



*Tom Hart*  
**SUCCESS SERIES**  
Seminars & Coaching

**REignite**

Goals Achievement Workshop





# Goal Setting Review

## Your lululemon goals worksheet

You can insert a digital picture here by deleting this type and clicking inside the box, then going to insert picture.

My 10 year Vision of my life at age: Put your biggest dreams, passions and vision of greatness here.

My Core Values: 1. 2. 3.

**My Headlines**

Success is measured by the overlap of these 3 circles

My biggest passion is Place passion here

I am best in the world at Place best in the world here

I can make money by Place your money maker here

**My Goals**

|         | Health | By When | Career | By When | Personal | By When |
|---------|--------|---------|--------|---------|----------|---------|
| 1 year  | 1.     |         | 1.     |         | 1.       |         |
|         | 2.     |         | 2.     |         | 2.       |         |
| 5 year  | 1.     |         | 1.     |         | 1.       |         |
|         | 2.     |         | 2.     |         | 2.       |         |
| 10 year | 1.     |         | 1.     |         | 1.       |         |
|         | 2.     |         | 2.     |         | 2.       |         |

lululemon athletica



# *Goals Achievement Tools*

Affirmations

Brain Storming

Chunking Down

Life Wheel

Mastermind

Meditation

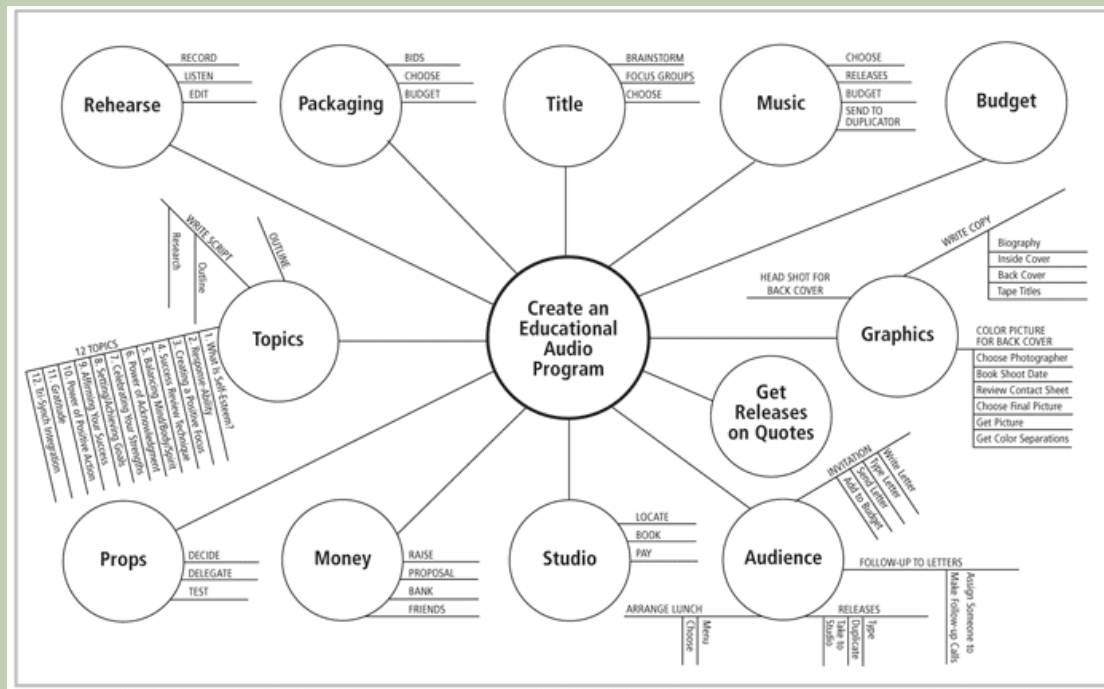
Mentoring/Coaching

**Mind Mapping**



# Goals Achievement Tools

## Mind Mapping



The Success Principles by Jack Canfield



# *Goals Achievement Tools*

NLP

SWOT Analysis

Time Allocation

Timeline Projection

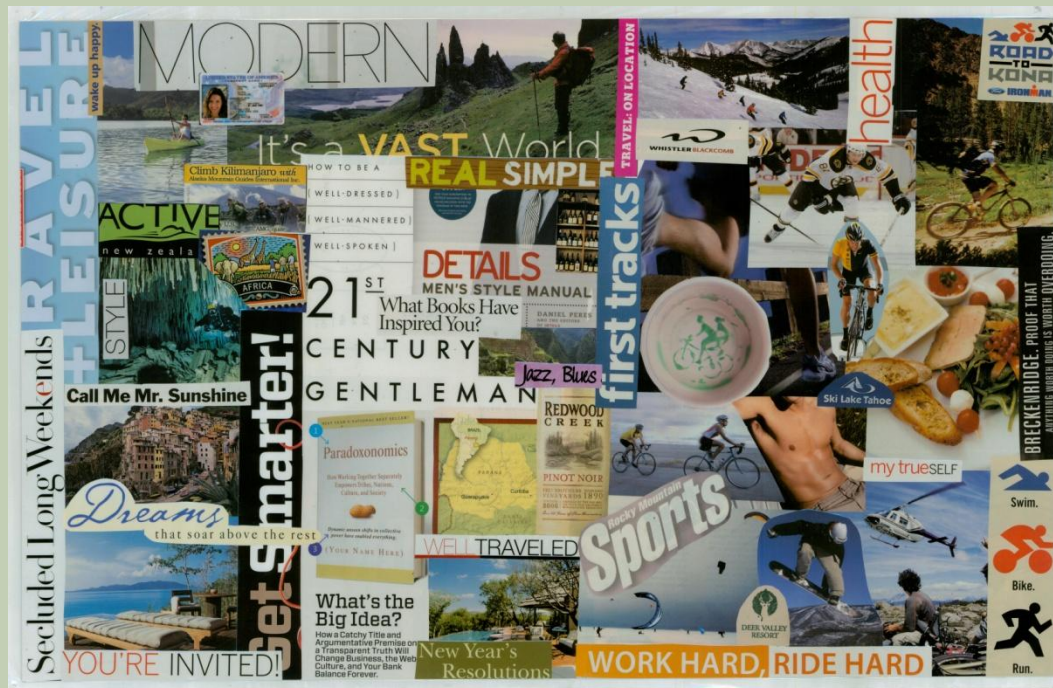
**Vision Boards**

Visualization



# Goals Achievement Tools

## Vision Boards



Personal Physical Vision Board by Tyler Pollesch



## *Exercise using Tom's 5-Step Method*

1. Write It
2. SWOT It
3. Plan It
4. Anchor It
5. Take Action



*Q + A*

MAC Value

lululemon culture

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**Live Life @ 100%**

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