

Stage 1 – Foundation Phase  
Gain Clarity

# YOUR FUTURE SELF & GOALS

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## WORKBOOK





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## YOUR FUTURE SELF

2. What does financial freedom mean to you?

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3. Calculate a dollar amount that represents financial freedom for you.

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4. What would your lifestyle be like? What would you do, be, have or experience being financially free?

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## YOUR FUTURE SELF

5. How would you contribute to the world being financially free?

(i.e. establish a foundation supporting a cause you are passionate about, build schools in Africa, etc.)

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### **ACTION STEPS**

1. Take your time with your answers. Listen to the visualization audio several times as you tap deeper into your subconscious mind. You will get much more clarity.
  
2. Stay in the game and take action!

# Lesson 2

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## LET'S SET D.U.M.B. GOALS!

Think of all the incredible accomplishments of so many people in the world. They weren't thinking S.M.A.R.T. goals at first.

They were dreaming BIG. They had a legacy to leave behind. They changed the world.

### **Examples of D.U.M.B. goals..**

- Man walks on the moon
- Martin Luther King, Jr.: March to abolish racial discrimination (Remember his 'I have a Dream' speech?)
- Michael Phelps: To become the most decorated Olympic Gold Medalist
- Bill Gates: Eradicate Malaria
- Tony Robbins: Build a Life Coaching empire

Thomas Edison: Inventor of the phonograph, the motion picture camera and the light bulb

- Oprah Winfrey: Poverty to Philanthropist, etc, etc, etc

Now, those are some D.U.M.B. goals and accomplishments!

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## LET'S SET D.U.M.B GOALS

### D. Dream Big!

What BIG DREAM do you have that would be your destiny? What legacy do you want to leave? What do you want to be known for? Write in detail.

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How would this benefit you and your loved ones?

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## LET'S SET D.U.M.B GOALS ! CONT..

How would it affect your community and the world?

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### U. Uplifts You

List the reasons why your dream is uplifting to you. ( i. e. it allows me to empower others to reach for their dreams; it helps me to have an abundance of energy and vitality)

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LET`S SET D.U.M.B. GOALS! CONT..

M. Method-Driven

What methodology will you use to reach this BIG goal? Start with the end result and work backwards. (Reverse Engineering) Describe each step throughout the process. Your last step will end up being your first

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## B. Behavior Cues

List four to eight behavior cues and the actions you will take. (i.e. Cue: Monday - Friday, first time sitting down at my computer. Action: Send strategy session invite emails to five potential clients before doing anything else.)

Cue:

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Action:

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Cue:

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Action:

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Cue:

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Action:

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Cue:

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Action:

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Cue:

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Action:

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Cue:

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Action:

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Cue:

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Action:

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Cue:

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Action:

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## LET'S SET D.U.M.B GOALS ! CONT..

### **ACTION STEPS**

1. Take your time answering these questions. You can always come back later.
2. Pick at least two behavioral cues to implement
3. Stay in the game and take action!

# Lesson 3

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## NOW IT'S TIME TO SET S.M.A.R.T GOALS

After you have determined your D.U.M.B. Goal, now you can begin creating S.M.A.R.T. goals that will break down and support your D.U.M.B. goal.

S. What S.M.A.R.T. goal do you want to set up first? Start with something Specific (i.e. I will acquire 5 new clients)

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M. How will you make it measurable? (i.e paying me \$1,000 per mo.)

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A. How will you make it achievable? ( i.e. increasing my monthly revenue by 50%

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R. How will you make it realistic? (i.e. allowing me to pay off my \$15,000 loan)

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T. How will it be time-bound? (i.e. in 6 months)

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Example.....

**S-** I will acquire 5 new clients

**M-** paying me \$1,000 per month

**A-** increasing my revenue by 50%

**R-** allowing me to pay off my \$15,000 loan

**T-** in six 6 months.

## **ACTION STEPS**

1. Take your time answering the questions. You can always come back later.
2. Make sure your D.U.M.B. goals are figured out BEFOREHAND in Lesson 2.
3. Find a quiet space. Listen to the visualization audio, tapping deeper into your subconscious mind and become empowered!

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# NOTES