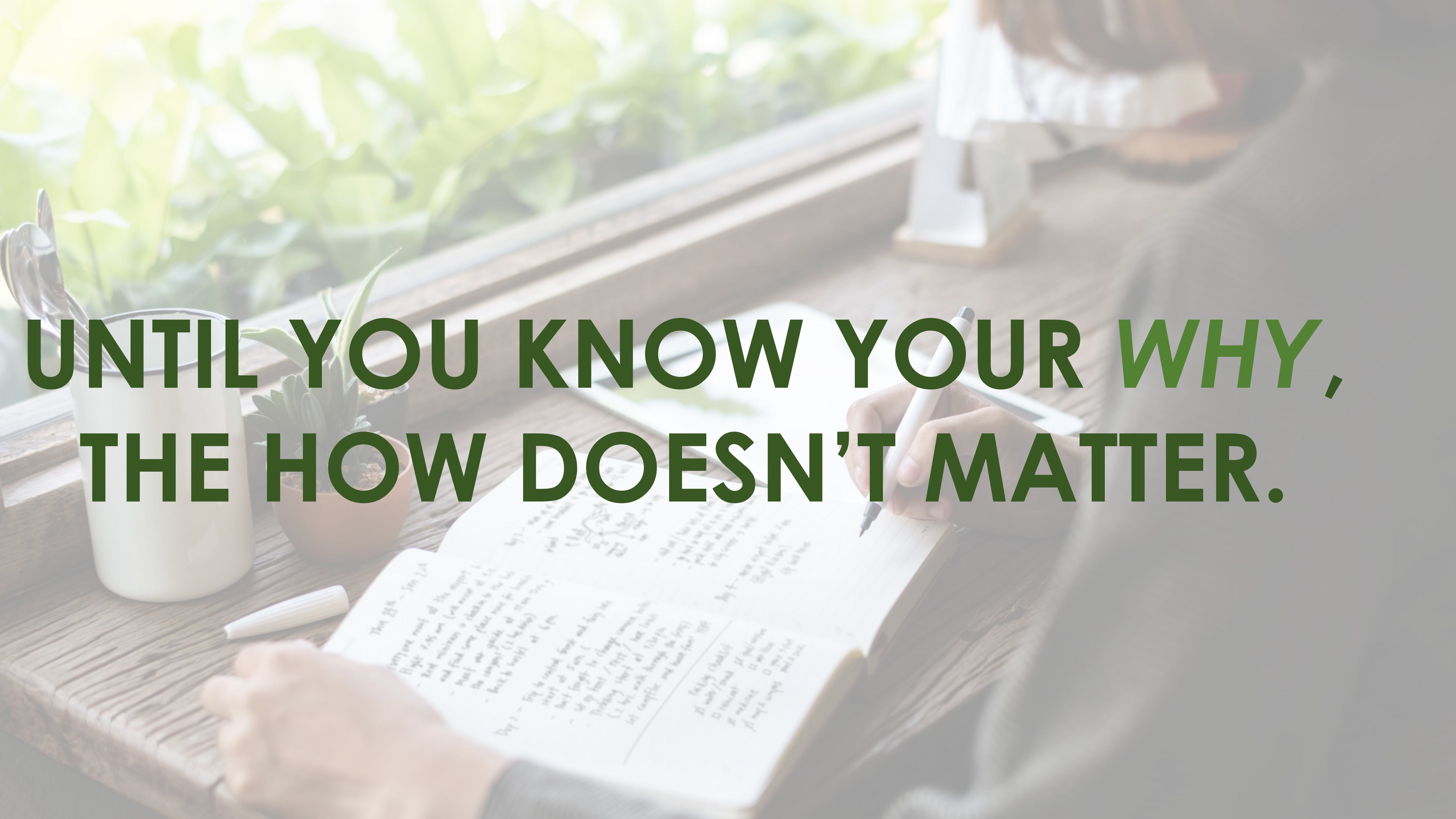


*ABN*aturnals

# setting GOALS

GETTING STARTED GUIDE  
2018



UNTIL YOU KNOW YOUR *WHY*,  
THE HOW DOESN'T MATTER.



# GOAL & VISION SETTING

## WHAT DO YOU WANT OUT OF YOUR HEART & BODY NATURALS BUSINESS?

“The reason most people don’t accomplish much is because they don’t **want** much”

- Jim Rohn

Outline exactly what you want out of your Heart & Body Naturals business and share it with our Facebook Family (The Heart & Body Naturals Family group). Also share your goals with your business partners and your spouse/family members in order for them to understand what you are doing and why you are doing this.



# DEFINE YOUR “WHY”

“Why” are you building a HBN business? Post photographs of your top three priorities in a prominent place to help you stay focused each day!

TRAVEL? HOME? VEHICLE? DEBT? CHARITY?

# VISION SETTING

Where are you going?

Visualizing where you want to go personally and in business is a very important step. Many people over look this step but if you have an end goal in mind creating a plan to get there will be easier and your goal will be more easily attainable! Sit down and ask yourself some questions, write down your answers and get a clear vision of where you are going. Once you have decided what you your goals and desires are make a commitment to yourself and those around you to hold yourself accountable.

## MY TOP 5 DESIRES:

- 1.
- 2.
- 3.
- 4.
- 5.

## MY COMMITMENTS TO MYSELF & OTHERS

HEALTH:

MONEY:

RELATIONSHIPS:

BUSINESS:

SPIRITUAL:

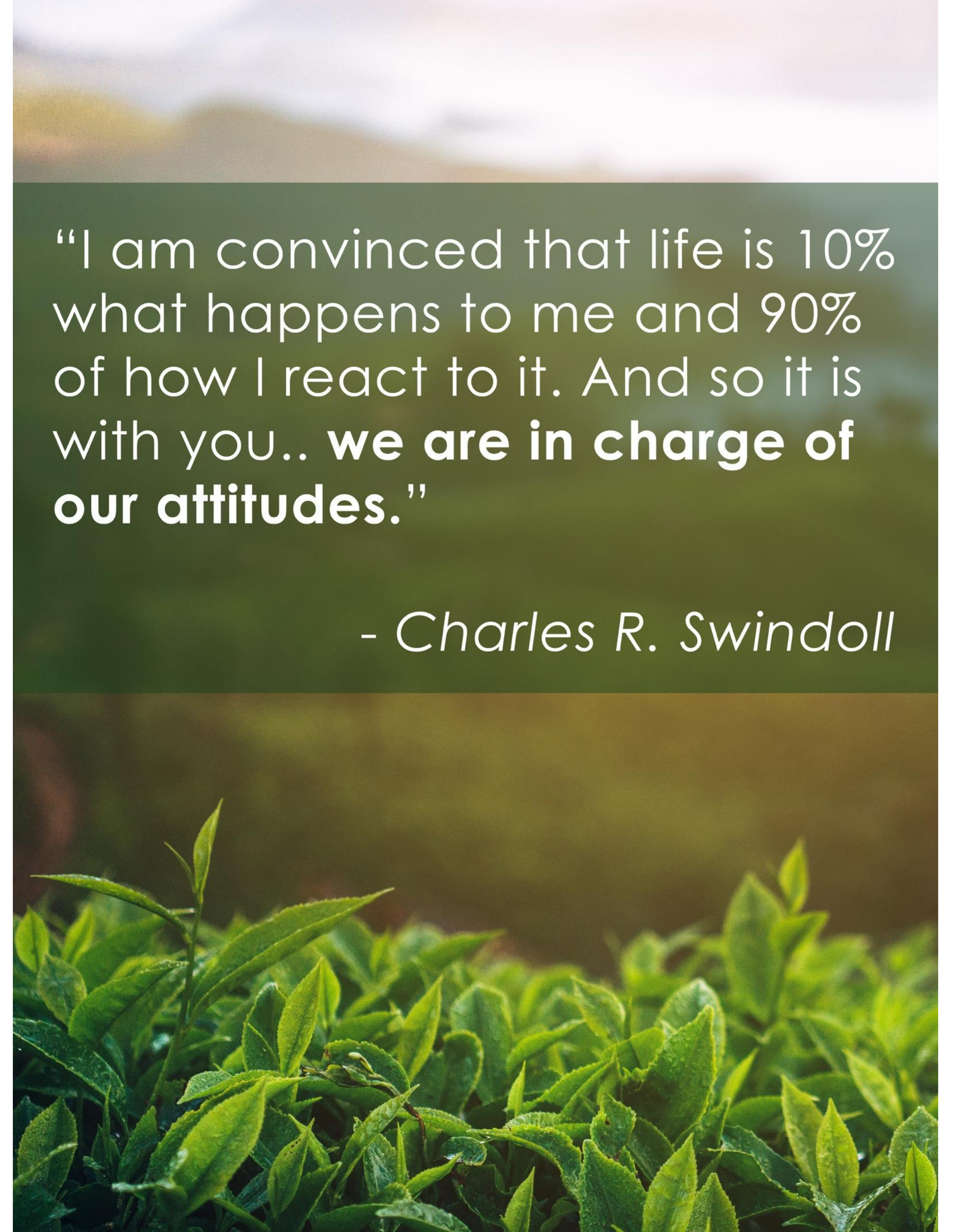
# ATTITUDE

DEVELOPING THE RIGHT ATTITUDE WILL SET YOU UP FOR SUCCESS!

- Be committed, open & teachable
- Show gratitude to others
- Attend calls, webinars & trainings

“I am convinced that life is 10% what happens to me and 90% of how I react to it. And so it is with you.. **we are in charge of our attitudes.**”

- *Charles R. Swindoll*



# SETTING GOALS

## SMART goals

When setting goals for yourself try to make sure that they are **S**pecific, **M**easurable, **A**ttainable, **R**elevant, & **T**ime bound.

**SPECIFIC** – Your goal should be clear and specific so you can more easily focus your efforts & feel motivated to achieve it.

**MEASURABLE** – This ensures that you can track your progress and stay motivated. Assessing progress helps you to stay focused, meet your deadlines, and feel the excitement of getting closer to achieving your goal.

**ATTAINABLE** - Your goal also needs to be realistic and attainable to be successful. In other words, it should challenge you but still be possible to achieve.

**RELEVANT** – Ensures that your goal matters to you, and that it aligns with other relevant goals.

**TIME-BOUND** - Every goal needs a target date, so that you have a deadline to focus on and something to work towards.

For Example: Set a goal to achieve Executive Consultant within the next 72 hours by personally enrolling one new Wholesale Customer on your LEFT team and one on your RIGHT team. Set goals for other ranks as well and when you would like to achieve them.

<div>EXECUTIVE</div> <div>72 Hours</div>	<div>BRONZE</div> <div></div>	<div>SILVER</div> <div></div>	<div>GOLD</div> <div></div>	<div>PLATINUM</div> <div></div>
<div>PEARL</div> <div></div>	<div>SAPPHIRE</div> <div></div>	<div>RUBY</div> <div></div>	<div>EMERALD</div> <div></div>	<div>DIAMOND</div> <div></div>

**YOUR NEXT STEP:**

**DOWNLOAD & PRINT**

**“Goal Setting Guide” PDF Document**

Located in your back office under “Training Documents”

Take time to think about what you would like to accomplish and fill it out! Once you know where you are going you can move on to making a plan to get there!