



YOUR BIG AUDACIOUS GOAL

“Dream up big, hairy, audacious goals that you are passionate about and pursue them relentlessly. You have to begin with the end goal in mind, knowing that a goal is a dream with a deadline.”

Clay Clark

“I chose that quote above because it had “hairy” in it, and I thought it was funny.”

Jenn Walker

Four Elements That Make Shit Happen

1. Declare the amount of money you intent to acquire (e.g. \$120,000/year)

2. Give it a time limit (e.g. Jan 01 2020)

3. Describe what you will give in return for this money (e.g. Help amazing women with their heart-centred business make their dreams into a reality and get their gifts, strengths, talents out there to make a difference.)

4. Clearly define a plan on how to accumulate it (e.g. 1-on-1 online coaching → online group mastermind → affiliate links → organize January 2020 mastermind retreat → international speaking/local workshops and facilitations → investments)





COACHING



USE THE ABOVE FORMULA TO WRITE A CLEAR AND CONCISE COMMITMENT THAT COUNTS

My Commitment Example: *I Jennifer Walker commit to making \$120,000 in 2019 with Coaching, Speaking, Masterminds, Workshops, and Retreats, by helping amazing women on a mission to help others how to set up the simple systems and strategies of authentic marketing, service funnels and integrity alignment sales.*

YOUR TURN!!

I _____ commit to _____

Awesome! This is your anchor/your reminder of what you're up to and your commitment to yourself and this world. Make this your screensaver for both your computer and phone. Write this on your bathroom mirror. Take this statement over to **THE COMMITMENT CARD** to write it out and have it with you wherever you go, and take this commitment over to **BEING AWESOME MORNING AND NIGHT!** If you DO ONE THING do this!! Saying your commitment in the morning and evening reprograms and aligns the subconscious with your conscious actions. If your dreams are not yet your reality it's because your subconscious is working against your conscious actions. Say this commitment statement twice daily/everyday and FEEEEEEEEEL and BELIEVE it has already happened! Game-changer!

- Take a picture of your mirror/laptop/commitment card once complete and send it to me (905-808-3076). I want to celebrate your success!
- Take ONE IMMEDIATE MASSIVE ACTION RIGHT NOW to take a step on the path of your commitment. What opportunities open up after that action? Then, take the next action, and the next... 😊