

## **Mandie Safe Haven**

### Creating a Formidable Plan -

Before we walk you through creating a "Formidable Plan"; we need to define what your goals are. As well as defining goals you must state your purpose; without a reason why then there is no motivation to accomplishing your achievements.

There may be a few goals you want to accomplish simultaneously, which is great, just don't bite off more than you can chew.

Let's look at an actual plan and outline the steps.

### **Goals**

- 1) To be more comfortable talking to groups of people.
- 2) To discover courage in continuing my daily tasks
- 3) To become more physically fit.
- 4) To quit smoking
- 5) To buy my dream home.

**Step 1** is to write your goals down, stick them on the fridge inside your car, and the mirror in your bedroom. Any obvious place you will see them frequently.

**Step 2** choose 5 to 10 minutes of the day to review your goals, and check your progress.

**Step 3** Be realistic in how quickly you want to accomplish your goals...Set a deadline.

**Step 4** Create your own support (mastermind) group. These are people that will assist you and provide emotional support. IE lawyer, real estate agent, therapist, life coach to name a few.

**Step 5** Understand failure is a part of success. If you fail your deadline reexamine your steps and pick yourself up and make a new deadline.

**Step 6** BELIEVE in yourself, if you don't no one else will.

**Step 7** Imagine that you have achieved your goals by using structured affirmations and focus. There will be many distractions, you will need to make time to remain focused.

**Step 8** Celebrate your successes, no matter how small. Take yourself out to lunch, buy a new outfit. **\*This is one of the most important steps people overlook\***

**Step 9** Once you have achieved your goal(s) reevaluate and add on more goals to accomplish.

#### Goal 1

To become more comfortable speaking in groups, you need to look for a local toastmasters club, or take a course in public speaking. Repetition breeds confidence, the more time you do it the more comfortable you become. like playing an instrument, you must practice the steps and learn the keys.

When it comes to public speaking sometimes questions are asked that your not ready for and you need to have an impromptu response.

#### Goal 2

Everyone has daily tasks, whether it is brushing your teeth, taking medications, going to work when your scheduled. There are numerous daily tasks that everyone has.

One way to keep on task is to write down what it is you want to do. Creating schedules and sticking to them is the fundamental when attaining your objectives.

#### Goal 3

To become more physically fit is a life goal. meaning exercise should be a part of your daily routine. Whether it is walking for 30 minutes, learning yoga, or doing cardiovascular exercises like lifting weights and/or endurance training.

It is best to have a partner or trainer when engaging in difficult

exercises.

\*Remember to warm up and stretch before you exercise\*

#### Goal 4

Quitting smoking is one of the most difficult challenges one can face. To be honest I have quit 3 times in past 5 years, at one time it lasted for 2 years.

The most important thing about quitting is considering yourself a non-smoker. Phrase it in a positive way, instead of saying you "quit" say that you are a "non-smoker" and be proud of it. If you fall off the proverbial wagon, keep on telling yourself "you are a non-smoker." Eventually you will succeed.

#### Goal 5

To buy my dream home, may be the most expensive investment you will ever make.

You must first create a budget on how much you can afford; I am sure many of you have heard of fore-closures. So make sure you stay within your budget when looking at homes.

The next step is location, where do you see yourself in the next 10 years. Are you working at a job that will be around for awhile, or is this temporary.

Trust me I understand that the economy may be fickle at times, so make sure there are opportunities around.

Learn about the buying process, when selecting your home, know what taxes you will need to pay, understand the closing costs and any additional fees, including insurance.

Once you understand the process, enjoy your home hunting search and good luck.

Now that we have covered a formidable plan, realize that needs change and you might discover more important issues. so adjusting your plan is entirely up to you.

If you are seeing a therapist they will have goals for you to implement as well. IE journaling, group sessions, meditation, and medications they will discuss what they feel based on your collaboration what is best for you.

Prayers,

Mandie

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### Creating MY Formidable Plan -

**Goals** (list a few goals no more than 7)

1)

2)

3)

4)

5)

6)

7)