

# 7 Actions to a New and Happier You!!

**By John David Brewer**



***Foundational Journey Institute***

**Action Four**  
**Review and Realign**  
**Your Goals**

# Action 4 - Review and Realign Your Goals

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Have you discovered that your goals are no longer realistic or achievable?

Do you need to modify your current goals?

What are your new goals and what do you need to do to achieve them?



# Steps to Review and Realign Your Goals



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Get a Notepad



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List Out All Your Goals and Dreams



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List Out the Skills & Resources Needed



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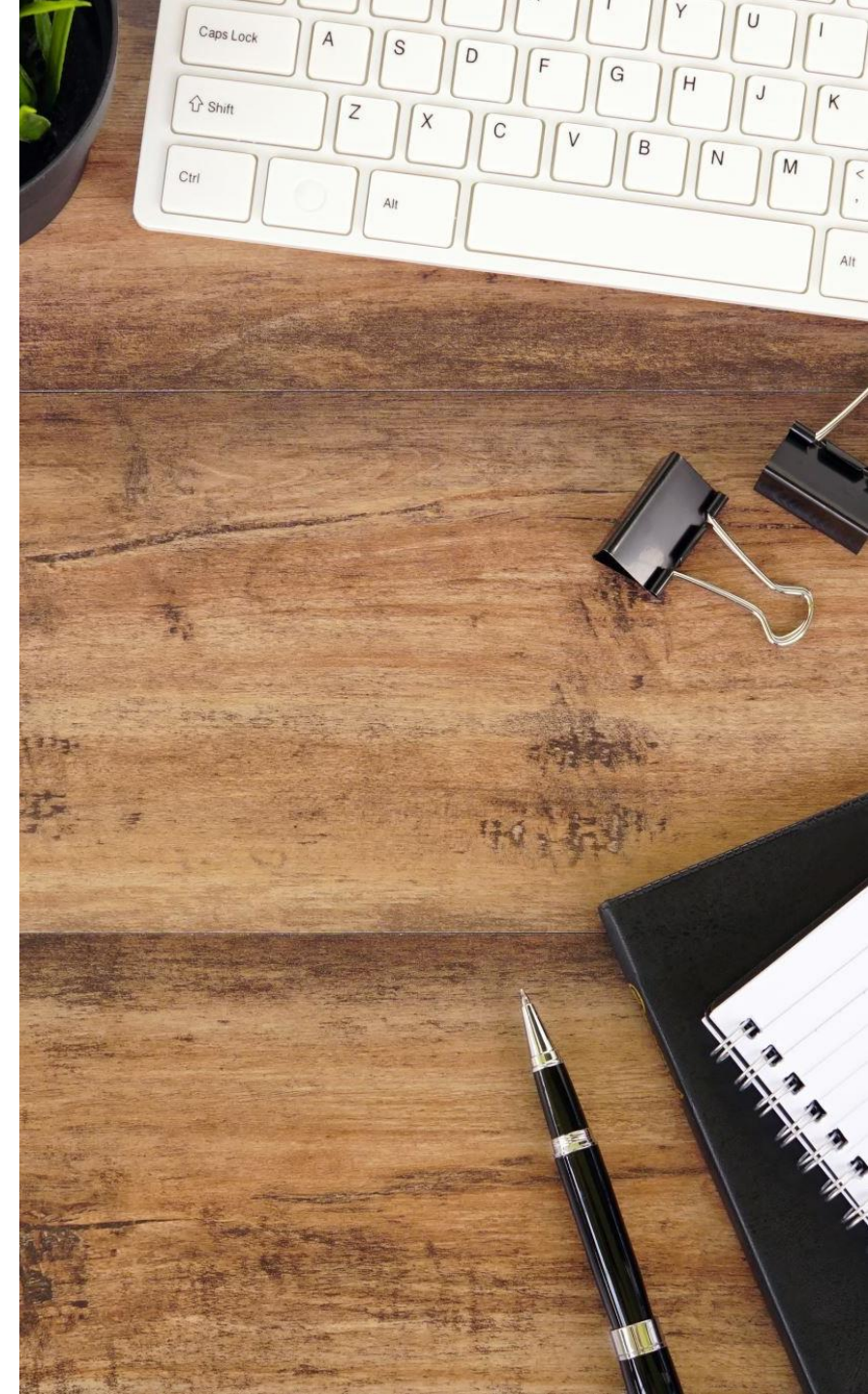
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List Out the Skills & Resources Needed

Create a Step-by-Step Plan to Achieve the Goal



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Review the SMART method for the Goal



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Review the SMART method for the Goal

Act Daily and Review Weekly





## Action 4 - Review and Realign Your Goals - The Bottom Line -

With your goals clearly defined and laid out in writing, you'll have no trouble keeping them top of mind – and staying on top of them!



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Patience is your #1 ally. Consistency is your #2 ally. It took you (the # of however years old you are) to get into the situation you are in;

**CHANGE TAKES TIME AND EFFORT!!!**



**Do You Want to Unlock Your  
Personal Transformation to the  
Next Level?**



***Foundational Journey Institute***



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**Personal-Transformation**