

The WRITE Way to Success

How many times have you contemplated on your goals while driving in your car, taking your shower, looking out the window, watching a TV program, etc.? You get lots of inspiration which are kept in your head to remain as hope, wishes and fantasy.

In Henriette Klauser's book, *Write it Down, Make it Happen*, she speaks of how **Suze Orman started her success on paper**. She went from earning \$400 a month as a waitress to a new job at Merrill Lynch earning beyond her written goal of \$10,000. "I created what I wanted for myself on paper. Every morning before I went to work, I would write over and over again: 'I am young, powerful, and successful, producing at least \$10,000 a month.' "

A Harvard Business School Study found:

83% of the population do not have any clearly defined goals.

14% have goals but not written down.

3% of the population have goals that are written down.

The 3 percent that did have written goals were earning an astounding 10 times that of the 83 percent group.

Why write down your goals and action plans?

- Sends a message to the universe
- Says you believe it is attainable
- Declares yourself in the game
- Sets/keeps you in motion

Want to see it to believe it?

Write your unreasonable requests and greatest desires

Write the big, audacious goals...even if you are uncertain it is attainable. What are the important goals that really matter to you? Write them as specific as you can, being positive and in the present tense.

Write on a daily basis

Break down your goals into bite sized action steps and write them down.

You can write down a list of intentions and on a daily basis choose what your intention is for that day. “I will be open to opportunities”.

Write your biggest goal every day 15x.

Carry a pad to record your thoughts

Get your great ideas on paper. Keep an eye out for opportunities throughout your day and write them down.

Park your worries and fears

Journal writing is a tool toward removing your obstacles such as worry and fear. When you are stuck, get writing. Find out what you are worried about. Respond on paper to your fears with a comeback or even better with an action plan.

Make them visible

Put them somewhere you will see them every day—on the mirror, at your computer, on the refrigerator.

What is one thing you can WRITE DOWN NOW?

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If you would like to consider hiring a coach to help you achieve your most important goals, aspirations and dreams you can contact me at (978)686-5693 or email me at lisa@baystatecoaching.com for a complimentary coaching consultation.

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