



# GOAL POSTERS

## How to for a goal poster:

Poster can be any size. Should be placed where you will see it every day. For a Dream Book - 1 page for each area (you can use a folder with pages or a small binder). Easier the better . . . . you will do it!

1. 5 categories of change in your life - DREAM BIG -- You get what you "expect".

List at least 5 things in each category you would like to change. Be VERY specific. *For example:* how much money, how much weight to lose. and by what date?

**God/Faith**

**Family**

\* **Relationships/health**

**Work (incl. your MK business)**

\* **Finances**

2. Find pictures from magazines, APPLAUSE, etc. to represent your "dream" e.g., if you want a new house, go look at houses, find the one you want and use THAT picture on your poster or Dream Book

3. Must use pictures, just writing it down doesn't help in visualization.

4. Go thru your Dream Book/Goal Poster every day. If a goal is not focused on -- after 3 days - it's as if it never existed.

5. (optional) To reinforce these goals/"dreams" in your subconscious, make a goal tape/CD with your voice listing every item in every category - repeat each item 3 times with different vocal inflections. Listen early morning as you wake up and as you nod off to sleep. Listen for 45 days without interruption. Make a new tape as you reach some of your goals with new goals.

The time is important: the "twilight time" between sleep and wakefulness Is the time when your subconscious mind is most susceptible to suggestion.

Your mind is just like a computer – it neither knows whether something is positive or negative, good or bad, wise or unwise. IT JUST RECORDS INFORMATION and begins to work toward whatever you tell it. That is why you can create your own future.

Always remember to keep God involved in the process, and thank Him in advance for your victory!