

# Achieve Your Goals & Dreams

## 5 Day Plan - Easy Steps to Success

Written by [Christine McIvor](#)

### Day 1

#### Day 1 - Make a Dreams List

Think - Believe - Receive

*"If I had unlimited time & money, here is a list of everything I would like to do with my life."*

**Write out your Dreams List.** I have included two other lists below to help you establish your Dreams List. Make a list of at least 15-20 dreams.

Think BIG - Dream BIG!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

*"What this power is I cannot say; all I know is that it exists and it becomes available only when a man is in that state of mind in which he knows exactly what he wants and is fully determined not to quit until he finds it."*

*~ Alexander Graham Bell*

# Achieve Your Goals & Dreams

## 5 Day Plan - Easy Steps to Success

Written by [Christine McIvor](#)

Make sure to fill in all 15 spaces. To visualize your dreams even more, copy and paste pictures from magazines or the Internet onto a background and post it somewhere it can be seen frequently. Or better yet go to [www.mycorkboard.com](http://www.mycorkboard.com) and post your dreams on a screensaver that you will see everyday.

### Day 1 – I am grateful for:

In order to receive great things, you must be grateful for what you do have. Please write down at least 10 things that you are grateful for. If you appreciate what you have, more of it will come. If you focus on what you don't have, more of it will come.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

*"What this power is I cannot say; all I know is that it exists and it becomes available only when a man is in that state of mind in which he knows exactly what he wants and is fully determined not to quit until he finds it."*

*~ Alexander Graham Bell*

# Achieve Your Goals & Dreams

## 5 Day Plan - Easy Steps to Success

Written by [Christine McIvor](#)

### Day 1 – My Values List:

Please write down at least 10 things that you value. Your values will help you realize your goals and dreams.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

*"What this power is I cannot say; all I know is that it exists and it becomes available only when a man is in that state of mind in which he knows exactly what he wants and is fully determined not to quit until he finds it."*

*~ Alexander Graham Bell*

# Achieve Your Goals & Dreams

## 5 Day Plan - Easy Steps to Success

Written by [Christine McIvor](#)

### Day 2

**Personal Goals** - Write out 10-20 personal goals that you would like to achieve along with the target completion date.

Personal Goals	Target Completion Date
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____

*"What this power is I cannot say; all I know is that it exists and it becomes available only when a man is in that state of mind in which he knows exactly what he wants and is fully determined not to quit until he finds it."*

*~ Alexander Graham Bell*

# Achieve Your Goals & Dreams

## 5 Day Plan - Easy Steps to Success

Written by [Christine McIvor](#)

### Day 3

**Business Goals** - Write out 15-20 career goals that you would like to achieve along with the target completion date.

<b>Business Goals</b>	<b>Target Completion Date</b>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____

*"What this power is I cannot say; all I know is that it exists and it becomes available only when a man is in that state of mind in which he knows exactly what he wants and is fully determined not to quit until he finds it."*

*~ Alexander Graham Bell*



# Achieve Your Goals & Dreams

## 5 Day Plan - Easy Steps to Success

Written by [Christine McIvor](#)

### Day 5

#### Day 5 – Follow Through

This is the most important step and where most people fail.

Take a look at your Dreams and envision yourself owning the beautiful home on the beach or driving your very own Lexus. Whatever your dream is ENVISION it.

Revisit your goals list so that you remain focused.

Listen to a motivational speaker or a song that inspires you to get you started in your day.

Start checking off your ACTIONS one by one until you have accomplished your GOAL.

*"Opportunity is missed by most people because it is dressed in overalls and looks like work." ~ Thomas Edison*

*"What this power is I cannot say; all I know is that it exists and it becomes available only when a man is in that state of mind in which he knows exactly what he wants and is fully determined not to quit until he finds it."  
~ Alexander Graham Bell*