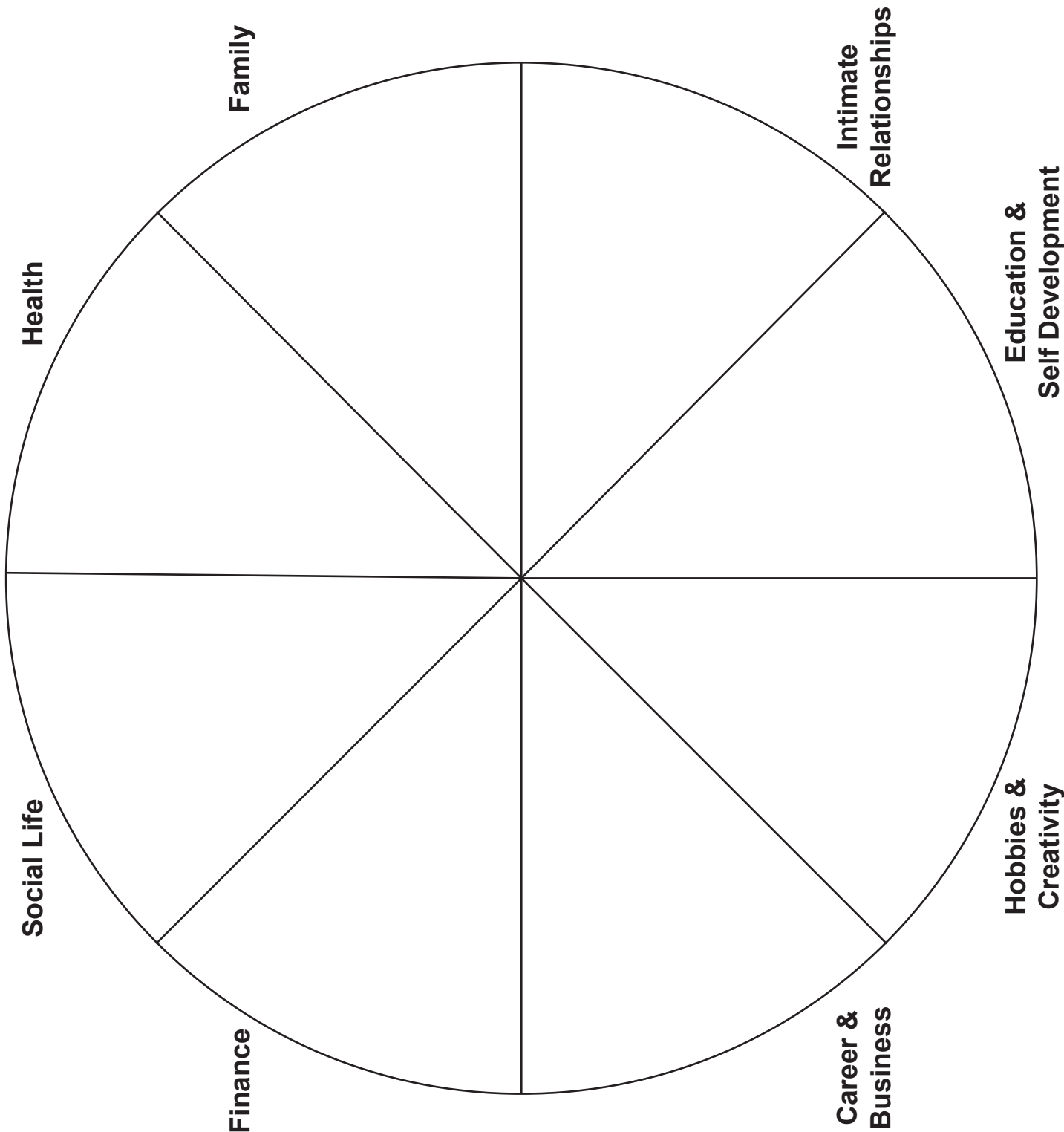


BodyRenovator® Goal Vision Sheet

How To Complete The Goal Vision Sheet

- 1.) In each section of the circle, on the left, you must write down a short term goal related to the life section which you strongly believe can be achieved within 1 to 3 months. Remember that these must be goals which you believe you can achieve.
- 2.) You must write it down as though you have already achieved it. For instance, under "Health" you could write "I dropped 1 inch off my waist line", or under "Finance" you could write "I have settled all my bills".
- 3.) Do not write down goals which you do not play an active part in achieving. For instance "I won the lottery" or "My best friend got her promotion".
- 4.) You must complete each section without leaving anything out.
- 5.) You can write several short term goals in each section if you so wish.
- 6.) You must commit yourself to achieving all of these goals, read what you have written vary carefully. This is a personal endeavor. Only you can see that these goals are fulfilled. You need to take the personal responsibility to see that what you have written becomes a reality.
- 7.) Complete the section below once you have finished writing down your goals.
- 8.) Place this sheet somewhere where you will be able to see it every day. You must read it before you go to sleep at night or upon waking up.



I _____
(Your Name)

am taking the personal responsibility to achieve these goals which I have set myself.

I believe these goals are within my ability to achieve.

I will not let myself down during this time and I will make sure that all my goals are achieved.

I have given myself until _____

(Final Date)

to achieve everything I have written down on this sheet, with harm to no-one and drawing upon the infinite source of the universe.

Signed, _____

_____ (Started on this Date).