving It All!**



Your presenter is:

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**J. Suzanna Laurent**  
**Oklahoma City, OK**



# Suzanna Laurent

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- ◆ Distinguished Chapter Achievement Award
- ◆ Distinguished Chapter Service Award 1997
- ◆ 1997 Top Ten Business Woman of America for the American Business Women's Association (ABWA)



# What you'll learn about today

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## **Setting and Achieving Goals**

- ➔ How to structure and write goals
- ➔ How to see if goals are genuine



## **Using Visualization and Affirmations to Achieve Goals**



# How to achieve success

An observation might be made about success—everybody talks about it, but far too few do anything definite to ensure their own personal success!



# Why should you set goals?

Goal setting is essential to success—and a self-motivated person is always working toward a program of personal goals.



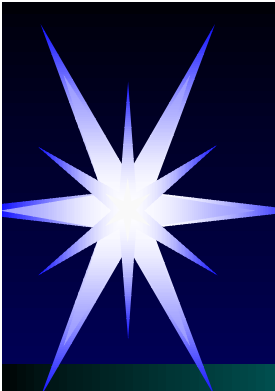
# Success requires action!

To be successful, you must know how to set and achieve goals, build a personal success plan, and develop self-motivation.

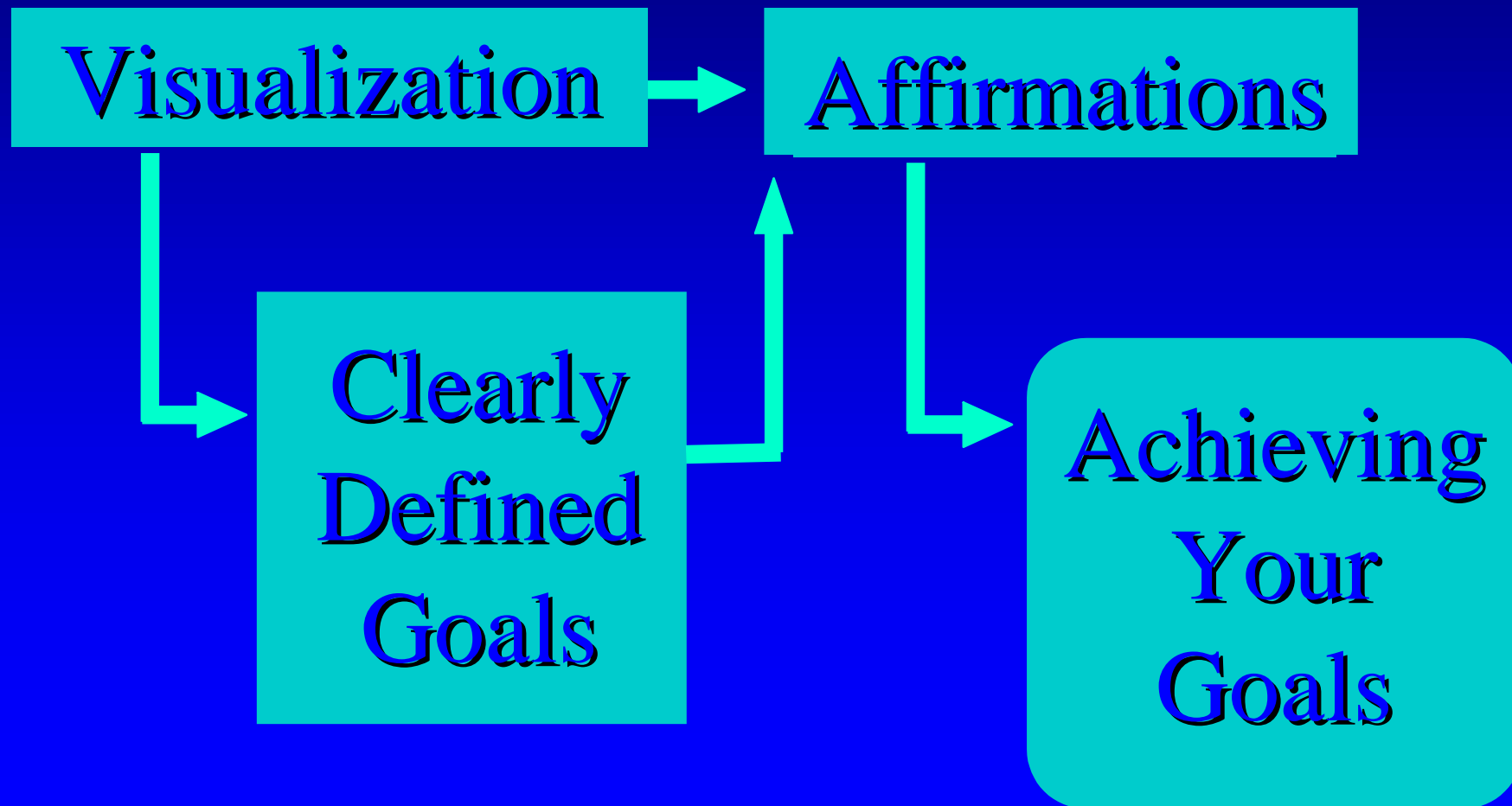


# Goal setting helps you give direction to your dreams!

It is, undoubtedly, the most important single ingredient in both self-motivation and successful achievement!

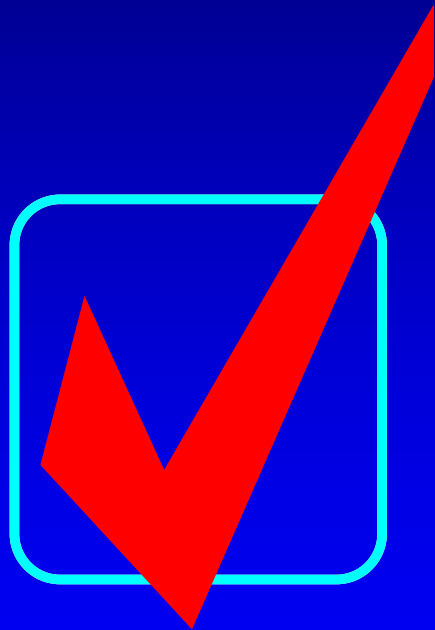


# How to achieve goals. . .





# Write three things you want to accomplish tomorrow



- ◆ Go to a meeting
- ◆ Plan a project
- ◆ Have lunch with a friend or someone new
- ◆ Tell someone you appreciate them
- ◆ Attend a workshop




# Set your imagination free...

Using imagination creatively  
helps you develop a constructive  
discontent.



# How do you get started?

- ◆ You started by listing those things you want to accomplish tomorrow.
- ◆ Next step is creating a list called “Everything I’ve Ever Wanted.”

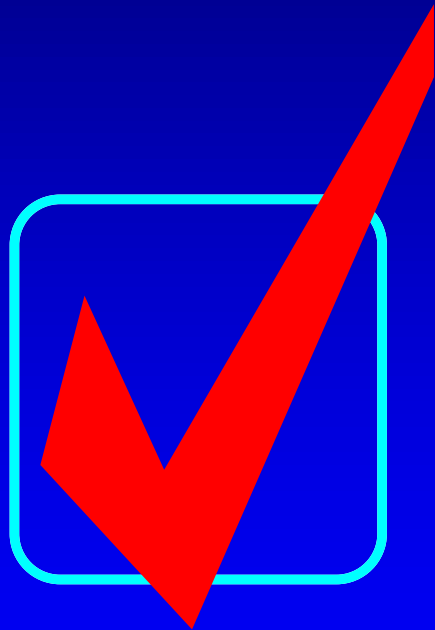


**Nothing that you can imagine is  
beyond the scope of what you  
record on this list!**

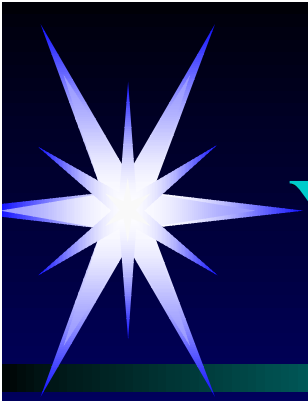
Anything that you can imagine,  
visualize, and sincerely desire  
can be yours if you plan for it  
and work for it through a  
practical program of goal setting.



# Everything I've Ever Wanted!



- ◆ Things that can be achieved
- ◆ No limits to what you list
- ◆ Use that creative imagination
- ◆ Add to your list



# Your potential is unlimited

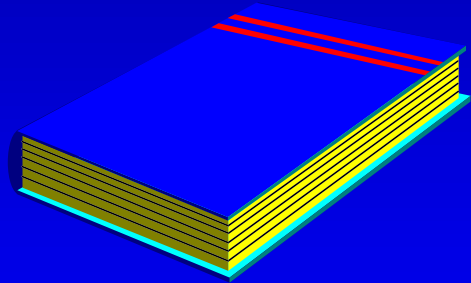
- ◆ You have far more talents and abilities than you have ever used
- ◆ Few people ever use more than 25% of their real potential
- ◆ Inside you is a sleeping giant who lies ready to be aroused and put to work



**Some people find the courage to dream and to imagine, but lack the courage to face themselves—to acknowledge their weaknesses, to draw on their strengths, and to analyze where they stand now in relation to their dreams.**



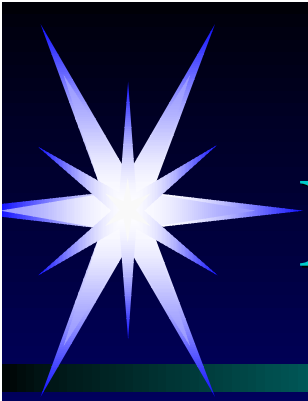
# *Dynamics of Personal Goal Setting<sup>®</sup>*



**Paul J. Meyer**

**Success Motivation Institute**

**Million Dollar Personal Success Plan**



# Personal Success Plan. . .

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**First, crystallize your thinking!**

**Find out where you  
stand now and where  
you want to go.**

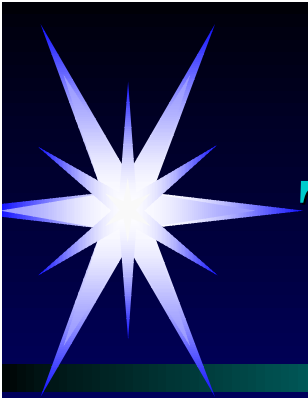


Second. . .

**Develop a written**

**plan with deadlines**

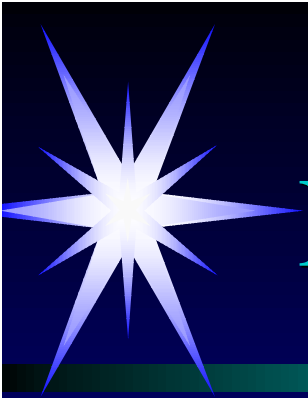
**for achieving the goal!**



Third. . .

**Develop a sincere desire to  
achieve the goal.**

**A wish or daydream has no  
substance, it is vague, unformed,  
and unsupported by action.**

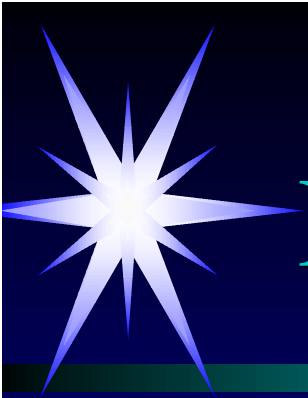


Fourth. . .

**Develop supreme confidence that  
you can do it!**

**Internal changes may be  
necessary**

**to make your goal a reality.**



Fifth. . .

**Develop a steadfast  
determination to succeed,  
regardless of obstacles,  
criticism, or circumstances.**



# Five success essentials

- ◆ Crystallize your thinking
- ◆ Develop a written plan with deadlines
- ◆ Develop a sincere desire
- ◆ Develop supreme confidence
- ◆ Develop determination to succeed



# Becoming goal directed helps you. . .

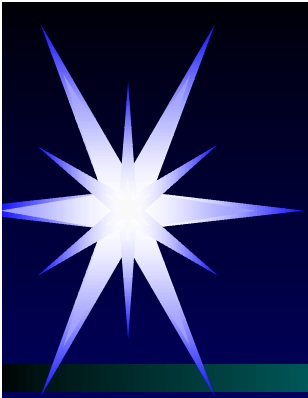
- ◆ Develop the habit of self-motivation
- ◆ Develop drive and ambition
- ◆ Become a leader
- ◆ Stand out above average



Goals must meet these basic requirements. . .

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**They must be written and  
specific with deadlines for  
achievement!**



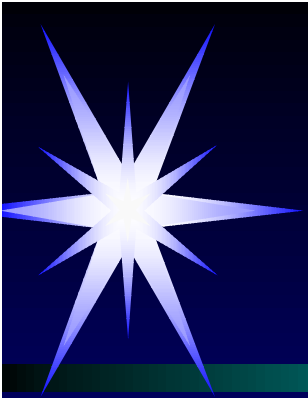
**They must be  
your own  
personal goals!**



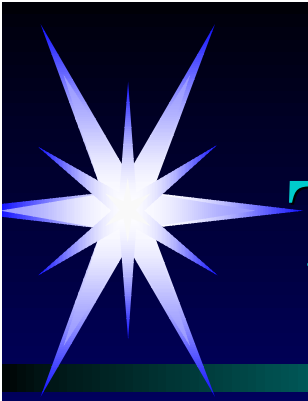
**Goals must be  
stated  
positively!**



**Goals must be  
realistic  
and attainable.**



**Goals must  
include basic  
personality changes.**



# Tools to help achieve your goals

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- ◆ **Visualization**
- ◆ **Affirmations**



# Visualization

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A technique used to focus your creative powers on your goals. It is the act of mentally picturing ideas, events, circumstances, and concrete objects.



# Visualization helps you. . .

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- ◆ Focus your attention on your goals
- ◆ Increase desire
- ◆ Intensify belief and commitment



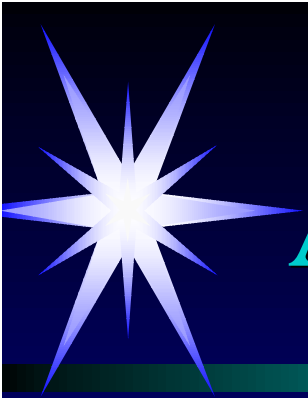
It also helps you. . .

- ◆ Sharpen concentration
- ◆ Fuel motivation
- ◆ Relieve stress



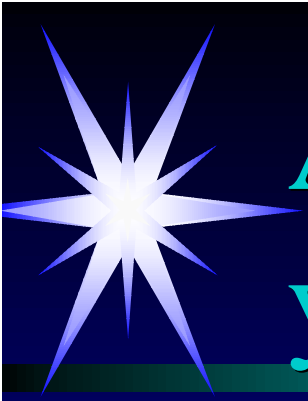
Paul J. Meyer says. . .

**“Whatever you vividly imagine,  
ardently desire, sincerely believe,  
and enthusiastically act upon, must  
inevitably come to pass.”**



# Affirmations...

**The act of expressing your belief in the truth of a particular statement. It is a positive declaration of something you believe to be true or expect to become true.**



Affirmations help you change  
your. . .

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- ◆ **Thinking**
- ◆ **Attitudes**
- ◆ **Behavior**



# Be careful how you write them

To do the most good, affirmations must be written this way:

- ◆ Use the first person pronoun, “I”
- ◆ Use the present tense



- ◆ State affirmations positively
- ◆ Affirmations should be fun



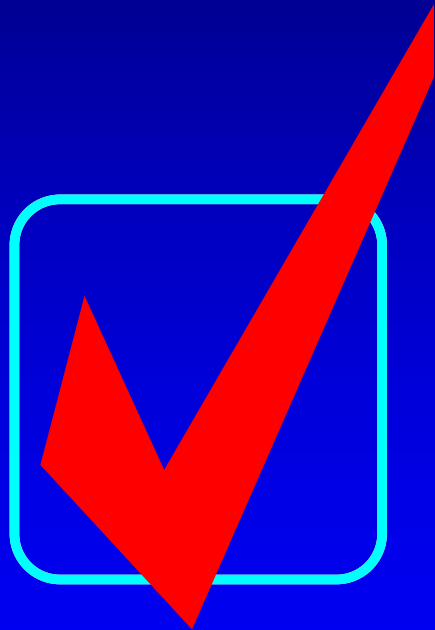
# Be careful how you use them

- ◆ Write affirmations to support your goals and attitudes
- ◆ Put them where you can see them
- ◆ Review them often
- ◆ Remember, some affirmations are private



# Let's each write an affirmation

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- ◆ Smile, and the world smiles with you.
- ◆ I am an intelligent risk-taker, making logical decisions and taking the actions needed for success.

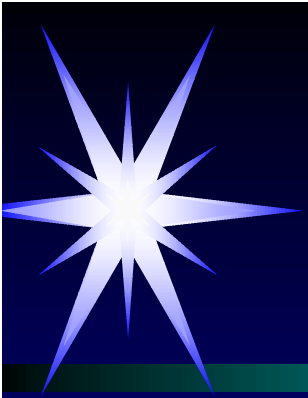


Ask yourself these questions. . .

**Have I crystallized my thinking  
so that I know where I stand now  
and where I want to go?**



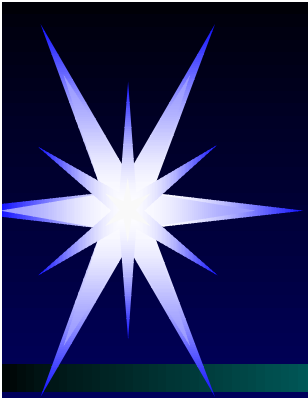
**Do I have a detailed,  
written plan and a deadline  
for its achievement?**



**Do I have a burning  
desire to achieve the goal  
I set for myself?**



**Do I have supreme confidence  
in myself and my ability  
to reach my goal?**



**Do I have the iron-willed  
determination to follow through  
regardless of circumstances or what  
other people say, think, or do?**



If you can answer yes to  
these questions. . .

**You are not only  
ready to begin—you are  
destined to succeed!**



In closing. . .

**Remember that the courage to  
start, take risks, and  
establish values are the real  
keys to achieving your goals!**



My favorite poet—

Amanda Bradley

**Within our reach lies every path  
we ever dream of taking,  
Within our power lies every step  
we ever dream of making,  
Within our range lies every joy  
we ever dream of seeing...and,  
within ourselves lies everything  
we ever dream of being!**