



Happiness-centric...

META MIND FOCUS & GOAL SETTING

SET & ACHIEVE GOALS

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

WHY

this program



The Meta Mind Focus & Goal Setting program is meticulously designed and harnesses the power of focus, enabling you to clearly define and achieve your desired goals. This program is about setting and achieving goals, with focus, in various aspects of life, including self-esteem, health and fitness, relationships, career, finances and more.

This highly practical and intensive training teaches you to set specific, realistic and achievable goals and organizing and structuring your life and time in order to achieve them. It 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 empower you to understand and use the psychology of focus 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 focus & motivation
- How to motivate yourself continuously
- Meta Mind Motivation Model™: Keys to Self-Motivation
- Meta Mind techniques for Goal Setting
- Learn how to maintain focus, a critical skill that underpins both motivation and successful goal achievement.

