

You have to make a decision

I have learned that focusing your mind and your efforts on your ONE THING isn't enough. You have to make a conscious decision to take the steps you need to take to achieve your goals.

You have to decide.

You have to decide to stick with your slight edge plan every tedious and mundane moment. You have to "see" the "you" that you want to become clearly and you have to decide to NEVER give up on that goal. If you don't then you will begin the long slow ride of pretending you are serious, speaking to the goal but not doing it. This is the 95% of us who are on the failure curve (slight edge) and ONLY the 5% of us who will not let anything get in your way will achieve the success curve and achieve our goals. This take intent and can be difficult. Believe me I speak from personal experience. But there is NO other way.

You have to decide.

Write a message to yourself and let yourself know that YES! You have decided to go for this and you will not quit because you want the following goal.

Tape this message to your bathroom mirror and with great energy and enthusiasm say this out loud every morning. And don't care who can hear you. You and your subconscious mind can hear you and all day your subconscious mind will work FOR YOU not against you and in the fullness of time, you will achieve ALL OF YOUR GOALS.

Dedicated to Your Success,
Rem



Your Twelve Week Plan

Goal 1:

Tactics to Achieve Goal One _____ Week Due

1.

2.

3.

4.

5.

Goal 2:

Tactics to Achieve Goal Two _____ Week Due

1.

2.

3.

4.

5.

Goal 3:

Tactics to Achieve Goal Three _____ Week Due

1.

2.

3.

4.

5.



Goal One 12 Week Plan

Week One

1.

2.

3.

4.

5.

Week Two

1.

2.

3.

4.

5.

Week Three

1.

2.

3.

4.

5.



Goal One 12 Week Plan

Week Four

- 1.
- 2.
- 3.
- 4.
- 5.

Week Five

- 1.
- 2.
- 3.
- 4.
- 5.

Week Six

- 1.
- 2.
- 3.
- 4.
- 5.



Goal One 12 Week Plan

Week Seven

- 1.
- 2.
- 3.
- 4.
- 5.

Week Eight

- 1.
- 2.
- 3.
- 4.
- 5.

Week Nine

- 1.
- 2.
- 3.
- 4.
- 5.



Goal One 12 Week Plan

Week Ten

1.

2.

3.

4.

5.

Week Eleven

1.

2.

3.

4.

5.

Week Twelve

1.

2.

3.

4.

5.



Goal Two 12 Week Plan

Week One

1.

2.

3.

4.

5.

Week Two

1.

2.

3.

4.

5.

Week Three

1.

2.

3.

4.

5.



Goal Two 12 Week Plan

Week Four

1.

2.

3.

4.

5.

Week Five

1.

2.

3.

4.

5.

Week Six

1.

2.

3.

4.

5.



Goal Two 12 Week Plan

Week Seven

- 1.
- 2.
- 3.
- 4.
- 5.

Week Eight

- 1.
- 2.
- 3.
- 4.
- 5.

Week Nine

- 1.
- 2.
- 3.
- 4.
- 5.



Goal Two 12 Week Plan

Week Ten

- 1.
- 2.
- 3.
- 4.
- 5.

Week Eleven

- 1.
- 2.
- 3.
- 4.
- 5.

Week Twelve

- 1.
- 2.
- 3.
- 4.
- 5.



Goal Three 12 Week Plan

Week One

1.

2.

3.

4.

5.

Week Two

1.

2.

3.

4.

5.

Week Three

1.

2.

3.

4.

5.



Goal Three 12 Week Plan

Week Four

- 1.
- 2.
- 3.
- 4.
- 5.

Week Five

- 1.
- 2.
- 3.
- 4.
- 5.

Week Six

- 1.
- 2.
- 3.
- 4.
- 5.



Goal Three 12 Week Plan

Week Seven

- 1.
- 2.
- 3.
- 4.
- 5.

Week Eight

- 1.
- 2.
- 3.
- 4.
- 5.

Week Nine

- 1.
- 2.
- 3.
- 4.
- 5.



Goal Three 12 Week Plan

Week Ten

- 1.
- 2.
- 3.
- 4.
- 5.

Week Eleven

- 1.
- 2.
- 3.
- 4.
- 5.

Week Twelve

- 1.
- 2.
- 3.
- 4.
- 5.

