

Goal Achievement 2010: Specific GOAL achievement process in which we review life balance, internal belief system, motivational DNA, your success story and creating SMART Goals. The purpose of Goal Achievement 2010 is to create the blueprints to achieving your Ideal Life!

Included in your GOAL ACHIEVEMENT 2010 PLAN:

- Personal Assessment (Wheel of Life)
- Motivational DNA
- Examining your Belief System
- Creating your SWOT Analysis
- Writing Your Success Story **(includes free E-book)**
- Creating SMART Goals 101 **(including SMART action forms)**

Are you ready to live on purpose, with purpose?

Are you ready to live the life you CREATE?

Are you aware that it is possible to live the life you've imagined?

Did you know, It is Achievable!

This is the plan for you!

Includes tracking results, making adjustments and achieving goals

Key points are:

1. Uncovering negative beliefs
2. Overcoming those negative beliefs, replacing them with "It is Achievable"
3. Getting and remaining motivated
4. Clarity around goals, goal achievement and Ideal Life exploration

Pricing: This is a comprehensive year long commitment that equates to about 24 hours (over the course of the year) of intensive action oriented coaching. Your investment is **only \$49.99 per month** or a **one time investment of \$579.99**

Meetings:

Initial meeting: We will discuss your dreams and goals for 2010 and beyond. Upon your investment confirmation, you'll receive your welcome packet which includes: motivational DNA test, balance wheel, Writing your Success Story E-Book and SWOT analysis forms.

Accountability meeting: You will participate in 3 seminars (included in your investment):

1. **Beliefs seminar** – Examines the question, what do you believe is possible in your life?
2. **Writing your success story** – Develops the story of your life- written by you!
3. **Goals 101** – Blueprint to understanding the importance of SMART goals and why it's important to write down goals and develop a plan of action.

After our initial meeting and completion of (3) workshops, over the next 12 months we will participate in the following meetings:

Weekly: 10 minute Laser Focus meetings: (you & CoachValj) 52 per year

- ⇒ Clear and specific agenda
- ⇒ Questions emailed in advance of meeting
- ⇒ Coach Valj will send evaluation (progress report) for completion

Monthly: 50 minute meetings: 12 per year

- ⇒ Review of the previous 4 week
- ⇒ Spotting any trends, negative and positive
- ⇒ Tracking progress
- ⇒ Making adjustments as needed
- ⇒ Completing evaluation

Quarterly: 60 minute meetings: 4 per year

- ⇒ Comprehensive review of the past 3 months
- ⇒ Celebration of successes
- ⇒ Charting progress
- ⇒ Completing evaluation

Email: coachvalj@thewonderfulnow.com to answer any questions!

Ready to begin? Click now to reserve your spot!

Only \$49.99 reserves your place and covers your 1st month of GOAL ACHIEVEMENT 2010. And, you have the option of investing the remaining balance in 1 payment or \$49.99 per month (invoiced monthly).