

CREATE A NEW GOAL-SETTING HABIT THROUGH REPETITION.

**BENJAMIN'S
5 RULES TO GOAL-SETTING**

YOUR CURRENT LIMITATIONS (THE SCARY UNKNOWN)



ZONE OF ACTION

COMFORT
(THE KNOWN)

FAILURE

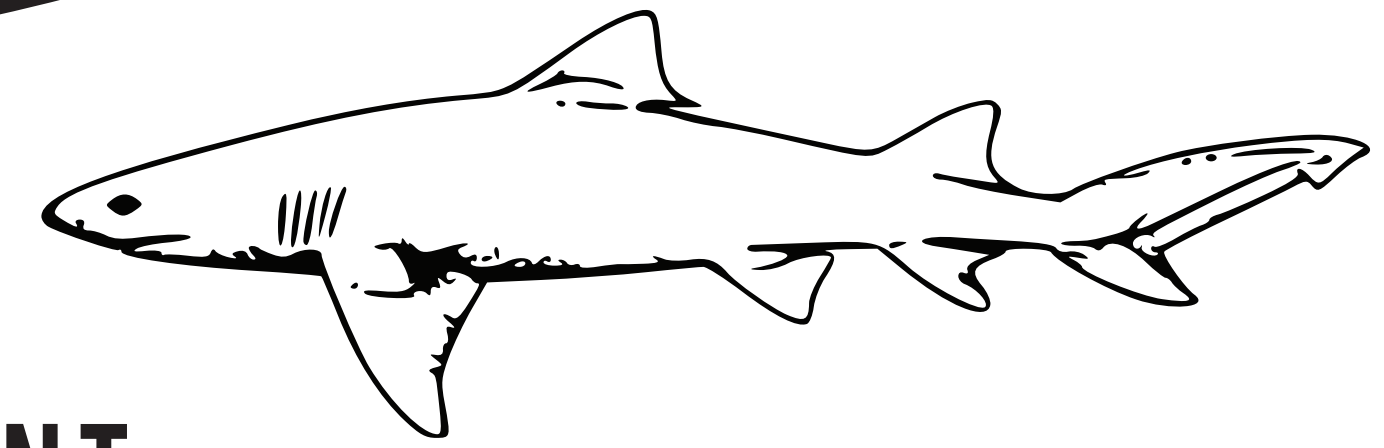
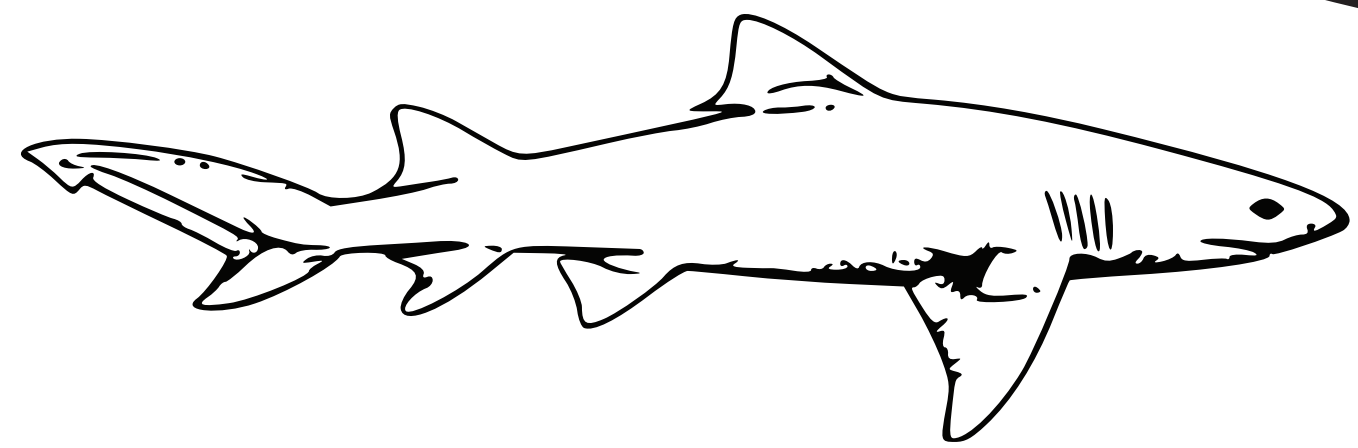
EXPANSION

LIMITING BELIEFS
SELF-SABATOGE

OVERCOMING
LIMITATIONS

COURAGE
CREATION
PASSION

RISK
REWARD
ACHIEVEMENT



RULE #1

**STATE EACH GOAL IN
THE PRESENT TENSE**

RULE #1: PRESENT TENSE

**“I AM SO GRATEFUL
NOW THAT...”**

RULE #2

**START EACH GOAL WITH:
“I AM” OR “WE ARE.”**

RULE #3

**GIVE EACH GOAL A
DEADLINE**

RULE #3: DEADLINES

**I AM SO GRATEFUL NOW THAT
MY COMPANY EARNS \$100,000
ON OR BEFORE DECEMBER 31ST,
2017.**

RULE #4

**BE INCREDIBLY
SPECIFIC**

RULE #4: SPECIFIC!

“I WANT TO LOSE 20 LBS.”

**“I AM SO PROUD OF MYSELF
FOR NOW WEIGHING 150 LBS. ON
OR BEFORE JULY 1ST, 2017.”**

RULE #5

**KEEP EVERYTHING
POSITIVE**

EMA: EVERY DAY, 2X DAY



THANK YOU

