

Goals

Turn your Happiness Bubble into something you can walk toward.

'Goals'

A

Already Done
(no growth)

ABC

B

Know How-to Do It
(no inspiration)

C

Your Wants / Fantasy
(never done before)



Excites & Scares You... Growth

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THIS GREAT DREAM, THIS SERGING
DYNAMIC THING, INVISIBLE TO ALL THE
WORLD EXCEPT TO THE PERSON WHO
HOLDS IT, IS RESPONSIBLE FOR EVERY GREAT
ADVANCE OF MAN.
...EARL NIGHTINGALE

♦ WHAT YOU NEED TO KNOW ♦

- ♦ A real goal is something you've **never done before** — not just something you already know how to do.
- ♦ The real purpose of a goal isn't the finish line. It's who you have to grow into, and become, to reach it.
- ♦ Goals move through four stages: **Fantasy** → **Theory** → **Goal** → **Fact**.
- ♦ A goal only becomes real once you decide it's worthy of your effort.
- ♦ Goals take time — don't expect instant results.
- ♦ Skip a step in the process and nothing happens. That's where most people get stuck.
- ♦ The best dreamers don't just dream — they act on their dreams with their eyes wide open.

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Earl Nightingale: 'Success is the progressive realisation of a worthy goal or ideal.'

Sheila Love IMPACT-ology Mastermind

SHEILA LOVE — WHERE EVERYTHING IS POSSIBLE