

workshop syllabus

HOW TO ACHIEVE YOUR GOALS AND CREATE A LIFE YOU LOVE



Lesson 1: Dream About a Life You'll Love

Thursday, January 5, 2012

If your life were ideal in every way, what would it be like? Sometimes that is a fun question to answer, but other times obstacles pop up that prevent you from truly allowing yourself to dream about what you want. In this lesson, using your choice of six simple techniques, you'll learn how to dream about a life you'll love and start the dreaming process.

Lesson 2: Turn Your Dreams Into Goals

Thursday, January 12, 2012

In this lesson, you'll learn about the similarities and differences between goals and dreams, and how to create effective and compelling goal statements. You'll also prioritize your dream list and decide which goal or goals to pursue first.

Lesson 3: Make It Happen!

Thursday, January 19, 2012

As I love to say, *action creates change!* It is through action that you will achieve your goals and create a life you love. This lesson will get you into action using techniques and tools that have worked for you in the past. Plus, you'll create plans for your goals and start taking simple steps forward, setting yourself up for goal-achieving success.

Lesson 4: Track Your Progress + Celebrate Your Achievements

Thursday, January 26, 2012

In this lesson you'll learn the importance of tracking your progress and the positive effects of celebrating your achievements on the way to your goals. You'll learn how to stay motivated and what to do if you fall off the wagon from time to time.

IMPORTANT DATES!

Workshop End Date: **February 9, 2012** (This is the final day of instructor participation in this workshop.)

Community Access Dates: You will continue to have access to the online lesson materials, gallery, and online forum through **January 5, 2013**—one full year of access!

