



# 1.1 - A CLEAR GOAL

**'S**

WORKBOOK

# THE DIFFERENT PARTS WITHIN YOU

A Venn diagram consisting of three overlapping circles. The top-left circle is labeled 'MIND', the top-right circle is labeled 'SUBCONSCIOUS MIND', and the bottom circle is labeled 'SUPRA CONSCIOUS'. The circles overlap in various combinations, creating a central intersection where all three meet.

MIND

SUBCONSCIOUS  
MIND

SUPRA  
CONSCIOUS

# FIRST LAW OF GOAL ACHIEVEMENT

## THE LAW OF CLARITY

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Clear, specific goals and intentions  
are more likely to be achieved  
than vague or ambiguous goals

# GOAL SETTING

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*don'ts*

Confusing personal growth with goal setting.

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*Mistake #1*

Choosing a non specific goal.

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*Mistake #2*

**Your priority is...**

Health

Career or Business

Relationships

Wealth

Recreation

Ok. Now, in this area of life, what do you want to accomplish for the next few weeks or months?

I want to

Setting a goal with a timeframe longer than one year turns it into a vision.

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*Mistake #3*



# GOAL SETTING

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*do's*



## **THE 4P METHOD**

# PRESENT

Formulating your goal in the present gives it life as if you are achieving it now.

Your subconscious mind will love it, because it can't make a difference between past, present and futur.



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## *Examples*

I **want to lose** 30 pounds in 3 months

I **want to double** my sales

I formulate my goal in the present.

***Which gives...***

# POSITIVE

Thus, set your goal positively to ensure the different parts within you, namely your mind, subconscious mind, supraconscious receive the message clearly.

This is how you can use the law of Clarity in your favor.



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## *Examples*



I want to lose 30 pounds in 3 months



I want to double my sales

I formulate my goal in a positive way.

***Which gives...***

# PERSONAL

Set your goal personal and specific to you.

A personal goal equals personal responsibility, and personal responsibility is a prerequisite for your success.



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## *Examples*

I want to lose 30 pounds in 3 months

I want to double my sales.

I formulate my goal in a personal way.

***Which gives...***

# PUT IN WRITING

A recent study by Gail Matthews, a psychology professor at the University of California, made an extraordinary discovery.

Participants who wrote down their goals daily, along with the actions they would take, increased their chances of achieving their goals by 42%.



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I commit to writing down my goal every morning along with the actions I will take during the day.