



Ultimate Goal Setting

Workplace Wellness Series #2

Setting realistic goals is an important component to achieving success in any worthwhile endeavor, including the world of business.

Goals serve as a guide to keep you on course when times get tough. They also prevent you from becoming distracted by unimportant matters. Goals also provide benefits in areas like planning, motivation and the attainment of rapid results.

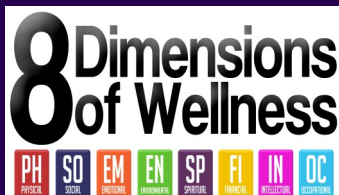
In this four hour session, your professional facilitator will instruct your group on the following skills:



1. Identify the main personal or professional achievement areas in which you would like to focus
2. Complete a visualization exercise to help you understand what you value most in life
3. Understand how to create SMART goals
4. Consider health and wellness goals, financial freedom goals, career enhancement goals, and other personal and professional goals for the short and far term
5. Create a personal action plan for each of your goals
6. Learn tips to building a support structure that will help you achieve your goals

Deliverables:

- ⇒ Hypnosis MP3 / Compact Disc to reinforce the learning
- ⇒ Guidebook to stay focused and motivated



Enlightened Living Inc.

Sustainable Wellness Solutions for
Personal, Professional and Performance Improvement

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