

# Push Goal! chalene johnson 30-DAY CHALLENGE

List your ten specific and measurable goals from yesterday

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Now put a star by the two goals that will make the others easier to achieve and two stars by the one push goal that is the ultimate goal and is going to put all the others in motion. What is it going to take to feel like to achieve this goal? Write down exactly what you will do when you achieve it, what will it look like, feel like use all your senses to visualize what it is like to live having fulfilled this goal. Be as specific as you can. You're going to set your mind on the intention of making this goal a reality.

Play this again and again in your mind, on paper in your thoughts and actions until it becomes a part of what you are and fully integrates your subconscious. What is it going to take to achieve this goal? Write down a starting point. Where are you now? Write down the end point, where do you want to be? What has to happen in between? Be realistic about your actual situation now – what's it going to take to make this goal a reality?

Brainstorm every detail, every question, everything you need to know, do and believe in order to make this goal happen. Be excited about all the things you list because you will achieve them all. Just keep writing. Don't be afraid to fill pages of paper with every little thing that comes to mind. Get it out of your mind and onto the page – where you can tackle it and turn it into action!