

In 1937 Napoleon Hill published a book he titled "Think and Grow Rich." It was the result of twenty-five years of research that Napoleon personally did by interviewing over 500 of the wealthiest, most influential people alive at that time. He interviewed people like Thomas Edison, Henry Ford, William Wrigley, Jr., George Eastman, John D. Rockefeller, and so many more. The purpose of this research was to identify the "secrets" that allowed the people he interviewed to be so successful in life.

During his research, Napoleon was introduced to a "six-step process" that anyone can use to help achieve a goal.

The following is a list of the "6 Steps" with a brief explanation of each:

1. Determine what you want to achieve / accomplish.

Decide what your goal is. The goal must be specific enough that you know when you have achieved it. It is also important that you are emotionally engaged in achieving the goal. Your desire for the end result must be strong enough to motivate you to do what you need to, even when you do not want to.

2. Decide what you are willing / need to give in return for what you desire. Nothing worthwhile comes without some price (i.e. time, money, change a habit, etc.). What changes do you need to make to your life / lifestyle that will allow you to achieve your goal?

3. Set a specific date when you want to achieve you goal.

Set a specific date that you want to accomplish your goal. This gives you a set timeline to work with as you develop your plan.

4. Start to develop your plan.

Begin at once, whether you are ready or not. What steps are you planning to take that move you towards your goal? Do not wait for the plan to be perfect. Start right away. You can, and will, make adjustments to the plan as you are moving forward.

goal setting

5. Write a clear and concise statement of what you want, when you want it, what you are willing to give, and the steps you plan to take to achieve the goal.

Simply write out your goal and plan and place it where you know you can find it. Do this so you can reference it often until you have it fully memorized.

6. Read your statement aloud, with emotion, a minimum of two times a day - first thing in the morning, and right before you go to sleep.

This is the most important step in the process. In your mind, see (visualize) yourself as if you have already achieved your goal. Do this as often as you can during the day (even if only for a few moments).

The worksheet that follow will serve as your tool to help you apply the "six-step process." Keep in mind that this process has been helping people all over the world achieve better results. There is no question that it works when it is followed it to the letter.

But that is the key. You MUST follow every step as they are explained in this document as well as the lessons taught in the the book "Think and Grow Rich". Anything less than that creates the risk that you will not accomplish what you set out to do.

On the next page there is is a layout for you to fill in your intentions to initiate the start of some SERIOUS magic!!

goal setting

STEP 1: WHAT DO YOU WANT TO ACCOMPLISH / ACHIEVE

What do you want to accomplish? What do you have a "burning desire" to achieve?

Why do you choose this goal? Examples are to buy a car; pay off debt, pay for your wedding, travel, etc.

STEP 2: INTENTION TO GIVE

What are you willing to give or do in return for achieving your goal?
(There is no such thing as "something for nothing.")

I will give / change ...

Why do you choose this particular way to give?

STEP 3: SET A DEFINITE DATE FOR ACHIEVING YOUR GOAL

Set a specific date you want to achieve your goal.

I will achieve this goal on, or before:

Date: _____

Why this date?

STEP 4: CREATE YOUR PLAN TO ACHIEVE YOUR GOAL

Create a definite plan for achieving your goal and begin at once whether you are ready or not, to put this plan into action.

My plan of action is:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Examples are to find a study partner; find a part-time job; do extra work around the house; practice an extra hour a day, etc.

goal setting

STEP 5: WRITE YOUR STATEMENT OF DESIRE (see attached worksheet below)

My goal is:

I intend to give

in return for achieving my goal.
I intend to achieve / accomplish this by:

My plan of action is:

1.

2.

3.

4.

5.

6.

7.

8.

Signed: _____ Date: _____

STEP 6: READ YOUR STATEMENT ALOUD TWICE EVERY DAILY (at a minimum)
Read your written statement aloud (Step 5), a minimum of twice daily, once before going to sleep at night, and once shortly after waking up in the morning. It is recommended to read it additional times during the day. As you read, see and feel and believe yourself already in possession of the what you have set intention on.