

## **Monetize Your Gifts Masterclass Summary Sheet**

### **Corey Wadden**

### **How to Create SMART Goals and Get Sh@! Done!**

The Monetize Your Gifts LIVE Masterclass summary sheet series are my own personal highlights and observations I collected from each presenters talk. You very well may uncover others that resonate with you deeper as you listen to the accompanying MP3.

I've created a simple way for you to jot down your own observations, highlights and a-ha moments at the end of this report for your convenience. It's my Masterclass Intention Guide, as you listen to the replay make note of at least two or three things that stand out for you most and at least one action step you'll take in the next few days.

Thank you for participating in this program and investing in your business and your future ~ *Rodney Washington, Monetize Your Gifts LIVE Masterclass Host*

#### **Corey's Key Highlights:**

A goal is a dream with a deadline, so the question becomes ~ do you know what your dreams are?

Have you really taken the time to figure out what you truly, deeply want? Or, are you doing what you think you "should" be doing instead of doing what you truly want. And second question to ask yourself is ~ Why do you want this dream?

It takes the same amount of effort to do what you really want to do than what you don't. Goal setters always out perform non goal setters.

Goal setting in business/lifestyle boils down to your choices and usually they are based on one of these two scenarios:

- 1. Do you want to change the world? or**
- 2. Do you want to sit on a beach?**

This question is very important because the choices you make will determine what kind of business you want to create. As you create your goals and start fleshing them out in your dream book continue to ask yourself this question ~ Why do I want this?

Your dream book is more than just a photo album of pretty photos, you want to put real intention behind the photos you select otherwise there's no real connection to the goal for you internally. **Your why drives everything!**

The main benefit behind creating a dream book is as you develop it, it forces you to think about what you want to create and how all of your daily choices will affect the other goals you're setting.

**The more details you put into your dream book the faster you will see results.**

If you don't want to purchase or create a physical book as an alternative you could use Pinterest and create secret boards if you don't wish to publicize your dreams.

As you start setting up sections inside your dream book here are a few possible categories you might wish to consider are:

**People you admire or wish to emulate** - Think about a person you admire and would like to meet and study them with so much detail that you could sit down with them over coffee and tell them about their inner most passions.

Include photos of that person in your dream book. For additional ideas check out the book Psycho-Cybernetics written by Maxwell Maltz (you can find it on Amazon.com)

**A bucket list of things you want to do before you die.** Get super, duper clear before you include them in your dream book. Ask yourself in an ideal world if I could create anything what would I go for?

**Skills you want to acquire** - What languages would you like to learn? Instruments you'd like to play? Sports you'd like to master? Would you like to become a professional ball room dancer? Be a chef for a day in a famous restaurant? Learn how to surf, sail or fly a plane? Climb Mount Everest?

**What material things would you like have?** What kind of home do you want to live in and where? What kind car or cars do you want to own? Clothes or jewelry you want to wear? Remember, you can have anything, the sky is limit, what do you want?

**People who can help you get there/people you want to meet** - Who are the people that already have what you want? Who are your heroes? Why do want to meet them?

**Relationships you desire** - Describe your ideal partner, who do you want to be with?

**Travel Experience, where do you want to go?** - Pretend the world is your oyster, if you could travel anywhere where would you go? Don't forget to ask the question, why?

**Combine your goals where you can,** for example if you want to meet a particular person in your dream book and they happen to live in a place you'd like visit and you have the means to make it happen, go! Now you can cross two things off your list.

**An added side benefit:** As you begin realizing your dreams featured in your dream book cross them off your list. The act of doing this becomes addictive it's called Keystone habits. Crossing off accomplished goals makes you want to accomplish more.

The key to accomplishing your goals is rooted in your habits, when you establish habits that support your dreams and you begin to see results it energizes you and feel motivated to go after your bigger dreams.

Create scenarios in your life that allow to feel like a winner, as a matter of fact you need to feel that winning edge as quickly as possible so you have the energy to go for more bigger and more challenging goals.

**Shopping for your physical dream book:**

Corey suggests a company called Paperblanks, you can learn more by visiting their website at: <http://www.paperblanks.com/us/en/>

**Bonus Tip from Corey:** If you have a really cool looking book that you feel good about owning you're more likely to use it.

**5 SMART Reasons Why You Aren't Achieving Your Goals:**

1. Your goals aren't **Specific** enough - You must state clearly what the goal is, for example you wouldn't say, 'I want to lose weight for summer" instead you'd say, 'I want to lose 10 pounds by July 10th. That's an example of a specific goal.
2. Is your goal **Measurable**? - If you say you want to lose 10 pounds that's measurable, and on July 10th when you weigh yourself you'll know whether you lost the ten pounds or not. It's that simple
3. Is your goal **Attainable**? - Can this goal be accomplished? Do you have the resources to achieve it? If yes, then work backwards towards it's accomplishment.
4. **Relevant** - Is the goal in alignment with everything else you want to create? Does it work in harmony with my other goals? Will it enhance the other goals featured in my book? Or will it detract from them?
5. **Time based** - Going back to our weight loss goal to 10 pounds by July 10th. July 10th is the deadline that we set, this is important. You must have a deadline attached to your goal. When you set a deadline your subconscious mind kicks into action to support you.

### **Additional Goal Accomplishment Tips From Corey:**

- Get an accountability partner or group of people that will keep you on track. You want someone that's NOT going to be okay with you failing.
- Corey recommends an accountability app called Lift - <http://lift.do/>
- He also recommends the book The Power of Habit: Why We Do What We Do in Life and Business by Charles Duhigg (you can find it on Amazon) - <http://www.amazon.com/Power-Habit-What-Life-Business/dp/1400069289>
- Psycho-Cybernetics written by Maxwell Maltz (you can find it on Amazon) - <http://amzn.to/105WuVv>
- Understand your why?
- For inspiration watch the Youtube by Simon Sinek: How Great Leaders Inspire Action - <http://www.youtube.com/watch?v=qp0HlF3Sfl4>
- Have a physical way to remind yourself of your dreams and keep you on track. It can be a vision book or a Pinterest board etc.
- Set your long term goals and work your way backyards. For example, set your one year goal, then your monthly, weekly, and daily goals.
- Create a board of advisors and/or people who are going to keep you focused and on task and provide them with monthly progress reports.
- Do a quarterly audit of your dream book to see where you are and how you're doing.
- Relevance is KEY!

**Presenter Sessions:** In this section you find each presenters session topic, and the points they will cover. As you listen to the MP3 presentation you will have an opportunity to write down any highlights, a-ha moments and/or ideas that come up for you.

Finally, you will have an opportunity to state your intention and the specific actions you will take in the coming days, weeks etc to move forward.

### **Corey Wadden: How to Create SMART Goals and Get Sh@! Done!**

- *Why having a visual, physical demonstration of your vision is key to manifesting your reality*
- *Selecting SMART goals that will truly inspire you and propel you forward*
- *How to get focused, stay on target and create quality work fast!*

**What I learned from Corey:**

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**Based on what I wrote I intend to take these specific actions:**

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Imagine you have the power to predict your future. What would it look like? What would you do? Where would you go? Who would you meet? Well, Corey Wadden Serial Entrepreneur, Actor, Documentary Filmmaker has figured out a simple, fun and creative way to answer these questions and many more. Create a dream book!

Corey has published an extensive blog post sharing how he's achieving his dreams step by step including an inside view of his actual dream book and videos of his accomplishments. **Click here to view your bonus**