

**Your Personal Development
Begins with You!**

Your Ultimate Lifestyle



**RESULTS
FORMULA**

Your Ultimate Lifestyle



*Do You Have a Plan to Achieve
Your Ultimate Lifestyle In Writing?*

Yes / No

If you don't, then here it is...

When you really think about it, all the effort, planning and work that you put into your career is for what?

Your Lifestyle!

Therefore, you should define your ultimate lifestyle and put in place an action plan to make it happen.

Create your Be, Do, Have and How List, remember to put a cost on each one.

Ask yourself

“What Do I Really Want?”

“Who do I want to Be?”

“What do I want to Do?”

“What do I want to Have?”

“How will I accomplish it?”

Important to your motivation and success are the ‘Why’ and ‘How’ factors.

Why do you want to live your ultimate lifestyle?

How will you accomplish your ultimate Lifestyle?

How will you feel when you have achieved your ultimate lifestyle?

As an exercise, just sit back, close your eyes and visualize that you are already living and ‘breathing’ your ultimate lifestyle. Think about absolutely everything that you would like to be, do have and experience, think about how you actually feel as if it was real and as if you are actually there. Now how do you feel?

Your Ultimate Lifestyle:

What do you really want as your ultimate lifestyle?

What does your ultimate lifestyle include?

Why do you want your ultimate lifestyle?

How will you accomplish your ultimate lifestyle?

How will you feel when you have achieved your ultimate lifestyle?

How much \$\$\$ per month will your lifestyle actually cost\$ _____

Your Ultimate Day:

What do you really want as your ultimate day?

What would your ultimate day include?

Why do you want this in your ultimate day?

How will you accomplish your ultimate day?

How will you feel when you have achieved your ultimate day?

How much \$\$\$ will your ultimate day actually cost \$ _____

Your Ultimate Location:

What is your ultimate location? (location, country, climate etc)

Why do you want to live at your ultimate location?

How will you accomplish living at your ultimate location?

How will you feel when you're living at your ultimate location?

How much \$\$\$ per month will it cost to live at your ultimate location \$ _____

Your Ultimate House:

What do you really want as your ultimate house?

What does your ultimate house include?

Why do you want your ultimate house?

How will you accomplish your ultimate house?

How will you feel when you have achieved living in your ultimate house?

How much \$\$\$ per month will your ultimate house cost\$ _____

Your Ultimate Recreation:

What do you really want as your ultimate recreation?

What would your ultimate recreation include?

Why do you want this in your ultimate recreation?

How will you accomplish your ultimate recreation?

How will you feel when you have achieved your ultimate recreation?

How much \$\$\$ per month will your ultimate recreation actually cost \$ _____

Your Ultimate Holiday:

What do you really want as your ultimate holiday?

What does your ultimate holiday include?

Why do you want your ultimate holiday?

How will you accomplish your ultimate holiday?

How will you feel when you are enjoying your ultimate holiday?

How much \$\$\$ will your ultimate holiday cost\$ _____

Your Ultimate Friends:

What attributes and qualities do you want in your ultimate friends?

Why do you want these attributes and qualities in your ultimate friends?

How will you accomplish meeting your ultimate friends?

How will you feel when you are enjoying your life with your ultimate friends?

How much \$\$\$ per month will your life with your ultimate friends cost\$ _____
Compile a list of your ultimate friends. (Be realistic)

- | | |
|-----------|------------|
| 1.) _____ | 6.) _____ |
| 2.) _____ | 7.) _____ |
| 3.) _____ | 8.) _____ |
| 4.) _____ | 9.) _____ |
| 5.) _____ | 10.) _____ |

Your Ultimate Friends in Business:

What attributes and qualities do you want in your ultimate friends in business?

Why do you want these attributes and qualities in your ultimate friends in business?

How will you accomplish meeting your ultimate friends in business?

How will you feel when you are enjoying your life with your ultimate friends in business?

How much \$\$\$ per month will your life with your ultimate friends in business cost

\$ _____

Compile a list of your ultimate friends in business. (Be realistic)

- | | |
|-----------|------------|
| 1.) _____ | 6.) _____ |
| 2.) _____ | 7.) _____ |
| 3.) _____ | 8.) _____ |
| 4.) _____ | 9.) _____ |
| 5.) _____ | 10.) _____ |

Your Ultimate Ways to Enjoy Your Spare Time:

What do you really want to ultimately enjoy your spare time?

What does ultimately enjoying your spare time include?

Why do you want to ultimately enjoy your spare time?

How will you accomplish ultimately enjoying your spare time?

How will you feel when you are ultimately enjoying your spare time?

How much \$\$\$ per month will ultimately enjoying your spare time cost \$ _____

Your Ultimate Foods:

What ultimate foods do you really enjoy?

What are the ultimate foods that you would like to try?

Why do you enjoy these ultimate foods?

How will you feel when you are enjoying your ultimate foods?

How much \$\$\$ per month will your life with your ultimate foods cost\$ _____

Your Ultimate Place to Enjoy a Meal:

What is your ultimate destination, place, venue to enjoy a meal?

What makes it your ultimate destination, place, venue to enjoy a meal??

Why is this your ultimate destination, place, venue to enjoy a meal?

How will you accomplish enjoying a meal at your ultimate destination, place, venue?

How will you feel when you are enjoying a meal at your ultimate destination, place, venue?

Who would you most like to enjoy a meal at your ultimate destination, place, venue?

How much \$\$\$ per month will your life with your ultimate foods cost\$ _____

Your Ultimate Health:

What do you really want to achieve your ultimate health?

What do you need to do to achieve your ultimate health?

Why do you really want to achieve your ultimate health?

How will you accomplish your ultimate health?

How will you feel when you have achieved your ultimate health?

How much \$\$\$ per month will your life with your ultimate health cost\$ _____

What else would you like included in your life to create your ultimate lifestyle?

- 1.) _____
- 2.) _____
- 3.) _____

Why do you want these included in your ultimate lifestyle?

- 1.) _____
- 2.) _____
- 3.) _____

How will you accomplish these as part of your ultimate lifestyle?

- 1) _____
- 2) _____
- 3) _____

How will you feel when they are included in your ultimate lifestyle?

- 1.) _____
- 2.) _____
- 3.) _____

How much \$\$\$ per month will they cost to be included in your ultimate lifestyle?

- 1.) \$_____
- 2.) \$_____
- 3.) \$_____

Important Note:

Some of these points will involve concentrated effort and thought on your part, remember this is all about you and creating an action plan to work towards the achievement of your ultimate lifestyle. Once these points are complete, your ultimate lifestyle will be clearly defined, and you will be a vital step closer to accomplishing your dream, importantly with a Step X Step Plan of Action to actually make it happen.

Goal setting with regular progress assessment is vital to keeping you on track towards achieving the ultimate lifestyle that you desire.



Concentrate on the problem and you will always have a problem.

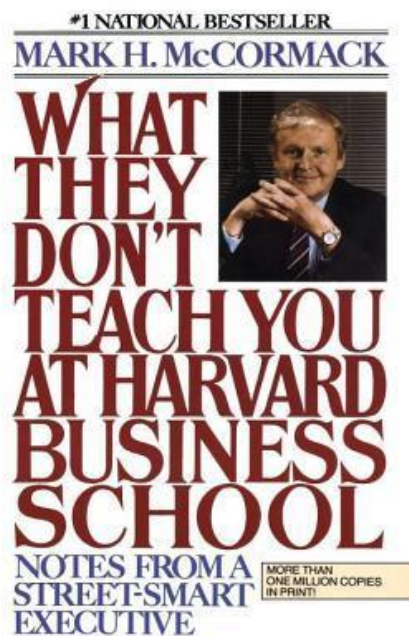
Focus on finding a solution and you will find a solution.

Goal Setting for Increased Results

Harvard Business School Goal Story,
Study about goals at Harvard MBA program, 1979.

From the book '*What they don't teach you at Harvard Business School*'

by Mark McCormack:



In his book Mark McCormack tells of a study conducted on students in the 1979 Harvard MBA program.

In that year, the students were asked, **have you set clear, written goals for your future and made plans to achieve them?"**

Only 3% of the graduates had written goals and plans;

13% had goals, but they were not in writing;

and a whopping 84% had no specific goals at all.

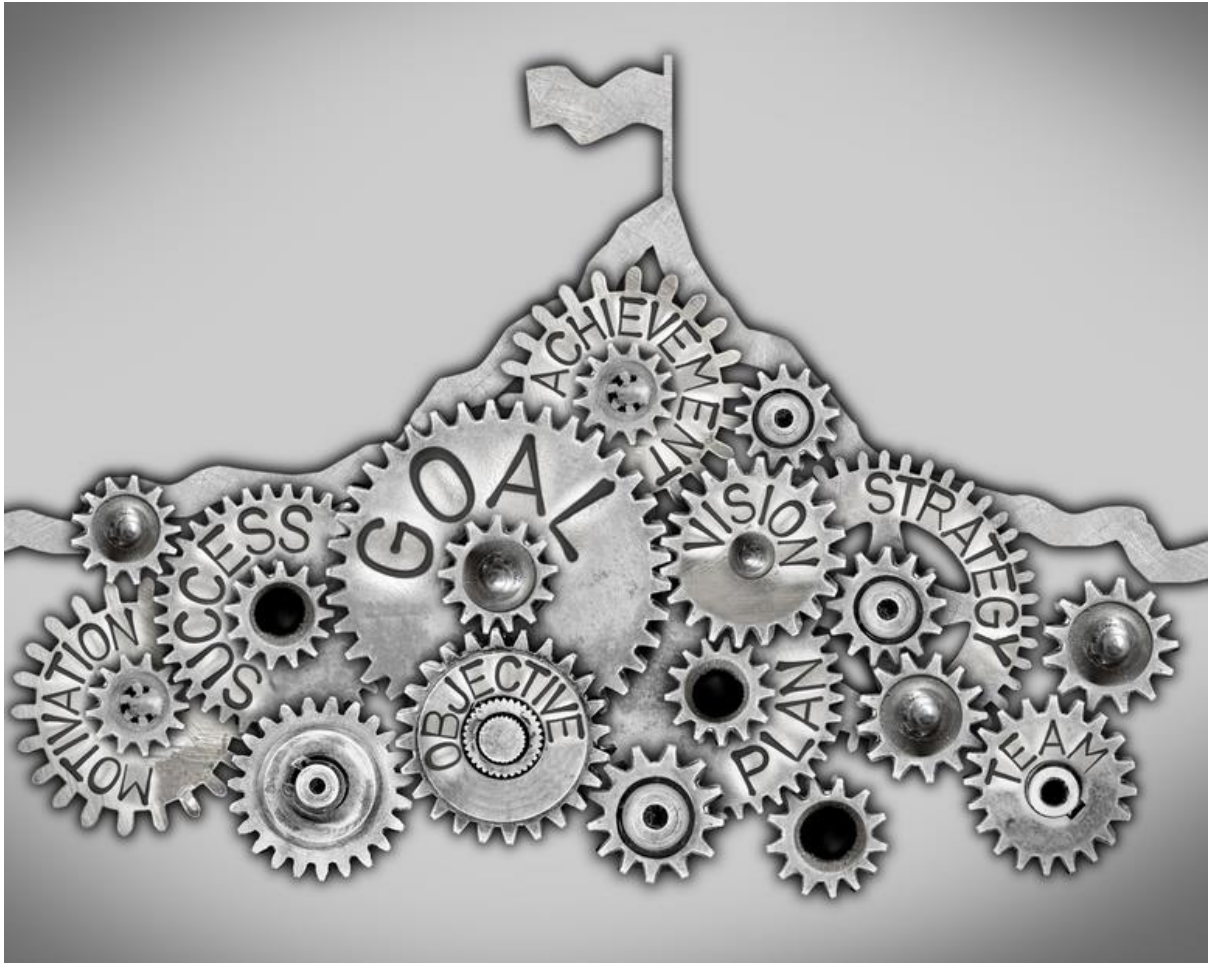
Ten years later, the members of the class were interviewed again, and the findings were nothing short of astonishing.

The 13% of the class who had goals were earning, on average, twice as much as the 84% who had no goals at all.

The 3% who had clear written goals and a plan to achieve them were earning, on average,

ten times as much as the other 97% combined. WOW!

Goals & Targets:



A Proven Strategy to Achieve Your Goals.

- 1.) Clearly define your goals in writing.
- 2.) Set a date to achieve them by.
- 3.) Develop the step X step process to achieve each of your goals.
- 4.) Don't get Distracted.
- 5.) Don't get Deterred by Setbacks.
- 6.) Get Started and Keep Going. Never Ever Give Up.

Your Career Goals

12 Month Career Goals

12 Month Total Sales Target \$ _____

12 Month Income & Commission Target \$ _____

Goal to be Achieved by Date noted in your diary Yes No

Goal Deadline, Weeks Remaining. noted in your diary Yes No

Steps to implement towards achieving these goals.

Date to be Achieved By: ____/____/____

6 Month Career Goals

6 Month Total Sales Target \$ _____

6 Month Income & Commission Target \$ _____

Goal to be Achieved by Date noted in your diary Yes No

Goal Deadline, Weeks Remaining. noted in your diary Yes No

Steps to implement towards achieving these goals.

Date to be Achieved By: ____/____/____

3 Month Career Goals

3 Month Total Sales Target \$ _____

3 Month Income & Commission Target \$ _____

Goal to be Achieved by Date noted in your diary Yes No

Goal Deadline, Weeks Remaining. noted in your diary Yes No

Steps to implement towards achieving these goals.

Date to be Achieved By: ____/____/____

1 Month Career Goals

Goal to be Achieved by Date noted in your diary Yes No

Goal Deadline, Weeks Remaining. noted in your diary Yes No

1 Month Total Sales Target \$ _____

1 Month Income & Commission Target \$ _____

Steps to implement towards achieving these goals.

Date to be Achieved By: ____/____/____

1 Week Career Goals

1 Week Total Sales Target \$ _____

1 Week Income & Commission Target \$ _____

Goal to be Achieved by Date noted in your diary Yes No

Goal Deadline, Weeks Remaining. noted in your diary Yes No

Steps to implement towards achieving these goals.

Date to be Achieved By: ____/____/____

List Your Career Goals.

1.) _____

2.) _____

3.) _____

4.) _____

5.) _____

6.) _____

Your Lifetime Goals

Write Down 5 Lifetime 'Lifestyle' Goals

Lifetime 'Lifestyle' Goal #1:

Date to be Achieved By: _____/_____/_____

Goal to be Achieved by Date noted in your diary Yes No

Goal Deadline, Time Remaining. noted in your diary Yes No

Steps to implement towards achieving this goal. _____

Lifetime 'Lifestyle' Goal #2:

Date to be Achieved By: _____/_____/_____

Goal to be Achieved by Date noted in your diary Yes No

Goal Deadline, Time Remaining. noted in your diary Yes No

Steps to implement towards achieving this goal. _____

Lifetime 'Lifestyle' Goal #3:

Date to be Achieved By: _____/_____/_____

Goal to be Achieved by Date noted in your diary Yes No

Goal Deadline, Time Remaining. noted in your diary Yes No

Steps to implement towards achieving this goal. _____

Lifetime 'Lifestyle' Goal #4:

Date to be Achieved By: _____/_____/_____

Goal to be Achieved by Date noted in your diary Yes No

Goal Deadline, Time Remaining. noted in your diary Yes No

Steps to implement towards achieving this goal. _____

Lifetime 'Lifestyle' Goal #5:

Date to be Achieved By: _____/_____/_____

Goal to be Achieved By Date noted in your diary Yes No

Goal Deadline, Time Remaining. noted in your diary Yes No

Steps to implement towards achieving this goal. _____

Write Down 5 Annual 'Lifestyle' Goals

Annual 'Lifestyle' Goal #1:

Goal to be Achieved By Date noted in your diary Yes No

Goal Deadline, Time Remaining. noted in your diary Yes No

Steps to implement towards achieving this goal. _____

Date to be Achieved By: _____/_____/_____

Annual 'Lifestyle' Goal #2:

Goal to be Achieved By Date noted in your diary	Yes	No
Goal Deadline, Time Remaining. noted in your diary	Yes	No
Steps to implement towards achieving this goal.	_____	

Date to be Achieved By: ____/____/____

Annual 'Lifestyle' Goal #3:

Goal to be Achieved By Date noted in your diary	Yes	No
Goal Deadline, Time Remaining. noted in your diary	Yes	No
Steps to implement towards achieving this goal.	_____	

Date to be Achieved By: ____/____/____

Annual 'Lifestyle' Goal #4:

Goal to be Achieved By Date noted in your diary	Yes	No
Goal Deadline, Time Remaining. noted in your diary	Yes	No
Steps to implement towards achieving this goal.	_____	

Date to be Achieved By: ____/____/____

Annual 'Lifestyle' Goal #5:

Goal to be Achieved By Date noted in your diary	Yes	No
Goal Deadline, Time Remaining. noted in your diary	Yes	No
Steps to implement towards achieving this goal.	_____	

Date to be Achieved By: ____/____/____

Write down the desired annual income each year for the next 5 years.

Income Year 1: \$ _____

Income Year 2: \$ _____

Income Year 3: \$ _____

Income Year 4: \$ _____

Income Year 5: \$ _____



List Your Lifetime Goals.

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____
- 6.) _____
- 7.) _____
- 8.) _____
- 9.) _____
- 10.) _____

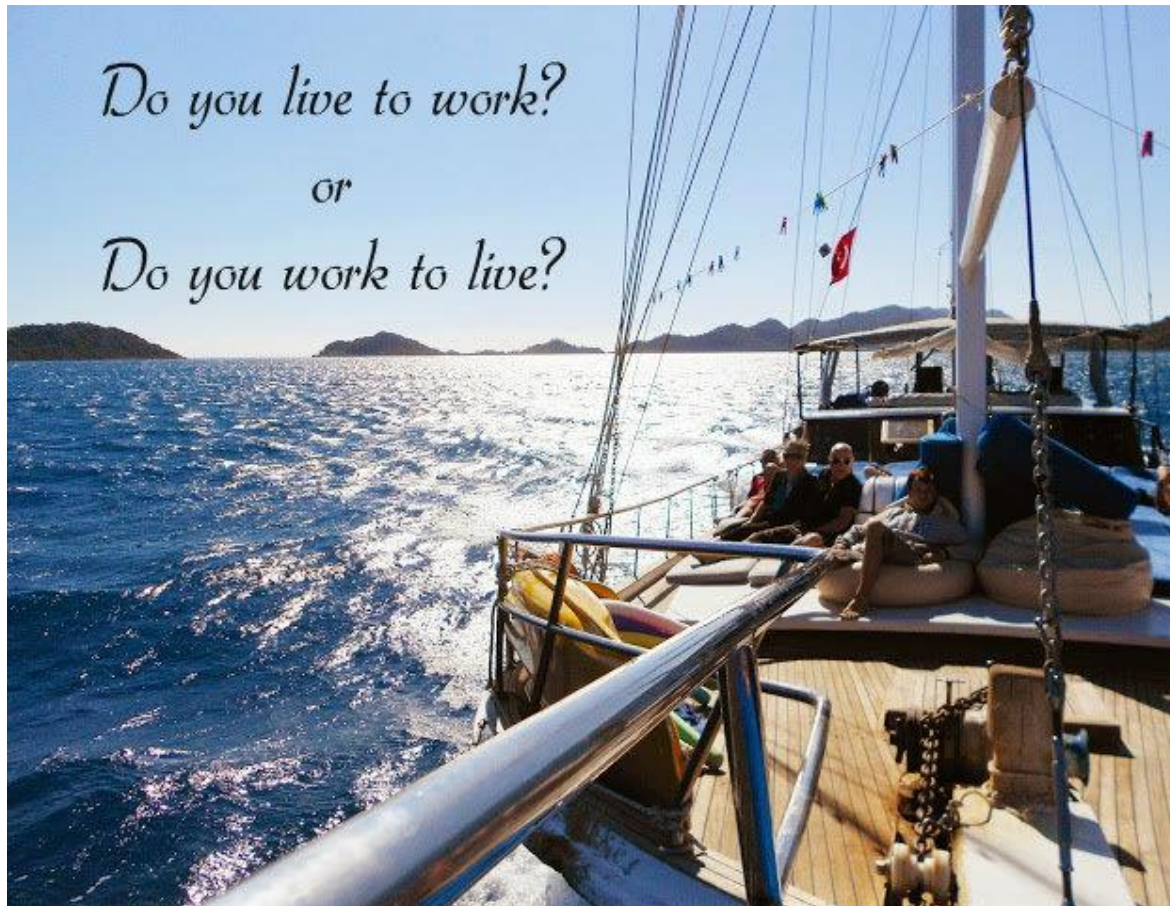
The achievement of short-term goals and targets is directly related to the achievement of your longer-term goals.

Therefore, the setting and achieving of weekly and even daily targets is vitally important to the achievement of your long-term goals.

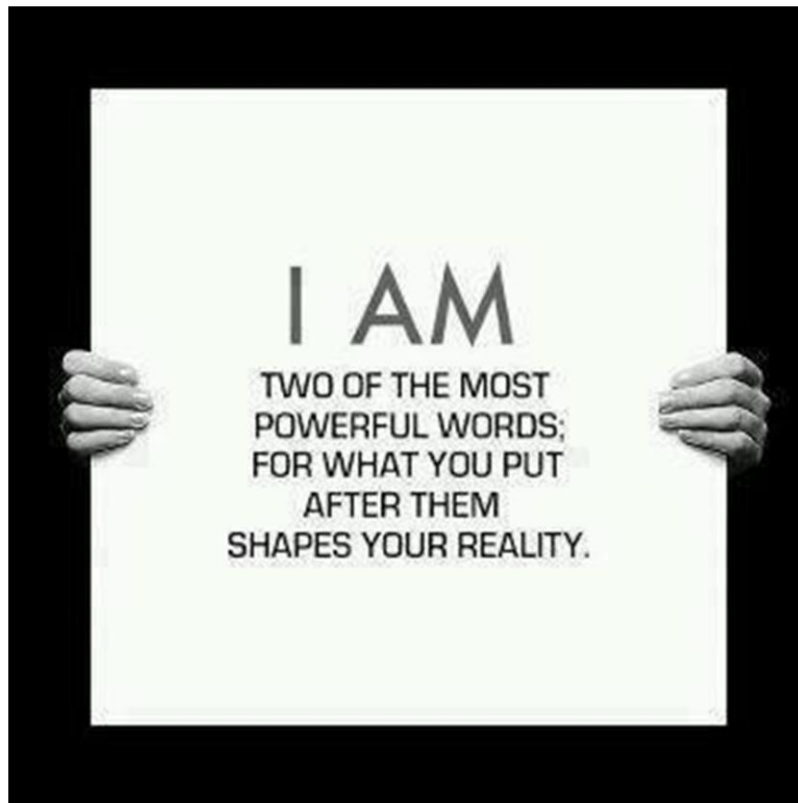
It's essential to realise that when setting goals and targets for you to achieve that you have in place the appropriate 'tools' or a Step X Step plan in place to achieve your goals and a 'Date' to achieve them by.

Note: Each and every fortnight you should assess what you have done and the progress you have made towards achieving your goals. **This is ESSENTIAL.**

An Important Phrase Worth Your Consideration....



Affirmations & Achieving Your Goals



Positive affirmations are all about influencing your sub-conscious mind towards thought practices that will further empower you towards achieving your goals. They help you keep your mind on track and focused towards achieving your goals.

They may be based on improving your

Self-confidence, Self-Belief, Discipline, Focus Reducing Distractions,

Determination, Overcoming Obstacles, Discipline etc

Positive self-talk every day makes a huge difference to your attitude!! Your subconscious will focus on whatever you give your attention to . . . Positive or negative.

Here are some examples of a few affirmations you can use to focus and improve your mindset:

- 1.) *I only think positive thoughts.*
- 2.) *I am really good at what I do.*
- 3.) *I get R E S U L T S*
- 4.) *I am focused, disciplined and determined.*
- 5.) *I am a person who never gets distracted*
- 6.) *I attract success like a magnet.*
- 7.) *I love talking to people.*
- 8.) *The more people I talk to = the more money \$\$\$ I make.*
- 9.) *People are instantly attracted to my happy personality.*
- 10) *Success comes to me easily and effortlessly.*

These and any affirmations you use should be **written out in the morning and upto 5 times per week by hand**, not typed into a computer, the process of physically writing out your affirmations will influence your sub conscious and thought processes much more effectively.

Your Affirmations

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

“People often say that motivation doesn't last. Well, neither does bathing--that's why we recommend it daily.” ~ Zig Ziglar

