



GO FOR YOUR

GOALS

How to Finally Achieve Your Most Ambitious Goals

How many times have you tackled a new goal...
...only to run out steam, lose focus, and eventually give up?

It happens to all of us, and it's a real shame. We end up spinning our wheels, beating ourselves up, and getting no closer to attaining our biggest, most important dreams.

Even worse, we may start to believe that maybe we just don't have the grit and determination we need to really achieve our biggest desires.

But that's just not true.

The real problem isn't you or your grit. The problem is goal-setting advice that sets you up to fail.

I'm willing to bet that you've followed lots of the popular advice around goal-setting... only to be disappointed.

Turns out, a perfectly constructed S.M.A.R.T. goal won't bring you any closer to your dreams. Tracking your progress doesn't ensure you won't fall off the wagon tomorrow. And all the visualization in the world won't guarantee your results.

So if you've been following that advice without getting consistent results...it's not your fault.

The popular advice tells you **how** to set a goal, but not whether you **should** set a goal. Or it may focus on vision boards and not enough on action steps. Or it teaches you to track your progress, but not how to course-correct when you suffer a setback.

No wonder you haven't been able to solve the puzzle of setting goals and maintaining momentum over the long term. **You haven't been given all the pieces.**

What you need is a whole-person, whole-life approach that helps you set the right goals for you, stay motivated, and realize your dreams faster than you imagined possible.

The Power of A Complete System

I know first-hand the powerful difference a complete approach to goal-setting can make. I tried to start my own business several times in my life, with limited success. It has always been a dream of mine to work on things I am most passionate about and to teach my gift. The key to my success, the missing link to my previous attempts, was that I didn't have a roadmap or support for my journey. I



dug into the science of goal-setting and learned that it's ok to ask for help. I received the support I needed through my own personal coach. There is a whole system to setting and achieving goals that I had to learn and now I want to teach it to you.

A Science-Backed System for Achieving Your Biggest Dreams

For decades, psychologists have been researching the science of motivation, uncovering the mindsets, habits, and beliefs that allow some people to knock out big goal after big goal, while others stay stuck in place.

I'm sure you've heard some of the science:

- > The more specific the goal, the greater the odds of success.
- > People who write down their goals are 50% more likely to achieve them.
- > People who publicly commit to their goals are 18% more likely to succeed.

This science has given rise to a lot of the tactics you're familiar with — things like writing out S.M.A.R.T. goals, sharing your goals with a friend, or visualizing your future success.

At this point, we know a lot about what the most successful people do to get motivated, stay focused, and achieve their goals.

So why do so many of us still struggle?

Get the Final Pieces of the Puzzle and Become a Goal-Achieving Superhero

The fact is that none of these tactics operates in a vacuum. Successful people don't just do one or two things to achieve their goals; they do dozens of things. Consciously or not, they implement an entire system that supports them as they pursue their dreams.

In fact, at one point or another, you've probably done the same. It may have been accidental — but if you think back to the times you've achieved a big goal, you'll likely realize that you took a multi-pronged approach to your goal -- an approach that gave you everything you needed to succeed.

Once you know the full step-by-step process behind setting powerful goals and maintaining unstoppable momentum, you can execute it for each and every goal you set.

And that will turn you into a goal-achieving superhero.



That's why I'm excited to offer you a short, targeted course that will teach you how to consistently set and achieve your most important goals.

INTRODUCING

Silver Linings Go For Your Goals: How to Find (and Achieve) The Goals That Really Matter to You

In this course, you'll discover the FULL step-by-step process to achieve your biggest dreams. You'll learn exactly what actions you need to take to set yourself up for success; how to choose goals that you're passionately committed to achieving; and how to create the unwavering focus, momentum, and resilience you'll need to cross the finish line.

With **Go For Your Goals**, you'll discover:

- The 5 keys to setting powerful goals that **activate your built-in motivation, so you don't need to rely on willpower**
- How to shake off other people's expectations and **set the goals that are most meaningful for YOU**
- How to **find the fuel to create lasting changes**, so you never lose focus on your goals
- How to **reverse-engineer your goals**, so you know the exact steps you'll take to create your dream life
- How to **keep your "motivation muscle" in top shape**, so you follow through on your biggest priorities
- How to use 90-day milestones to **stay on target, so you'll reach your goal on the timeline you've set**
- How to **turn giant goals into an achievable action plan**, so you know where to start and you won't get overwhelmed
- **2 proven techniques for tracking your progress** that'll make you excited to keep moving forward
- **The weekly ritual that keeps important goals from slipping off your radar**
- **7 tactics to ensure that you stick to and achieve your goals**
- **The 5 obstacles that derail goals** — and how to overcome them all

When you join **Go For Your Goals: How to Find (and Achieve) The Goals That Really Matter to You**, you get more than a list of ideas, tactics, and strategies. You get a step-by-step PROVEN process for making your dreams a reality.

YES! I'M READY TO GO FOR MY GOALS!



What You'll Get

Go For Your Goals: How to Find (and Achieve) The Goals That Really Matter to You includes a combination of science-based instruction and hands-on activities.

This course is completely self-guided, and you get **one free one-hour strategy session** with me during your course. Completely up to you. If you want additional coaching, check out the coaching packages on my website.

In the course that I have designed for you we'll cover:

Lesson 1: From Dreams to Goals

Goals are your tools for creating a happy, healthy, fulfilling life. In this lesson, you'll create a rich vision of your future and learn the 5 keys to realizing your dreams.

Lesson 2 - Make Your Goals Real

Learn the secrets to setting juicy goals that spark your passion, motivate you to action, and dial your commitment up to 11.

Lesson 3 - Supercharge Your Progress

Learn how to track your progress and discover the secret weapon for maintaining an unwavering focus on your goals.

Lesson 4 - The Secrets of Goal Achievement

Discover 7 ways to stay the course and avoid the pitfalls that derail goals.

Lesson 5: Where Do You Go From Here?

Start your transformative journey with a full toolkit of strategies to keep you on track and moving forward.

Each lesson contains targeted activities to help you apply the concepts to your own life and take immediate action on realizing your dreams.

The course contains everything you need to know — and nothing you don't. You learn the key concepts and strategies for success... and you'll leave with a solid plan of action for creating the life you've always dreamed of.

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Can You Afford To Wait?

Take a moment to think about where you want to be in 10 years. You might envision yourself debt-free, working in your ideal (and highly paid) career, publishing a book, traveling the world, being slim, fit, and active, living in the home of your dreams, or enjoying an early retirement or the security of a healthy nest egg.

Really visualize what that future looks and feels like. I'll wait. :)

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Got it? Now, answer this question honestly:

If you continue as you are today, are you on track to live that future life?

If not, then NOW is the time to change that.

Don't spend another minute wishing for change or dreaming of a future that may never arrive.

Join **Go For Your Goals** today, and give yourself the process and tools you need to make your dreams come true.

You can join today for just \$197.00.

That gives you **access to every lesson**, all the **implementation exercises**, and **one free one-hour strategy session**.

And you'll have permanent access to the course content, so you can return to this material every time you set a big goal.

It's not too late to create the life you've always desired. Join **Go For Your Goals** today to learn the step-by-step process for realizing your wildest dreams.

YES! I'M READY TO GO FOR MY GOALS!