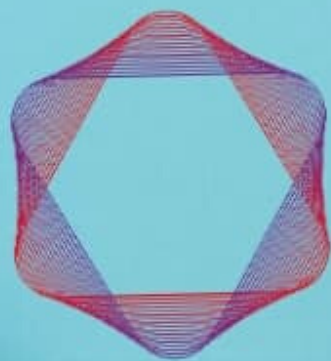


LIVE  
YOUR BEST  
LIFE



*Live Your Best Life!*

# **GOAL SETTING 101!**

Virtual Workshop Series



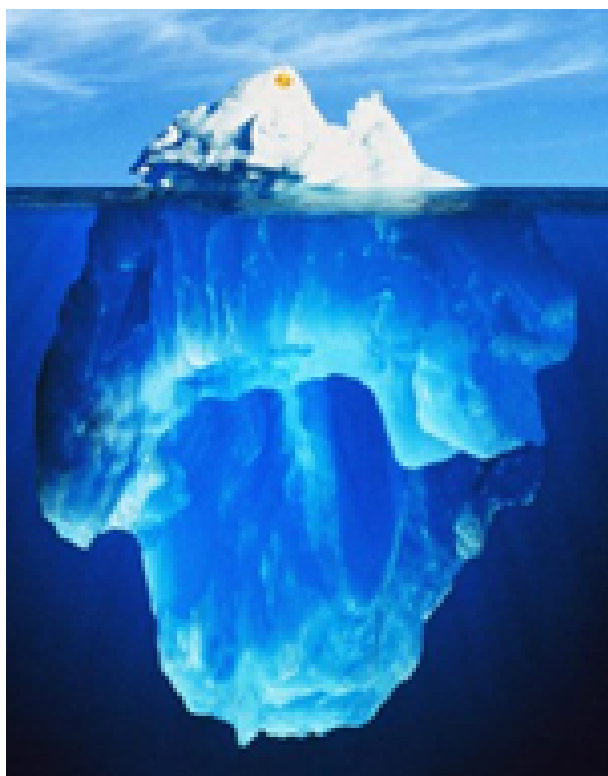
**Setting goals is the first step into  
turning the invisible into the visible.**



# 1. Your Sub-conscious mind

As human beings we create just 10% from our conscious mind.

90% of everything that creates our reality happens in our sub-consciousness mind!



**10% conscious mind**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**90% sub-conscious mind**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 2. Creating your context

Where in your life did your sub-conscious mind sabotage you?

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What context did you have?

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Does this context work for you?

Yes/No

Because....

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If not, what context would work for you?

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# 3. Integrity

## Definition:

"To do what you said you would do,

by when you said you would do it."

Promise kept

Promises broken



50% Integrity

Promise kept

Promises broken

Promise kept

Promises broken



10% Integrity

90% Integrity



# 3. Integrity

## Definition:

**"To do what you said you would do,**

**by when you said you would do it."**

Where in my life did I NOT act with full integrity:

Towards myself

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Towards others

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**"I AM....  
two of the most powerful words,  
for what you put after them shapes  
your reality"**





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