

**ABLE Institute for Self-Fulfillment**

Ability, Belief, Learning, Energy

# Goal Setting Starter


Based on

**The Success Habit Secret: A 21 Day Success Program**

Your step by step guide for

**Getting Clear, Getting Motivated and Getting On-Track**

Presented by Aldama Life Coaching, LLC



**Your Greatest Self**  
**Personal Development Coaching**  
(602) 424-5758  
[www.yourgreatestself.com](http://www.yourgreatestself.com)   [edward@yourgreatestself.com](mailto:edward@yourgreatestself.com)

## **ABLE Institute for Self-Fulfillment**

Ability, Belief, Learning, Energy

Coach Edward Aldama  
Author, The Success Habit Secret

*I wish for you all the success that you strive to achieve.*



## **Goal Setting Starter**

The Success Habit Secret: A 21-Day Success Program

### **Are You Tired of Missing Your Goals?**

The 21-Day Success Program integrates the simple facts about goal achievement and reduces them to seven straightforward steps.

### **Are You Tired of Struggling to Reach Your Goals?**

Reaching goals can be difficult. You can move two steps forward then one step back.

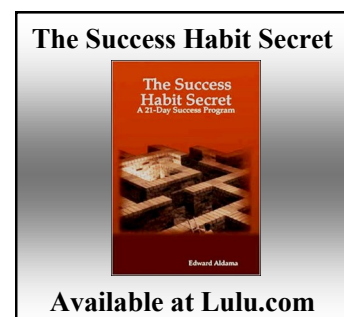
### **Would You Like a Goal Setting Plan that Always Leads to Goal Achievement?**

The principle of goal setting are pretty straightforward but, you have to put them in the right order, in writing and sustain the motivation to stick to your plan. The Success Habit Secret moves you step by step through the goal achievement process. Identifying motivation and actions required to be successful.

### **Quick Goal Focus Review**

1. How much detail can you describe about your goal?
2. Do you get excited when you think about reaching your goal?

You can reach any important goal; as long as you are specific about what you want; can identify the feelings surrounding why you want it; are willing to explore the actions that you can do to get it; and you are willing to commit the effort to succeed.



## **ABLE Institute for Self-Fulfillment**

Ability, Belief, Learning, Energy

Coach Edward Aldama  
Author, The Success Habit Secret

***I wish for you all the success that you strive to achieve.***



## **Goal Setting Starter Worksheet Part A**

The Success Habit Secret: A 21-Day Success Program

Today's Date: \_\_\_\_\_

Goal Target Date: \_\_\_\_\_

**PART A:** Use this starter page to brainstorm thoughts and ideas about your goal.

**Goal Statement:** Describe your goal in as much detail as you can.

---

---

---

---

**Goal Statement Feelings:** Describe the feeling associated with your goal. Use the Emotion List.

---

---

---

---

**Answers to Discover:** Are there things you need to learn or find to reach your goal?

---

---

---

---

**Goal Tracking:** How will you monitor and track your progress? When will you review your progress?

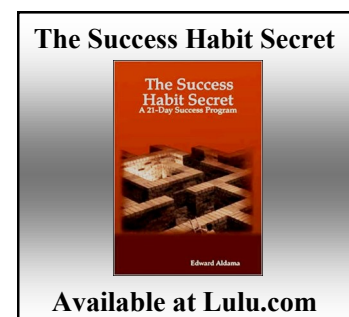
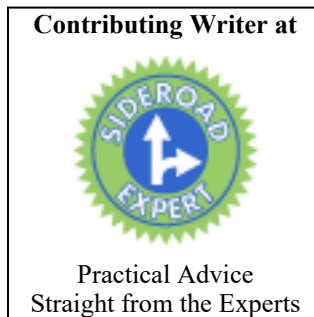
---

---

---

---

*"The secret to productive goal setting is in establishing clearly defined goals, writing them down and then focusing on them several times a day with words, pictures and emotions as if we've already achieved them."—Denis Waitley*



## **ABLE Institute for Self-Fulfillment**

Ability, Belief, Learning, Energy

Coach Edward Aldama  
Author, The Success Habit Secret

*I wish for you all the success that you strive to achieve.*



## **Goal Setting Starter Worksheet Part B**

The Success Habit Secret: A 21-Day Success Program

**PART B:** Use the answers you have written on this page to complete the 7-Steps of The Success Habit Secret to create your personal Action-Plan for Success.

**Goal Statement:** *Describe the details of your goal. Example: To achieve X by Date.*

---

---

**Goal Feeling Statement:** *Describe how you will feel having achieved your goal.*

---

---

**Step 1: Clearly identify the specific of the goal you wish to achieve.**

---

---

**Step 2: Describe why the goal is important to you.**

---

---

**Step 3: Identify in detail the repeatable actions necessary to reach the goal.**

---

---

**Step 4: Commit to a specific schedule to repeat the actions.**

---

---

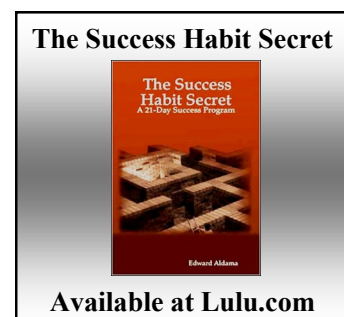
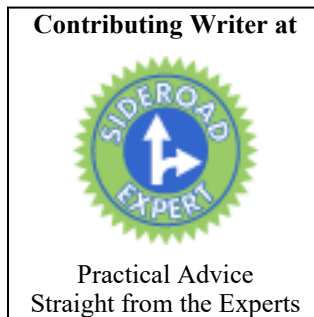
**Step 5: Commit to following the action plan and schedule for 21 days. Date, in 21 days.** \_\_\_\_\_

**Step 6: Commit to reviewing your plan at least three times EVERY Day.**

*Regular Reminders, Reinforce! (Where can you put your written plan to review it daily?)*

**Step 7: Read the results of Steps 1 and 2 out-loud with conviction as you review your plan.**

*Use the power of the spoken word to create your new reality!*



## **ABLE Institute for Self-Fulfillment**

Ability, Belief, Learning, Energy

Coach Edward Aldama  
Author, The Success Habit Secret

*I wish for you all the success that you strive to achieve.*



### ***In Closing***

The 21-Day Success Program integrates the simple facts about goal achievement and reduces them to seven straightforward steps. You can reach any important goal; as long as you are specific about what you want; can identify the feelings surrounding why you want it; are willing to explore the actions that you can do to get it; and you are willing to commit the effort to succeed.

Please visit us at [www.YourGreatestSelf.com](http://www.YourGreatestSelf.com) to learn more about making goal achievement your daily habit.

I appreciate hearing comments and feedback regarding the 21-Day Success Program. So, please send your success stories to us and we'll share it with others on my website. -

YourGreatestSelf.com

Sincerely,  
Edward Aldama, MBA  
Goal Achievement Coach  
Author, The Success Habit Secret

Aldama Life Coaching, LLC  
2942 N. 24th Street, Suite 114-366  
Phoenix, Arizona 85016 | (602) 424-5758

