

SET GOALS *live dreams*

There is nothing more important than knowing where you want to go and who you want to be. Don't hold back. There is NO LIMIT to what you can achieve, and when it comes to dreams...the BIGGER the BETTER!! You are going to make a map for your life and, right now, you can do ANYTHING and EVERYTHING you wish! Make it a trip worth taking...I'm on it with you! *Ace*

PICTURE IT

Create a visual dream board with pictures of things you love, places you want to live or visit, and people you want to experience life with! It can be poster size or cover an entire wall. The size of your dream board will be determined by the size of your dreams!!

STATE IT AND DATE IT

Long-Term (10 year) Goal/Dream

Today's date ___/___/___ Due Date ___/___/___

Mid-Term (5 year) Goal/Dream

Today's date ___/___/___ Due Date ___/___/___

Short-Term (6-10 months) Goal/Dream

Today's date ___/___/___ Due Date ___/___/___

Immediate (1-3 months) Goal/Dream

Today's date ___/___/___ Due Date ___/___/___

My top 3 and most important goals are

1. _____
2. _____
3. _____

The actions I must take to achieve my goals are

1. _____
2. _____
3. _____
4. _____
5. _____

Monthly Actions: Today's date ___/___/___ Due Date ___/___/___

1. _____
2. _____
3. _____

Weekly Actions: Today's date ___/___/___ Due Date ___/___/___

1. _____
2. _____
3. _____

Daily Actions: Today's date ___/___/___ Due Date ___/___/___

1. _____
2. _____
3. _____

WRITE IT

NOUVEAU GOALS

- *Build a retail business*
- *Build a team*
- *Reach a certain level*
- *Make it a career & quit current job*
- *Be recognized & featured on teamnouveau.com*

My Nouveau Goals: _____

FINANCIAL GOALS

- *Earn a specific amount of money by a specific date*
- *Eliminate debt*
- *Replace current income*
- *Achieve total financial freedom*

My Financial Goals: _____

PERSONAL GOALS

- *Meet new people & get involved in my community*
- *Join a gym & exercise 3 times/week*
- *Slow down & enjoy the moment*
- *Stop a bad habit (procrastinating, negative self talk, doubtful thinking)*

My Personal Goals: _____

FUN GOALS

- *Plan a trip*
- *Have game night with friends and/or family*
- *Learn to sing, ride a bike or play the drums (I'm doing all 3 - Ace)*
- *Read a good book while taking a long bath (Love this one, too!)*

My Fun Goals: _____

FACE IT

Obstacles that could keep me from accomplishing my goals

Personal insecurities that could make me doubt my ability to achieve my goals

I will not allow obstacles & insecurities to get in the way of my goals & dreams.

I will not use them as excuses for failure.

I will overcome them by

My cheerleaders and supportive friends, family & co-workers are

NOUVEAU COSMECEUTICALS

SAMPLE GOAL SHEET

There is nothing more important than knowing where you want to go and who you want to be. Don't hold back. There is NO LIMIT to what you can achieve, and when it comes to dreams...the BIGGER the BETTER!! You are going to make a map for your life and, right now, you can do ANYTHING and EVERYTHING you wish! Make it a trip worth taking...I'm on it with you! *Ace*

PICTURE IT

Create a visual dream board with pictures of things you love, places you want to live or visit, and people you want to experience life with! It can be poster size or cover an entire wall. The size of your dream board will be determined by the size of your dreams!!

STATE IT AND DATE IT

Long-Term (10 year) Goal/Dream

Be debt free
Own a beach vacation home

Today's date ___/___/___ Due Date ___/___/___

Mid-Term (5 year) Goal/Dream

Be debt free with financial freedom to spend at leisure.

Today's date ___/___/___ Due Date ___/___/___

Short-Term (6-10 months) Goal/Dream

Earn \$2500 per month
Earn \$50 - \$90 per hour

Today's date ___/___/___ Due Date ___/___/___

Immediate (1-3 months) Goal/Dream

Earn \$1,000 per month
Earn \$30 per hour

Today's date ___/___/___ Due Date ___/___/___

My top 3 and most important goals are

1. Be debt free
2. Eliminate financial stress
3. Be able to afford to play

The actions I must take to achieve my goals are

1. Set business hours
2. Get 50 customers
3. Sponsor 10 consultants
4. Ask for the sale & close the deal
5. Follow up & follow through

Monthly Actions: Today's date ___/___/___ Due Date ___/___/___

1. Set up meetings for entire month
2. Call downline to help them set schedule
3. Set end of month target (5 new customers, 2 new recruits)

Weekly Actions: Today's date ___/___/___ Due Date ___/___/___

1. Close 5 new customers/consultants
2. Make 10+ presentations
3. Celebrate week's success on Friday

Daily Actions: Today's date ___/___/___ Due Date ___/___/___

1. Work daily set hours: 10:00 - 2:00
2. Make calls to prospects & current customers
3. Call new prospects & consultants

WRITE IT

NOUVEAU GOALS

- Build a retail business
- Reach a certain level
- Be recognized & featured on *teamnouveau.com*
- Build a team
- Make it a career & quit current job

My Nouveau Goals: **Reach Exec. Manager in 6 months**
Have 50 monthly Preferred & Retail Customers

FINANCIAL GOALS

- Earn a specific amount of money by a specific date
- Replace current income
- Eliminate debt
- Achieve total financial freedom

My Financial Goals: **Earn \$2500 per month**

PERSONAL GOALS

- Meet new people & get involved in my community
- Slow down & enjoy the moment
- Join a gym & exercise 3 times/week
- Stop a bad habit (procrastinating, negative self talk, doubtful thinking)

My Personal Goals: **Be fit and stop procrastinating & making excuses that delay action**

FUN GOALS

- Plan a trip
- Learn to sing, ride a bike or play the drums (I'm doing all 3 - Ace)
- Have game night with friends and/or family
- Read a good book while taking a long bath (Love this one, too!)

My Fun Goals: **Go to Hawaii & stay in a 5-Star Resort.**

FACE IT

Obstacles that could keep me from accomplishing my goals

Fear of rejection or failure
Family and distractions
Sidetracked by other obligations & choices

Personal insecurities that could make me doubt my ability to achieve my goals

Lack of confidence & lack of knowledge
Knowing some people are waiting for me to fail
Taking "no's" personally

I will not allow obstacles & insecurities to get in the way of my goals & dreams. I will not use them as excuses for failure.

I will overcome them by

Understanding that I can earn \$30 per hour working Nouveau.
I will pay someone to do the things that free me to work.
If I pay someone \$15 to clean my house I come out \$15/hr. ahead

My cheerleaders and supportive friends, family & co-workers are

Ace & Nouveau Support

Jennifer

John (because he understands how much I make when I work)

NOUVEAU COSMECEUTICALS