

# **The Ultimate Goal Achievement Program**

**Simple 9 step process to  
REALIZE YOUR DREAMS**

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## **Ultimate Goal Achievement Program (With Real Life Client Case Example Below)**

**Step 1: State the goal you want to achieve and put an exact date as to when you want to achieve it by. Do this for all areas of your life. In order for us to be truly happy we must be holistic beings and maintain a balanced lifestyle. Have separate goals for your health, wealth, relationships, and spirituality.**

Reason: When you make declaration you are operating on the law of precision. You must decide and know exactly what you want if you want to manifest your goal. Put a date as to when you want to achieve your goal because that will create the neuro-pathways in your sub-conscious mind to find strategies and actions steps to get you closer to this goal.

**Step 2: Right down why you want to achieve this goal.**

Reason: If you don't write this down then you will not be motivated to accomplish your goal. The reason why you want to achieve your goal must be compelling enough for you take action. For example, "I want to make 100k per year so I can support my family and visit places that I have never visited before." This reason may be so compelling for you that it may motivate you to take action towards achieving that goal.

**Step 3: Right down at least ten action steps you could be doing to achieve your goal on a daily, weekly, or monthly basis. Write down specific dates and times as to when you will be taking the action and the number of times will take a particular action.**

Reason: This is straightforward. You cannot get anywhere without taking action. Be creative with this process.

**Step 4: Write down the obstacles you must overcome to achieve your goal.**

Reason: This makes you aware of areas you need to improve on in order to achieve your goal. These obstacles may bring resistance in your journey that is why it is important to identify them early and find strategies to handle them right away.

**Step 5: Write down the knowledge you must acquire in order to reach your goals.**

Reason: This will allow you to achieve you goal faster. However, you must take action on the good things you learn. Remember knowledge is not power, it is only potential power. Knowledge must always be acted upon.

**Step 6: Write down all the resources and people you know that can help you achieve your goal faster, or write down the people who you need to get to know.**

Reason: This will also shorten your learning curve and will allow you to reach your dreams faster.

**Step 7: Write down the qualities or traits of the person you must become In order to get your goal accomplished.**

Reason: This step helps you identify where you are today and where you need to be mentally.

**Step 8: Write down several positive affirmations that you must read daily in order to achieve your goal faster.**

Reason: This is the most important step of the process because this activity forms you general beliefs about the goal you are undertaking. If your subconscious beliefs are not in alignment with you conscious desires then you will not achieve anything you want.

**Step 9: READ your goals at least two times per day and believe that you have already attained it now in the present. Do this once when you wake up in the morning and one time right before you go to bed.**

Reason: This habit will help engrain the goal in your subconscious mind bringing its realization faster than you have expected.

**Client real case example Jane Smith:**

Health Goals (Jane Smith)

**Step 1:** I have lost 20 lbs and I'm in perfect physical health by Dec. 14<sup>th</sup> 2014.

**Step 2:** Why: To have more energy and vitality. To be able to have a happier life. To accomplish all my goals. To keep me looking good, attractive, and younger.

**Step 3:** Action steps:

1. Exercise- Do boot camp six week program, take a break, find another program to follow.
2. Exercise at least 5 days per week for 1 hour for the entire year. Mix it up with strength training plus cardio.
3. Maintain proper nutrition: Minimize eating out, follow nutrition plan that helps you stay fit.
4. Meditate: at least 10-20 minutes per day
5. Visualize your healthy body and lifestyle everyday
6. Learn more about health, exercise, and nutrition. Spend 1 hour per week doing this. Do this every Thursday.
7. Learn healthy meals to cook. Spend 2 hour per week doing this. Tuesdays from 6-8.
8. Stay persistent
9. See doctors for any needed conditions.
10. Learn more about things that cure your health problems.
11. Always remember your past successes.

**Step 4:** Obstacles to overcome: Laziness, lack of knowledge, lack of faith/ success

**Step 5:** Knowledge to learn: health, mental health, exercise regimens, nutrition

**Step 6:** Resources that help: Fitness clubs, gyms, workout videos, books,

**Step 7:** What must I become: Confident, healthy, successful, positive, patient, hopeful

**Step 8:** Affirmations/beliefs to have: I'm healthy, I'm happy. I love enjoy working out and eating healthy. I look good, I feel wonderful, I'm athletic

**Step 9:** Jane reads this at least two times per day.

## The Goal Pyramid

