

DETERMINING GOALS CHECKLIST

Most people struggle setting and achieving goals, often establishing ones lacking personal meaning to gain others' approval. Since life is short, generate goals eliciting excitement upon achievement. Set and pursue goals igniting your heart. The surprising results will please you.

Use the checklist below to assist in determining goals meaningful to you.

Which goals are important to you?

Within the category of finance, mark the goals that relate to your circumstances:

- Create Financial Reserve
- Design Lifetime Monetary Plan
- Pay Debts or Credit Card
- Save Money, Reduce Spending
- _____

Which of the following goals do you wish to change within the category of health?

- Stress Reduction
- Weight Loss
- Increase Responsibility
- Reduction of Alcohol / Sugar
- _____

Relationships?

- Build Spouse Relationship
- Alignment with My True Self
- Resolve Family or Friend Issues
- Learn to Socialize
- _____

Business?

- Reduce Daily Stress
- Perform Better
- Create Career Track
- Earn Promotion / Raise
- _____

What other goals interest you?

- _____
- _____
- _____
- _____
- _____

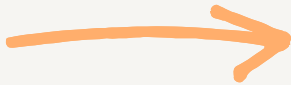
Meet Ann Rusnak



Ann Rusnak, Business Lifestyle Strategist and creator of the Simplify Your Success System™, helps busy, frazzled women entrepreneurs find the perfect life balance so they can double their income... working half the time!

She is the author of *The Journey to ME: Empowering You to Live a Life of Unstoppable Success*, and a Certified Law of Attraction Practitioner

On a personal note: She's a displaced Floridian living on the exotic North Coast of Ohio (*brrrr*). Married to an incredible man, proud mom of 2 daughters, blessed to be Gammie to her granddaughter and a pet mom owned by 4 overly loved cats.



Schedule your complimentary virtual 15 minute coffee chat

RAVES

You are absolutely correct, time "off" can be used to recharge one's batteries and return to work more productive (and refreshed).

I just took several days to travel to my hometown to visit w/ family and a childhood friend who lost a sibling. It was great to not only reconnect w/ my roots, but also to be completely off AND "offline" for a few days. Time just flew by..... no phone, fax, e-mail, web, tweets, etc. on purpose! I'm so jazzed.

I'll be cranking out my "wiener dog" book draft this weekend. More energy for that now, after my trip!

~~~Cheri Sigmon



**Laura Moore McNeeley** This week has been a game changer! Thanks to the training Monday, I have told myself daily that I ROCK, and then intentionally carved out time for my business and stuck to it! I closed my office door and got busy. That has yielded 4 new one-on-one appointments on my calendar! Yay me!!!!!!!!!!

"Ann This System is Unbelievable... I had my best month back in February. I topped that in May by passing last years income. It's been a breakthrough year. By the end of July or middle of August I should hit the leaders criteria for my company which I've only made once in the last four years... So it's very exciting."

~~~Joe Redmond III