



Happiness-centric...

META MIND GOAL SETTING

SET & ACHIEVE GOALS

"If you don't know where you are going you will never get there."
-Avinash Ananda

WHY

this program



Learn how to know what you want and get what you want, keeping yourself and others motivated throughout the process. Learn how to set and achieve goals, the Meta Mind Way. This highly practical, inspiring, motivating and intensive training program can help you take control of many areas in your life... self-esteem, health and fitness, relationships, career, finances and more... so that you can determine where you're going, how to get there, when you'll get there, and what you want to do next when you arrive.

It focuses on learning how to set specific, realistic and achievable goals and organizing and structuring your life and time in order to achieve them. This training program will provide you with the "nuts and bolts" of goal setting in a way that is easily understood and easily executed. A key objective of this training program is also to help you learn how to use the psychology of the mind to provide and sustain the high-powered energy required to achieve these goals.

YOU

will learn



- The importance of goal-setting
- The importance of alignment of personal goals with professional goals
- Meta Mind Goal Setting Model™
- The power of aligning values, beliefs, purpose, passion and skills
- How to program your subconscious mind for success
- Guidelines for effective goal-setting: how to set SMARTEST goals
- How to set short-term, mid-term & long-term goals
- How to create an action plan for successful goal achievement
- The psychology of motivation
- How to motivate yourself continuously
- Meta Mind Motivation Model™: Keys to Self-Motivation
- Meta Mind techniques for Goal Setting
- How to focus: the key to both motivation and goal-achievement