

GOAL GETTERS GUIDE

AT THE JAM JAR BUSINESS
CLUB - WE ARE IN LOVE
WITH THE WHOLE PROCESS
OF SETTING AND
ACHIEVING OUR GOALS,

WE SET OUR GOALS TWICE
PER YEAR AND CHECK IN
ON THEM EVERY MONTH.

THE METHOD IN THIS GUIDE
IS ONE THAT I HAVE USED
AND PERFECTED OVER THE
LAST FIVE YEARS AND I AM
LIVING PROOF THAT IT
REALLY DOES WORK.

ALL YOU NEED TO START IS
A PEN, AN OPEN MIND AND
THE COMMITMENT TO
FOLLOW THE STEPS.

HOW TO SET GOALS

A STEP BY STEP GUIDE TO SET
GOALS THE RIGHT WAY AND
ACHIEVE THE LIFE YOU WANT.

OFFERED TO YOU WITH LOVE BY
THE JAM JAR BUSINESS CLUB

SETTING GOALS

THROUGHOUT THIS PROCESS,
THE MOST VALUABLE TOOL
YOU HAVE IS YOUR
IMAGINATION.

EVERYTHING THAT HAS EVER,
AND WILL EVER BE ACHIEVED
BY HUMANS IS FIRST CREATED
IN THE MIND.

WHEN YOU VISUALISE - KEEP
THESE QUESTIONS IN YOUR
MIND:

HOW WOULD IT FEEL?
HOW WOULD IT LOOK?
WHAT WOULD YOU SEE?
WHERE WOULD YOU BE?
WHO WOULD YOU BE WITH?
WHEN ARE YOU DOING IT?

ENJOY THE PROCESS OF USING
YOUR IMAGINATION - IT'S
YOUR PREVIEW OF WHAT'S TO
COME NEXT!

USE YOUR IMAGINATION AND FOLLOW THE STEPS

IT'S IMPORTANT THAT YOU DO
ALL OF THE STEPS, IN THE ORDER
BELOW FOR EACH SECTION IN
TURN. OUR METHOD IS A PROCESS
AND WILL ONLY GIVE YOU THE
RESULTS YOU DESERVE BY
FOLLOWING IT STEP BY STEP.

SETTING GOALS

TRY NOT TO RUSH
THROUGH THE PROCESS,
YOUR LIFE IS WORTH THE
INVESTMENT OF YOUR TIME
AND ENERGY.

IF YOU HAVE COME TO THIS
GUIDE BECAUSE YOU ARE
LOOKING FOR HELP TO SET
GOALS IN A SPECIFIC AREA
IN YOUR LIFE OR WORK, BY
ALL MEANS START WITH
THAT AREA FIRST. AS SOON
AS YOU SEE THE RESULTS
OF HOW AMAZINGLY WELL
THIS PROCESS WORKS YOU
WILL SOON WANT TO COME
BACK AND WORK ON THE
REST.

I HOPE YOU ENJOY THE
GUIDE AND I WISH YOU
EVERY SUCCESS WITH IT.

**WHAT WE FEEL
WE ATTRACT**

**WHAT WE THINK
WE BECOME**

**WHAT WE IMAGINE
WE CREATE**

SETTING GOALS

I SET GOALS USING THE WHEEL OF LIFE METHOD. I LIKE TO THINK OF IT AS A FLOWER.

THERE ARE COUNTLESS ADAPTATIONS OF THE WHEEL AND YOU CAN ADD OR CHANGE AS MANY SECTIONS AS YOU NEED TO CREATE A BALANCED LIFE THAT WORKS FOR YOU. HAVE A LOOK AT OUR FREE GOAL SETTING HELP SHEETS IF YOU NEED HELP HERE.

THESE ARE THE CATEGORIES I USE TO SET MY OWN GOALS AND I HAVE FOUND THEM TO BE INVALUABLE TO CREATE A LIFE OF HAPPINESS, BALANCE AND SUCCESS.



WHAT DO YOU WANT?

ONCE YOU HAVE SET YOUR CATEGORIES, IT'S TIME TO LOOK AT WHAT YOU WANT FROM THEM.

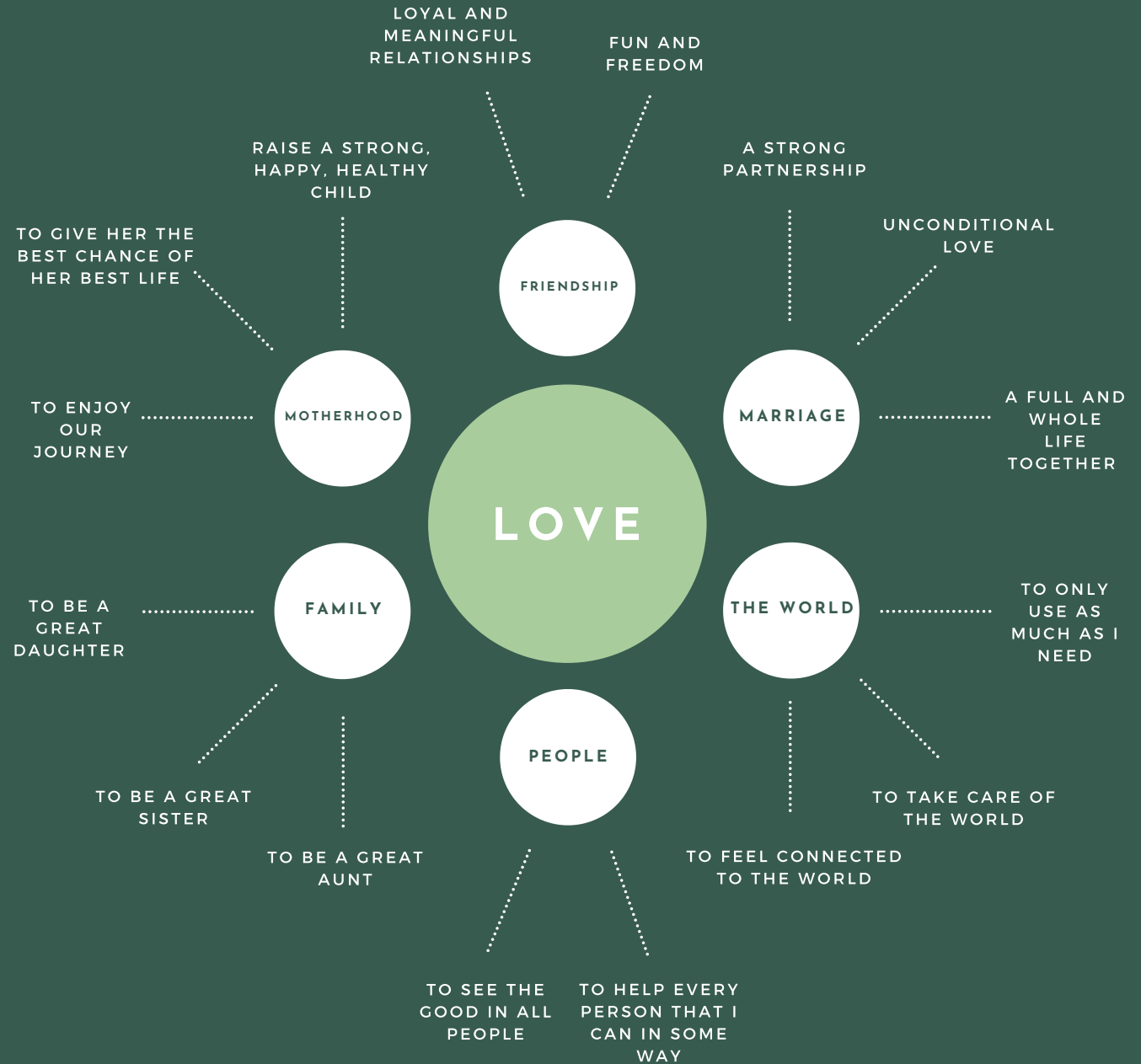
WHAT IS IT YOU REALLY WANT FROM EACH OF THE ELEMENTS HOW DO YOU WANT YOUR LIFE TO LOOK AND FEEL IN EACH AREA?

AT THIS STAGE, I DON'T WANT YOU TO THINK ABOUT HOW YOU'RE GOING TO ACHIEVE THEM AT ALL.

THIS PART OF THE PROCESS IS FOR YOU TO OPEN YOUR MIND TO EXACTLY WHAT YOUR IDEAL LIFE WILL LOOK LIKE. WE'LL GET DOWN INTO THE DETAILS LATER. SPEND SOME TIME WITH YOUR IMAGINATION, WITH NO LIMITS - JUST YOUR DREAMS. WHAT WOULD YOUR LIFE LOOK LIKE IF YOU HAD EVERYTHING YOU WANT?

HAVE A LOOK AT OUR VISUALISATION EXERCISES IF YOU NEED A LITTLE HELP HERE.

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WHY DO YOU WANT IT?

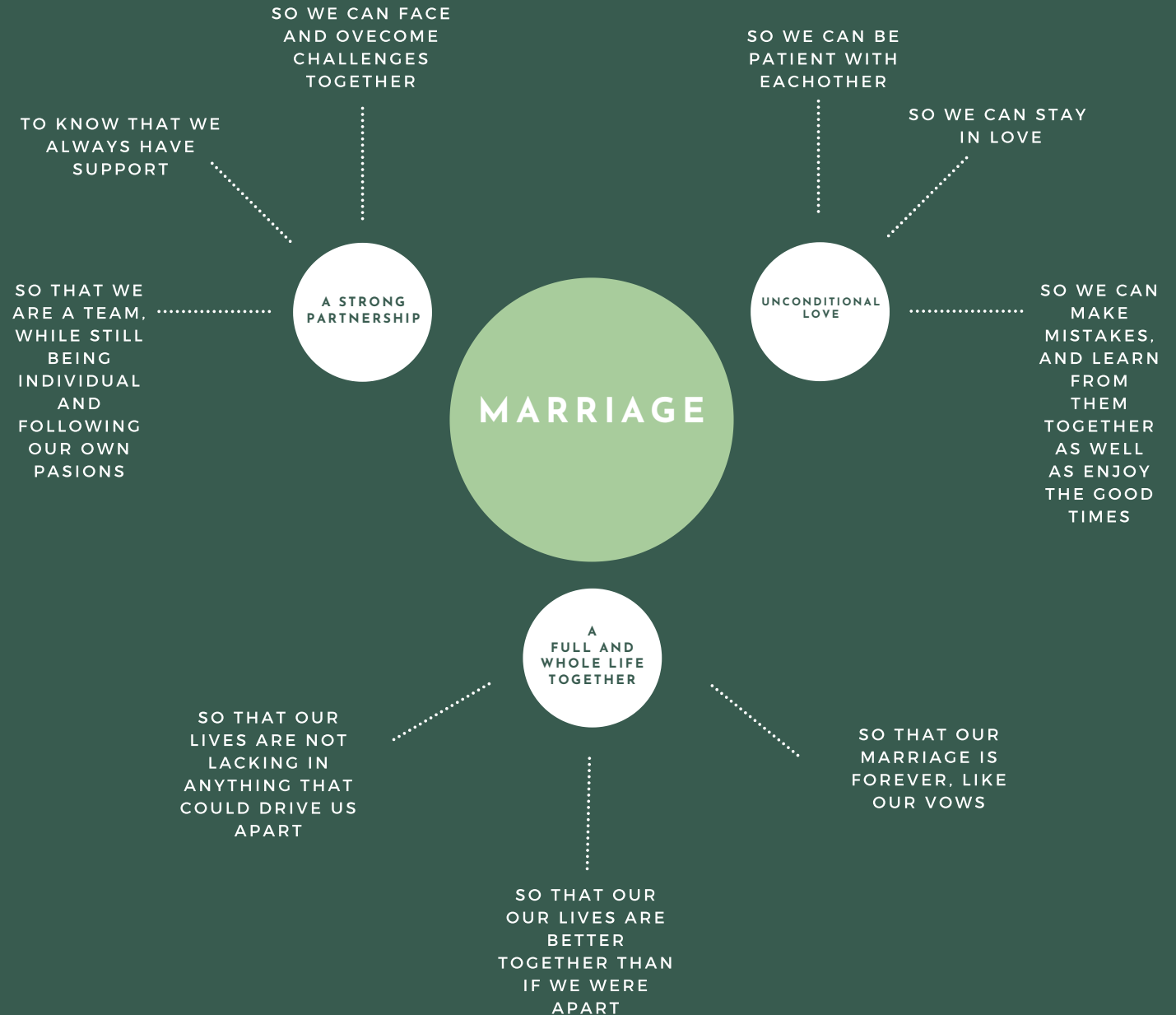
NOW YOU HAVE THE LIFE YOU WANT CLEARLY IN YOUR MIND, IT'S A GOOD TIME TO CHECK IN ON WHY YOU WANT IT.

LOOK AT EACH OF THE GOALS YOU HAVE CHOSEN FOR EACH CATEGORY AND THINK ABOUT WHY YOU HAVE CHOSEN THEM.

WHY ARE THEY IMPORTANT TO YOU?

HAVING A CLEAR WHY ON EACH ONE, WILL BE AN INVALUABLE TOOL IN KEEPING YOU ON TRACK TO GET THEM LATER ON.

IF YOU'RE NOT SURE ON WHY YOU WANT THEM, OR YOU DON'T LIKE THE ANSWERS THAT COME TO YOU - ARE YOU SURE THEY ARE REALLY WHAT YOU WANT?



HOW WILL I KNOW I HAVE IT?

ONCE YOU ARE CLEAR ON WHAT YOU WANT, AND WHY YOU WANT IT, IT'S TIME TO START THINKING ABOUT HOW YOU WILL KNOW WHEN YOU HAVE REACHED IT.

WE'RE NOT LOOKING AT HOW YOU WILL DO IT YET - JUST HOW YOU WILL KNOW WHEN YOU'VE ACHIEVED IT. DON'T BE TEMPTED TO START THINKING ABOUT THE DETAILS.

LOOK AT EACH GOAL AND THINK OF THREE OR MORE THINGS THAT WOULD MAKE YOU KNOW YOU HAVE ACHIEVED IT.

PICTURE A SITUATION IN YOUR MIND THAT WOULD TEST YOUR GOAL, WHAT IS HAPPENING? WHAT NEEDS TO BE PRESENT TO KNOW YOU HAVE SUCCEEDED?

WHAT THINGS WOULD HAPPEN FOR YOU TO KNOW YOU HAVE ACHIEVED YOUR GOAL?

WE WOULD MAKE BIG DECISIONS TOGETHER

WE WOULD MAKE EACHOTHER FEEL SUPPORTED

A STRONG PARTNERSHIP

WE WOULD GIVE EACHOTHER FREEDOM

HOW WILL YOU GET IT?

NOW FOR THE BIT THAT PEOPLE USUALLY STOP AT. IT'S TIME TO START THINKING ABOUT HOW YOU'RE GOING TO MAKE YOUR GOALS HAPPEN, OR THE ACTIONS YOU NEED TO TAKE.

FOR SOME PEOPLE, THIS IS WHERE THE DOUBT AND FEAR START TO KICK IN. ESPECIALLY IF YOU HAVE DONE THE FIRST FOUR STEPS CORRECTLY. THE BIGGER YOUR GOALS, THE SCARIER IT IS TO START TO THINK ABOUT HOW TO GET THEM. PLEASE BELIEVE ME WHEN I SAY THAT IT'S OK TO BE ANXIOUS - IT JUST MEANS THAT YOU HAVE FOUND WHAT IT IS THAT YOU TRULY WANT.

LOOK AT EACH OF THE "HOW WILL I KNOW" SECTIONS YOU HAVE AND THINK OF THREE THINGS YOU COULD DO TO MAKE THEM HAPPEN.

BE CLEAR ON WHAT IS NEGOTIABLE AND WHAT ISN'T FOR EACH PERSON AND WHY.

IF WE CAN'T AGREE - DECIDE ON A METHOD TO USE TO COMPROMISE FOR EVERY DECISION

A STRONG PARTNERSHIP

MAKE BIG DECISIONS TOGETHER

TAKE TIME OUT TOGETHER TO TALK IT THROUGH AND MAKE SURE WE BOTH GET THE TIME TO PUT OUR OPINIONS ACROSS AND BE LISTENED TO.

MAKE YOUR TO DO LIST.

YOU'RE ALMOST THERE!

NOW THAT YOU HAVE YOUR GOAL, AND YOUR ACTION PLAN - IT'S TIME TO MAKE A TO DO LIST TO MAKE IT HAPPEN.

LOOK AT EACH ACTION AND PLAN AS MANY TASKS AS YOU NEED TO MAKE IT HAPPEN.

SOMETIMES THIS CAN BE ONE OR TWO, SOMETIMES IT CAN BE A LOT MORE. ONE THING TO REMEMBER IS THAT IF YOU HAVE DONE EACH STEP PROPERLY YOU SHOULD BE CLEAR AT THIS POINT ON WHAT NEEDS TO BE DONE. YOU MIGHT NOT YET KNOW HOW TO DO IT THOUGH, FOR EXAMPLE - YOUR TASK MIGHT BE TO RESEARCH SOMETHING, OR REACH OUT TO SOMEONE TO HELP YOU.

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PICK A PLACE THAT WILL BECOME OUR DECISION SPACE - SOMEWHERE WE BOTH LOVE TO GO THAT ISN'T AT HOME.

TIME TO TALK

COMPRIMISE METHOD

AGREE ON A METHOD AND GET IT READY TO USE (SOMETHING WE CAN KEEP ON OR PHONES/TAKE WITH US IF WE NEED IT)

RESEARCH COMPRIMISE METHODS

WRITE UP OUR FAMILY VALUES

NEGOTIABLES

WRITE UP OUR INDIVIDUAL VALUES

MAKE BIG DECISIONS TOGETHER

A STRONG PARTNERSHIP

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WHEN WILL YOU HAVE IT?

A GOAL WITHOUT A TIMELINE ISN'T A GOAL, EVEN WITH AN ACTION PLAN AND A TO DO LIST - UNTIL YOU PUT A DATE ON WHEN YOU WILL HAVE IT YOU WON'T HAVE EVERYTHING YOU NEED TO ACHIEVE IT.

YOU NEED TO ADD A TIME TO ALL THE PARTS OF YOUR GOAL, AND FOR THIS BIT WE WORK FROM THE BOTTOM UP RATHER THAN THE TOP DOWN.

WORK OUT HOW QUICKLY YOU CAN ACTION EACH THING ON YOUR TO DO LIST. THEN ADD THE FURTHEST AWAY DATE FROM THAT LIST TO YOUR ACTION. THEN ADD THE FURTHEST DATE FROM ALL OF YOUR COMBINED ACTIONS TO YOUR OVERALL GOAL.

PICK A PLACE THAT WILL BECOME OUR DECISION SPACE - SOMEWHERE WE BOTH LOVE TO GO THAT ISN'T AT HOME.

WRITE UP OUR FAMILY VALUES

WRITE UP OUR INDIVIDUAL VALUES

01/03/20

01/04/20

15/03/20

TIME TO TALK

MAKE BIG DECISIONS TOGETHER

NEGOTIABLES

01/05/20

COMPRIMISE METHOD

AGREE ON A METHOD AND GET IT READY TO USE (SOMETHING WE CAN KEEP ON OR PHONES/TAKE WITH US IF WE NEED IT)

01/04/20

RESEARCH COMPRIMISE METHODS

A STRONG PARTNERSHIP

BUILDING YOUR PLAN

WHEN I SET AND CHECK IN ON MY GOALS, THIS IS THE PART I LOVE DOING THE MOST.

BY TAKING THE TIME YOUR LIFE DESERVES TO SET YOUR GOALS PROPERLY - YOUR PLAN WILL FALL INTO PLACE WITHOUT FEELING ANY OF THE DOUBTS OR FEARS THAT YOU CAN'T ACHIEVE IT, WHICH IS WHY MOST PEOPLE DON'T SET TO GOALS TO START WITH.

BY THE END OF THE PROCESS YOU CAN SEE A ROADMAP TO CREATING THE LIFE YOU WANT THAT FEELS ACHIEVABLE AND ALWAYS LEAVES ME RIDICULOUSLY EXCITED TO GET STARTED.

I'M NOT SAYING THE PROCESS OF SETTING THEM PROPERLY WILL BE EASY - BUT I CAN PROMISE YOU THAT IT WILL BE WORTH IT!

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SUPPORT
EACHOTHER
01/04/20

FORGIVE
EACHOTHER
01/04/20

GIVE
EACHOTHER
FREEDOM
15/06/20

SACRIFICE
FOR
EACHOTHER
01/06/20

A STRONG
PARTNERSHIP
15/06/20

UNCONDITIONAL
LOVE
01/07/20

MAKE BIG
DECISIONS
TOGETHER
01/05/20

OUR
AMAZING
MARRIAGE
01/12/20

BE PATIENT
WITH
EACHOTHER
01/07/20

A
FULL AND
WHOLE LIFE
TOGETHER
01/12/20

MAKE TIME
FOR
EACHOTHER
25/10/20

FOLLOW
OUR OWN
PASSIONS
01/12/20

BE GRATEFUL
FOR
EACHOTHER
01/08/20

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SETTING GOALS

ONE OF THE REASONS I USE THIS TECHNIQUE IN THIS METHOD IS BECAUSE IT SHOWS SHOW CLEARLY HOW MUCH BIGGER OUR LIVES CAN BECOME WHEN WE START TO INVEST OUR TIME INTO WORKING ON THEM. IMAGINE HOW MANY LITTLE WHITE CIRCLES (TASKS) YOU COULD BE WORKING ON ACHIEVING THIS YEAR IF YOU INVEST IN YOURSELF NOW AND GET THOSE BIG WHITE AND GREEN ONES CLEAR IN YOUR MIND.

YOUR POTENTIAL IS LIMITLESS. ENJOY IT.



**IF YOU
NEED A
LITTLE
MORE HELP**

**WE HAVE DEVELOPED LOTS
OF HELPFUL TIPS AND
EXERCISES TO HELP YOU
WITH SETTING YOUR GOALS
WHICH ARE AVAILABLE TO
DOWNLOAD THROUGH THE
WEBSITE OR OUR
PINTEREST PAGE.**

**IF YOU WOULD LIKE A
LITTLE MORE PERSONAL
HELP, WE WOULD LOVE TO
WELCOME YOU TO OUR
GOAL GETTERS WORKSHOP
OR CHAT TO YOU ABOUT
MENTORING
OPPORTUNITIES AT THE
CLUB.**

**WE WOULD LOVE TO
SEE AND HEAR ABOUT
YOUR JOURNEY
SETTING YOUR GOALS
WITH THIS METHOD.**

**SHARE THEM USING
#JAMJARBC**

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