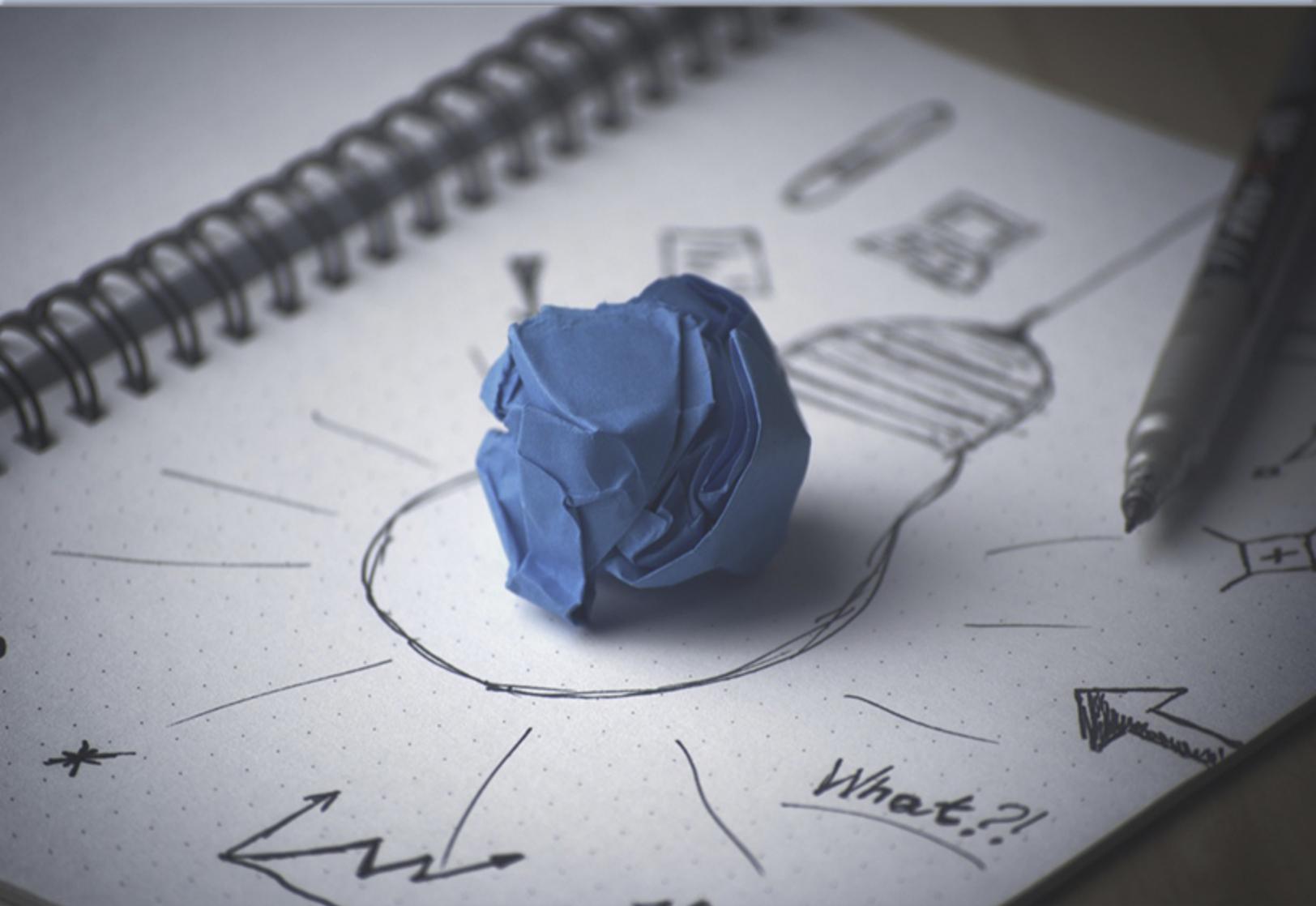


GOAL SETTING



BRAINSTORMING WORKSHEET

CASE STUDY

HOW A \$47 PLR PRODUCT GENERATED OVER \$200K FOR MY BUSINESS



INSTANT ACCESS WATCH FREE TRAINING



Presented by
David Perdeu



With
Jen Perdeu - Houlk



IN THIS TRAINING I'LL SHOW YOU

- 1 The Exact \$47 PLR I used to generated over \$200,000 in revenue selling 6700 units... just on Front-End sales
- 2 How and why a simple mindset shift changed how I looked at PLR.
- 3 The right way to use PLR vs the LAZY way that so many people do. (Hint: the way to make PLR work for you!)
- 4 How to find the BEST PLR for your needs!
- 5 Examples of what you can use PLR for in your business (its not what you think)
- 6 HOW to use PLR to build a business and list viriually overnight!

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Goal Setting Brainstorming Sheet

Creating successful goals requires time and thought before you even begin to act on them. Use this brainstorming worksheet to help you along the path.

This is what I want in every key area of my life.

This is a health, personal, financial or spiritual goal. _____

I have visualized what I really want. This is what it looks like.

The reason I chose this is because I am passionate about this aspect of it.

Is it something I can commit to over the long haul? _____

Does the goal focus on one thing? _____

Is it something that fuels my ambition? _____

Does it go along with how I see myself? _____

Does this goal give me clarity on my life? _____

My main goal I have chosen to pursue is:

Other notes:

GOAL SETTING BRAINSTORMING SHEET

What to do to keep from failing:

How have I made this goal precise and exact? Is it vague?

What bad habits or ways of thinking do I need to change to achieve this goal?

Can I make this goal a priority in my life? What do I need to change to make it happen?

Do I have people who will encourage me and won't sabotage my goals?

How can I stay positive and work through my fears to reach this goal?

What abilities do I currently have to help me achieve this goal? What abilities will I need to learn? Do I have the self-confidence to learn them?

Is this the only goal I am working on? Am I focused enough to work on it? What can I do away with to help me stay more focused on this goal? What is taking too much of my attention away from this goal?

What type of plan have I created to reach this goal? Is it doable? Are the steps small enough but push me enough out of my comfort zone to keep me moving forward?

What steps do I need to take to stay focused on this goal?

Notes:

Successfully setting goals

GOAL SETTING BRAINSTORMING SHEET

Do you believe in your goals? Is it something you have confidence you can achieve?

Take time to visualize yourself achieving your goal. Create a visual image by drawing or cutting out images of what the finished goal looks like to you.

- What does it feel like _____
- Smell like _____
- Taste like _____

Are my goals documented in a notebook, computer or smartphone? Are they easily accessible?

Can I break it down into smaller steps? How? Can I see the steps I need to take?

What kind of commitment have I made for my goal? Do I need to take steps every day towards it? Are the steps small enough to achieve quickly without getting discouraged?

Have you created "SMART" goals? Do they fit into each acronym?

- Specific _____
- Measurable _____
- Actionable _____
- Realistic _____
- Time-set date to achieve _____

Do I review my goal on a regular basis to keep on track and to determine what my next step is? Am I on track?

What adjustments do I need to make?

Other Ideas to help me reach my goal:

GOAL SETTING BRAINSTORMING SHEET

Follow Through to the End

What do I need to do to follow through to the end?

Have I differentiated between short and long-term goals?

1 month goals _____

- 6 months _____
- 1 year _____
- 5 years _____

Who have I chosen as an accountability partner to keep me on track?

Do I need more than one person?

How often do I need to revisit the visual image of the completed goal to keep me motivated?

Do I need to adjust the steps to achieve this goal to help me follow through? How can I do this?

What actions can I do to see how much I have completed towards this task?

Tick of a list? _____

- Celebrate certain milestones? _____
- Review how far I've progressed? _____

What do I need to do every day to work towards my goal?

- Special tools? _____
- Education? _____
- Consistency? _____
- New habits? _____

How can I forgive myself when I fall off track?

Check my emotions and remind myself to stay positive

Take a break to refresh my mind

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Keep a notepad handy to jot down distracting thoughts

Reschedule missed appointments, classes or whatever needs to be redone

Other ideas to help me follow through

Notes:

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1

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2

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