

Go for the Goal

PASTOR *Wanda Martin*



Discover what's been

**HOLDING
YOU BACK**

Create

**S.M.A.R.T.
GOALS**

Learn to

**VISUALIZE
SUCCESS**

BE EXTRAORDINARY



Go for the Goal

**HELLO FRIEND AND WELCOME TO MY
“GO FOR THE GOAL”
(G4G) WORKSHOP!**

Did you know that at the beginning of every year, many people set goals but 92% of them never achieve them? This means only 8% actually achieve the goals they set out to accomplish!

Well this “GO FOR THE GOAL” workshop has been designed to teach the principles and the success secrets of those within the 8%, so people like you can start setting and achieving their goals and join the 8%.

“People with goals succeed because they know where they are going.”

- EARL NIGHTINGALE

I really love this quote by Earl Nightingale because it depicts my life as I know it to be right now. As of today, I can honestly say that everything I have achieved is a direct result of the goals I've set and worked so hard to accomplish.

As a pastor, wife, mother and host to conferences and workshops, I have found my life to be less hectic and more productive and successful in more ways than I could have ever imagined as result of me setting and working to achieve my goals for my life.

Knowing how to properly set and achieve goals has caused me to see many of my dreams (Having this workshop is one of them) turn into a reality and I want the same thing to happen for you. Setting and Achieving goals is not just essential for my life but I believe it's for everyone.

-Pastor Wanda Martin



Go for the Goal

TESTIMONIES

"After taking Pastor Wanda's class on Setting Goals, I actually felt like accomplishing my goals was in my reach. The way she simplified the process from identifying the goal, setting the goal, and then taking steps to achieving the goal, it gave me the direction needed to get going on my personal goals. I now have a new sense of accomplishment just knowing that I am heading in the right direction." *-Zanetta*

"Pastor's Wanda's teaching on goals has taught me to dream and believe big because God will give me my hearts desires. I now have more confidence trust and determination in completing my goals no matter what obstacles may come my way." *-Alfreda*

"Pastor Wanda teaching on goals has helped me to reached new heights and has sparked another level of creativity and innovation in everything I do. I am now winning at accomplishing my goals. Because of the teaching on writing, reviewing, and listening to your goals daily, I am constantly thinking of the end result, visualizing myself accomplishing my goals. Her teaching has given me more discipline and consistency. My life and my family is forever changed because of what I have taught me about setting and achieving goals." *-Michelle*

"Goal setting as always been a problem for me. I had goals, but never really had a method for achieving them. And yes I tried a few goal setting apps to help, but to no avail. When Pastor Wanda started teaching about the power of goal setting and the spiritual principle behind it, I was able to gain a greater appreciation for the process and now I am more on track than ever with my life and my goals." *-Minister Shawn Freeman*

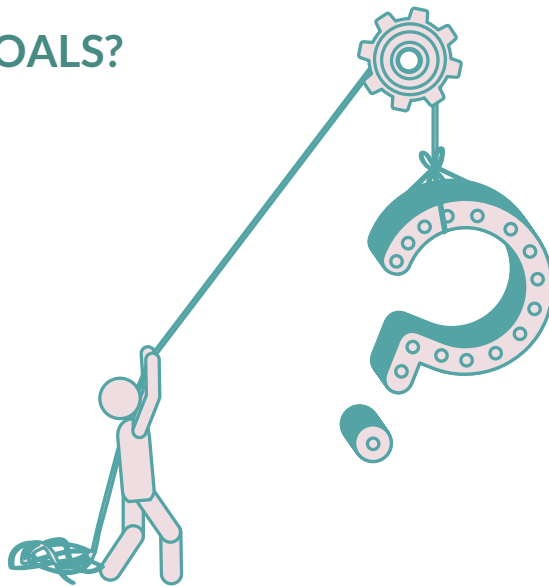
"Pastor Wanda's teaching on goal setting has impacted my life in a way I thought was impossible. I received information that let me know that I am not too old to set & achieve my goals. Knowing that can be part of the 8% of people that achieve their goals has given me a new lease on life. It has put excitement & expectation that my latter will be greater than my beginnings." *-Helen*

Are you ready to GO FOR YOUR GOALS? Great, then let's get started!

"You don't have to be great to get started, but you do have to get started to be great."

-Lee J. Colan

WHY HAVE GOALS?



Goals pull you forward. It is a proven fact that people with goals achieve more than those without them. All successful people rose to success because they began with a set of goals. Research has found that people who have goals and write them down earn 9 TIMES as much as those who don't. Being focused and purpose driven keeps you from just existing. Instead of allowing life to happen, you MAKE life happen! The key to making life happen is goal setting.

Having goals is “ESSENTIAL” to being successful

And Here's Why:

- ▶ It keeps you _____
- ▶ Gives _____ to various areas of your life.
- ▶ Helps keep you _____
- ▶ Keeps you _____
- ▶ Boosts _____
- ▶ Helps you to _____ on purpose
- ▶ Assists in conquering _____

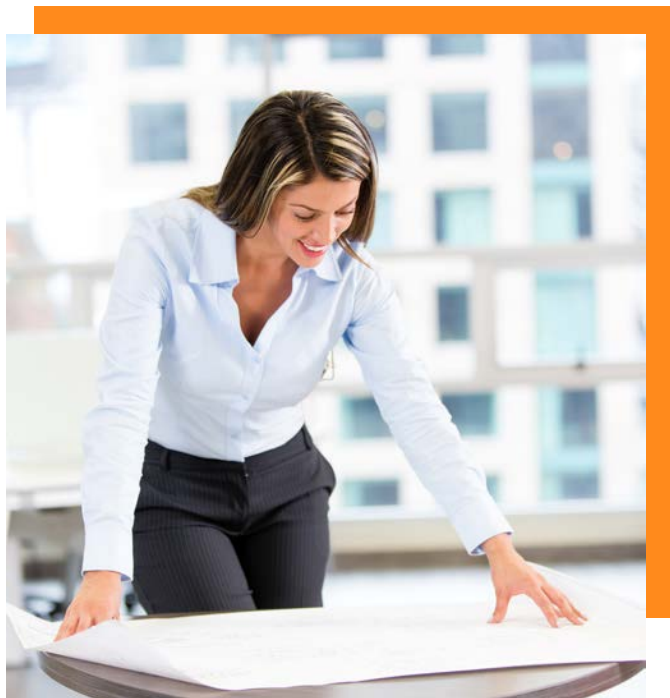
Why do YOU think goal setting is essential?

List your whys.

- ▶ _____
- ▶ _____
- ▶ _____

GOAL SETTING PRINCIPLES

Setting goals is essential, but in order to actually achieve your goals you have to take it one step further. The 8% of people who actually achieve their goals made the following principles a part of their daily routine. Let's look at these principles.



"Setting goals turns what is invisible to being visible."

-TONY ROBBINS

"Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip toe if you must, but take the first step and set a goal."

-UNKNOWN

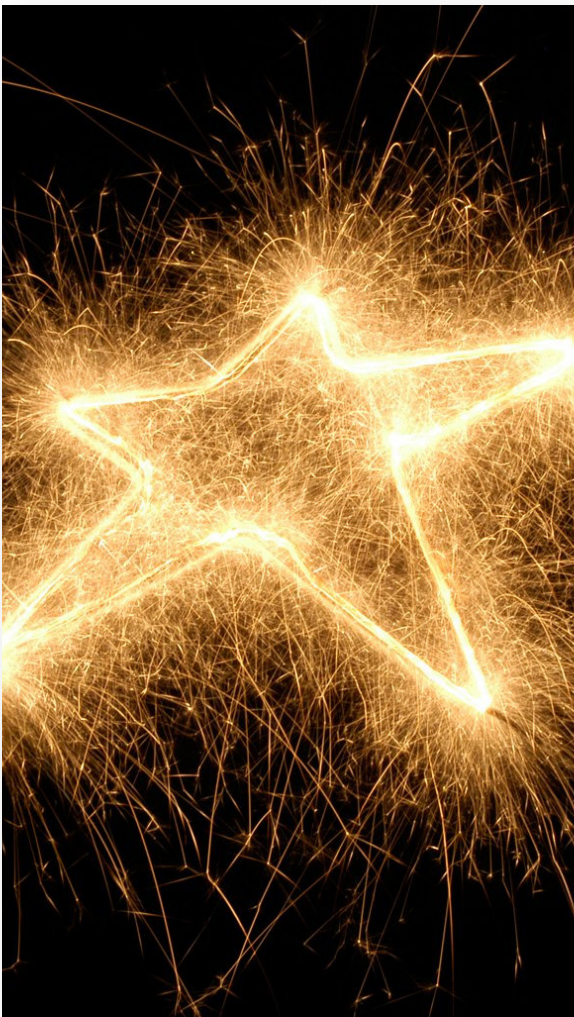
Principle 1:

HAVE A CLEAR UNDERSTANDING
OF WHAT GOALS ARE



What are Goals?

Goals are things (targets), you want to accomplish or achieve. Some goals can be long-term, while others might be more immediate. Goals aren't just "to do" lists of ordinary or mundane tasks. In fact, the achieving 8% recognize that goals are dreams with a deadline. Without a deadline, a list of goals is just a wish list. For example, an achiever would say I'm going to save \$1000 a month starting April 1st, instead of saying "my goal is to save money."



OTHER EXAMPLES LOOK LIKE...

Lose weight by June 30th

Save \$5,000.00 by December 31st

**Graduate with my Bachelor's degree
on June 1st**



Principle 2:

SELECT GOALS



How Do You Select Goals?






Goals are targets and having a target is vital to your success. Without a target, there's nowhere to aim. As an individual, you should have a goal/target for your finance, faith, fitness, family, and future, because when the target is clear, the results or ideas will appear.

What SPECIFIC goals would you like to achieve or accomplish over the next 12 months of your life? This is an important question you need to ask yourself in order to get started on setting and achieving goals for your life.

To assist you with this task, Brian Tracy says one of his favorite exercises is to imagine it's December 31st, and say, "This has been the most amazing year of my life!" He then writes down those items and they become his goal list.

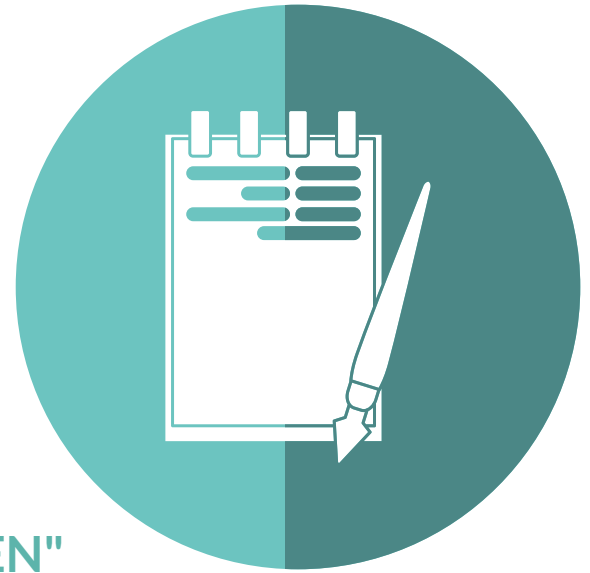
ACTION ITEM

What would you like to see happen by December 31st? What would make this the best year of your life in all the areas listed below. Think about it and write it down.

	FINANCE	1. _____
		2. _____
	FAITH	1. _____
		2. _____
	FITNESS	1. _____
		2. _____
	FAMILY	1. _____
		2. _____
	FUTURE	1. _____
		2. _____

Principle 3:

WRITE GOALS DOWN



"POWER IN THE PEN"

Your goals must be in writing. This is one of the most overlooked keys to success. Achievers write their goals down and work on them everyday. By not writing your goals, you will miss the opportunity to achieve them. I'm not just saying this. This same idea can be found in the Bible. In Habakkuk 2:2 it says "WRITE the vision and engrave it plainly on [clay] tablets So that the one who reads it will run."

There's a reason why God instructs the prophet to write it down. Why? Because there is "Power In the Pen".

Writing your goals down will help you to:

- I. BE 42% MORE LIKELY TO ACHIEVE THEM
- II. CLARIFY WHAT YOU REALLY WANT
- III. MAKE GOALS REAL AND TANGIBLE
- IV. STAY FOCUSED TO AVOID DISTRACTIONS
- V. PUT YOUR FUTURE IN MOTION

Principle 4:

MAKE GOALS FEW IN NUMBER

Make goals few in number, between 7-10, so that you don't become overwhelmed. Having only a few goals at a time will help you stay focused. The moment you become overwhelmed you stop working and become paralyzed.

Take a look at the goals you have listed. Do you feel overwhelmed? You won't achieve any of your goals if you try to take them on all at one time. How many times have you looked at your list and said, "I don't know how I'm going to do this."

That's because you're trying to accomplish too much at one time. Work on 2-3 goals per quarter and you're more likely to actually achieve them.

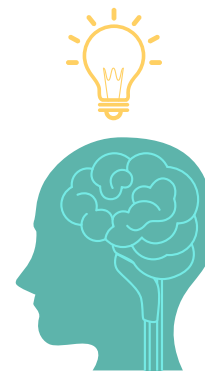


“A man that chases two rabbits catches neither.”

(ANCIENT PROVERB)

Principle 5:

MAKE GOALS S.M.A.R.T.



Pick one or two goals from your wish list.
Now we are going to turn them into SMART goals.

1

2

S.M.A.R.T.
SPECIFIC, **M**EASURABLE,
ACTIONABLE, **R**EALISTIC,
TIME BOUND



"Specific"

PRINCIPLE 5: SMART GOALS

Be as specific and detailed as possible about exactly what you want to have or do. When your goals are clear, the results will appear. God wants to know specifically what we want. Your faith doesn't work in approximates, it works in exacts.

Below are a few examples.

NOT SPECIFIC

SPECIFIC

"I WILL LOSE WEIGHT THIS YEAR."



"I WILL LOSE 10 POUNDS."



"I WILL HAVE A NEW CAR"



"I WILL BUY A 2018 RED MERCEDES BENZ CONVERTIBLE FOR 65K."



REMEMBER:

Vague goals produce vague results!

"Measurable"

PRINCIPLE 5: SMART GOALS

All goals must be measurable. You need to know when you want them to happen. How will you know you've reached your goal unless you can measure them?

What and how you measure will vary based on your goal but, they must be measurable so that you will know when you've achieved them.

Then you will be able to check them off your list.

To have measurable goals, answer the questions "How much?" and "By When?"

Here's a good example:

"I want to lose 10 pounds by April 31, 2018."

ACTION ITEM

Let's make your goals measurable!

"Actionable"

PRINCIPLE 5: SMART GOALS

Every goal should start with an action verb such as, quit, run, finish, or start.

TURN YOUR WISH LIST INTO ACTIONS

Turn your wish list into action by eliminating the phrase "to be," such as in the sentence "I want **to be** rich." The phrase "to be" is not an action verb. Using this phrase will prevent you from having a clear direction.

Here's a good example:

"Start attending community college in the fall."

The action verb being used here is "start."

ACTION ITEM

Add action verbs to your goals.

"Realistic"

PRINCIPLE 5: SMART GOALS

Don't set all your goals too high because if you do, you will be disappointed when you don't reach them. Set goals that will stretch you and make you grow, but are also attainable.

REALISTIC GOALS

A realistic goal is something you can do and act on right now in your present reality. Setting realistic goals means breaking your big goals down into smaller, more manageable pieces.

EXAMPLE:

"I will save \$1,200 by December 31st."

Breaks
down into



"I can save \$100 a month."

ACTION ITEM

Make your goals realistic.

"Time Bound"

PRINCIPLE 5: SMART GOALS

Every goal needs a deadline date associated with it. If it doesn't have a date, it's not a goal. Having a deadline date added to goals makes them **motivating**, and creates a sense of **urgency**.

EXAMPLE:

"I want to lose 10 pounds
by April 19th."

NOTE:

If for some reason you don't achieve your goal by the deadline, simply set a new deadline...but make sure you SET ONE!!!

ACTION ITEM

Add reasonable deadlines to your goals.

Principle 6:

MAKE GOALS EXCITING



GET EXCITED!

All of your goals should be things that excite and motivate you. If you are not excited about your goal, then you will not persevere to achieve it. Every goal is not a project but every project is a goal.

Your goals should be something that you want to do and not something other people think you should do. Your goals must excite you personally.

People lose their way when they lose their why.

Principle 7:

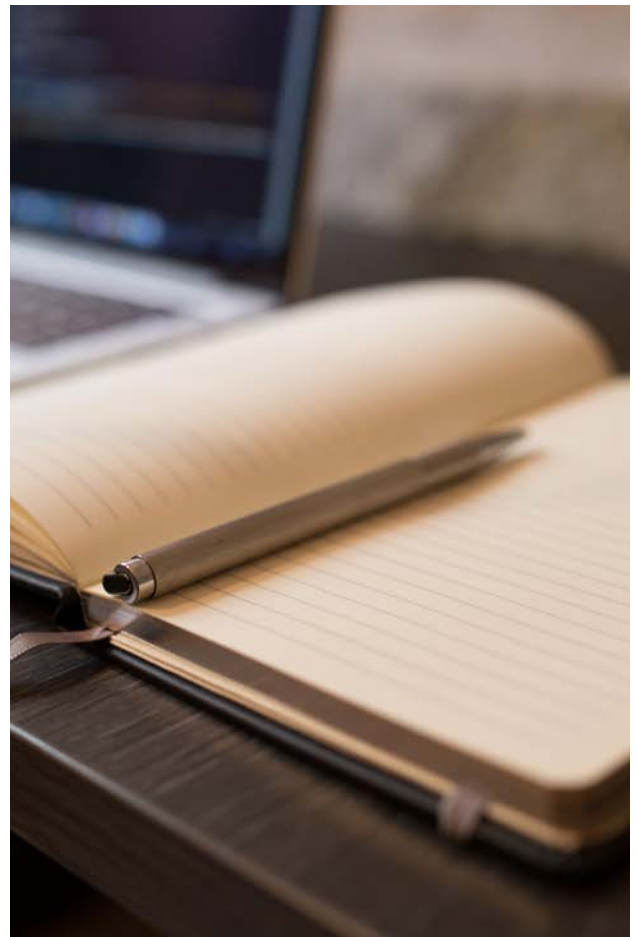
REVIEW THEM DAILY

KEEP YOUR GOALS IN SIGHT

Reviewing your goals daily will help you achieve them. Anything you focus on you make room for.

This process will be a constant reminder of what you need to do. It will constantly pull you forward.

Don't consider it a waste of time to review your goals. When you review your goals every day, visualize yourself achieving them. Try keeping them in a journal or putting them in a frame or even hanging them on your wall in order to keep them before your eyes.



ACTION ITEM

Where will you keep the list of your goals posted?



Principle 8:

SHARE GOALS SELECTIVELY

SEEKING SUPPORT

Sharing your goals will hold you accountable to them, but don't share with those who are negative and will poo-poo (laugh at, be negative, criticize) them.

Share your goals with individuals who:

I. Believe in you

II. Will encourage you

III. Will hold you accountable to them.



ACTION ITEM

Name three people that you can share your goals with.

1

2

3



Principle 9:

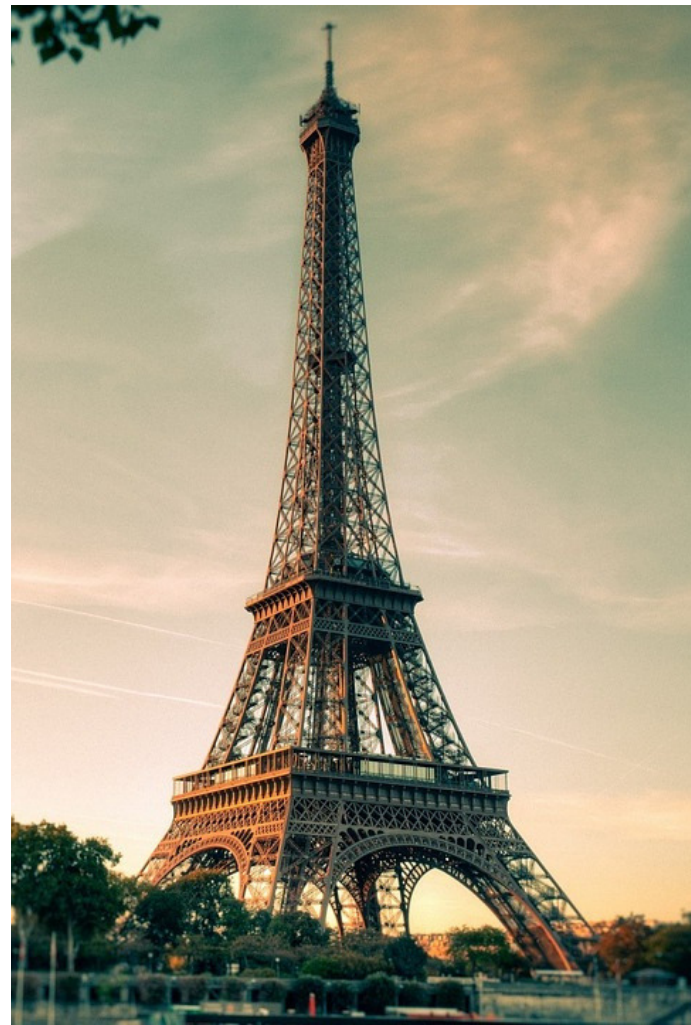
ADD IMAGES TO GOALS

ADD GRAPHICS TO GOALS

Adding images to your goals will increase your motivation and desire to achieve them.

Why?

This is because our mind thinks in pictures, not in words. When you see images that represent your goals, it elevates your desire to achieve them.



ACTION ITEM

Take your top 10 goals and research images online and in magazines that match your goals.

Example: A Trip to Paris

If one of your goals is to take a trip to Paris, then you might take a picture of yourself and paste it next to a picture of the Eiffel Tower. The next step would be to find out how much airfare, hotel, excursion, spending money and write that on the photo. Post this photo in a place where it is easily visible--your bathroom mirror, the refrigerator, your desk, etc.

Principle 10:

SPEAK LIFE TO AND ABOUT YOUR GOALS

THE POWER OF WORDS

It's not enough to just write your goals but you've got to speak to them as well. Some things will never happen in your life until you begin to speak them out loud. The more you speak life to your goals, the more you will begin to believe they will come to pass for you.

It's a proven fact that your goal list will come to life as you speak life to them and over them. Successful people don't take a proactive approach to their goals. They prophesy to their future by making it a habit to speak to their goals and about them as if they already have them.



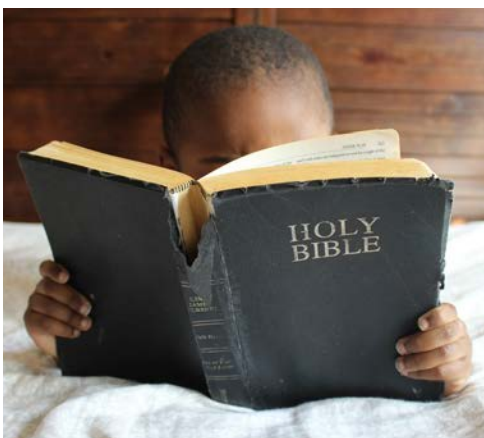
ACTION ITEM

Don't speak negativity over your goals. Speak to them and about them with confidence and positivity, as if they have already been accomplished.



Principle 11:

SOW TOWARDS YOUR GOAL



SOW YOUR SEEDS

It's important to sow towards your goals. I have made it a habit to sow towards my goal and ever since I did, I have seen an accelerated harvest take place in my life. The Bible teaches that a man's harvest in life depends entirely on what he sows. To see an accelerated harvest over your goals, then sow an accelerated seed towards it and watch it happens.

Luke 6:38 ICB -"Give, and you will receive. You will be given much. It will be poured into your hands—more than you can hold. You will be given so much that it will spill into your lap. The way you give to others is the way God will give to you."



Congratulations on Going for the Goal!



I hope you enjoyed working with me on setting and achieving your goals.

For more info on upcoming workshops and events, visit me online at [WANDAMARTIN.ORG](https://www.wandamartin.org) and be sure to join my "Go for the Goal" group on Facebook.

Wanda Martin