



# *Your Goals and Dreams*

staying focused

EcoMastery Success Program  
~ Nourish Module 5.2



# Our Core Values



**C**ommunication  
**A**ttitude  
**P**roactive  
**E**xtra mile  
**D**etermined

**F**un  
**R**espect  
**O**thers  
**G**rowth  
**H**onour



# ***Our Rules of Play***

- 1. People Will Do What You Do**
- 2. Your Past Does Not Equal Your Future**
- 3. Be Honest with Yourself**
- 4. If You Need Help, then Ask**
- 5. Challenges Go Up, Praise Goes Down**
- 6. If You Throw Dirt, You Lose Ground**
- 7. Always Praise in Public and Critique in Private**
- 8. Punctuality for All Meetings and Events**





# *Your Checklist for this **Module***

- ✓ You have read your **The Power of Belief Module** from your EcoMastery Success Program
- ✓ This Module unpacks **Your Goals and Dreams**. This includes;
- ✓ Turning Dreams into Reality
- ✓ The 4 Disciplines of Execution
- ✓ The **SMARTI Rule**
- ✓ The power of **Decrees and Declarations**
- ✓ Goal writing **Tips**
- ✓ Winning behaviours of **Champions**
- ✓ When your goal is **within sight**
- ✓ Your non-negotiable **Top 5 Daily Tasks**



# *Turning dreams into reality*



*In the absence of clearly defined goals,  
we become strangely loyal to performing trivia*

- ✓ **Never underestimate the value of goals**
- ✓ **Embrace worthy goals to aim for**
- ✓ **Use the different levels in the Advocate Rewards Program as goal posts to pursue**
- ✓ **To win the game, you must participate in the game**
- ✓ **Everyone has a different reason for pursuing this**
- ✓ **Everyone loves to win**
- ✓ **People play differently when they are keeping score and have a scoreboard**
- ✓ **The actions you take will lead to a result - ensure your actions lead to a desired result**



# *The 4 Disciplines of Execution*

- The Franklin Covey Institute

*“Success is the  
progressive  
realisation of a  
worthy goal or ideal”  
– Bob Proctor*

- ✓ Identify the WIGs from the whirlwind
- ✓ Identify the Lead Measures from the Lag Measures
- ✓ Create a Compelling Scoreboard
- ✓ Create a Cadence of Accountability



# *The SMARTI Rule*

- ✓ **Specific**
- ✓ **Measurable**
- ✓ **Attainable**
- ✓ **Relevant**
- ✓ **Time-bound**
- ✓ **In writing**

*What are YOUR goals and dreams?*

- ✓ **Step 1 Start by thinking about all the dreams and goals you would like to achieve, in every facet of your life**
- ✓ **Step 2 Next, choose one personal and one professional goal from your list that are ranked as your top priority**
- ✓ **Step 3 Your Personal Goal could be health, fitness, relationship, etc, and think of a deadline to achieve such**
- ✓ **Step 4 Your Professional Goal could be a level in the Advocate Rewards Program with a deadline**
- ✓ **Step 5 Now, with the goals you have selected, turn it up a notch ... then apply the SMARTI Rule**





# *Decree and Declaration*

## *Writing YOUR Goal*

- ✓ Writing down your goals is an important and powerful process
- ✓ Get emotionally involved with your goals
- ✓ Include all the points from your SMARTI Activity into your declaration
- ✓ Make it personal





# Practical and Essential Goal Writing Tips

*“Never say anything about yourself you do not want to come true” – Brian Tracy*

- ✓ Write down **YOUR** goal
- ✓ Record **yourself**
- ✓ Visualisation
- ✓ **Words** create



# *Winning behaviours of Champions*

*A true Champion  
needs to believe in  
themselves even  
when others don't*

- ✓ **Keep yourself accountable**
- ✓ **Journaling**
- ✓ **Goal setting and YOU**
- ✓ **Create a 'Me' File**
- ✓ **Create a Dream Board**
- ✓ **What is YOUR WHY?**
- ✓ **Get your Rhino Skin on**
- ✓ **Become the person you want to attract**

EcoMastery Success Program ~ Nourish Module: 5.2 Your Goals and Dreams



# *When your goal is within sight*

*“The view from the summit is worth the climb”  
– John Smart*

- ✓ Accept that sometimes things do not go as planned
- ✓ Earn the right to move the goal post if you need to
- ✓ Keep going
- ✓ Never give up
- ✓ Miracles do happen
- ✓ Ensure you take time out to celebrate





# *Your non-negotiable Top 5 Daily Tasks*



*“The key is not to prioritise what’s on your schedule, but schedule your priorities”*

*– Stephen R Covey*

- ✓ Every day write down 5 Tasks that if done would move you toward your goal – this is your To Do List
- ✓ Next, commit to work through your To Do List
- ✓ Tick items off your To Do List once complete
- ✓ Miracles do happen
- ✓ Ensure you take time out to celebrate
- ✓ Time can not be managed – we can only manage the tasks in the time that we have
- ✓ Generally, we are more productive between 8am and 11am



# Your *Review*

- ◆ Never underestimate the power and significance of goal setting
- ◆ Embrace worthy goals to aim for
- ◆ Use the different levels in the Advocate Rewards Program as goal posts to pursue
- ◆ Everyone loves to win
- ◆ People play differently when they are keeping score and have a scoreboard
- ◆ The actions you take will lead to a result - ensure your actions lead to a desired result
- ◆ Apply the 4 Disciplines of Execution
- ◆ Apply the SMARTI Rule



# Your *Review*

- ◆ Decree and declare your goals and get emotionally involved with them
- ◆ Write down your goal, record yourself speaking it and visualise owning it
- ◆ Use words that speak life into your goals, and yourself
- ◆ Embrace the winning behaviours of Champions
- ◆ When things do not go to plan, do not give up
- ◆ Take time out to celebrate
- ◆ Create a To Do List of 5 non-negotiable daily tasks
- ◆ Make it happen





If this was the last tree on Earth  
there would be no tomorrow

**One person** can change the world  
Imagine what a **tribe of us** could do

**Share EcoForce**

*and help save our planet*

**... one tree at a time!**

It's time to #BuyaTree

