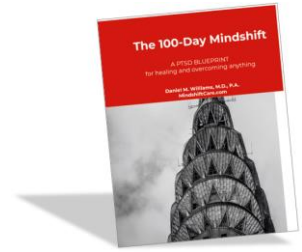




## My Definite Major Purpose



Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Step 1: Determine your overall life goal or ambition. How would it look? Consider what it would take to really make you happy, like an ideal retirement? What are the possible pay-offs in happiness, contentment, and economic security? Picture it in your mind so intensely that you can really visualize it in your mind's eye. Regularly review it and practice creative visualization until it becomes a part of your subconscious mind. Write this goal down now in Step 1.

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Step 2: Do your homework. Research all the information you can about this goal. Are there requirements for it? Are there steps involved, or smaller goals that must be completed first? Write about your findings in Step 2.

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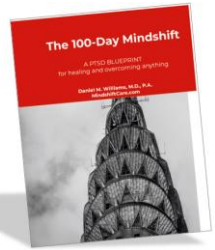
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## My Definite Major Purpose



Step 3: Analyze all these facts and organize them into an order of accomplishment. This is a "to do" list. Next, number the steps in order by weeks, or months over the course of a year for a major goal.

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Step 4: Set a definite time for the accomplishment of your goal. Add beginning and ending dates to each of your weekly/monthly goals.

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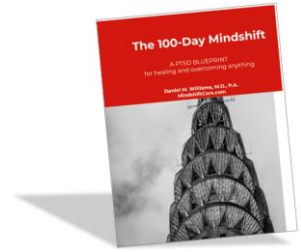
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## My Definite Major Purpose



Step 7: Concentrate on a single step at a time to achieve your goal. You must walk before you can run. List the single steps that you will take this month toward the achievement of your definite major purpose.

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Step 8: Check yourself at intervals to see whether you are on the way; and adjust your plans as required by any circumstances over which you have no control. List signposts that will tell you that you are traveling in the right direction.

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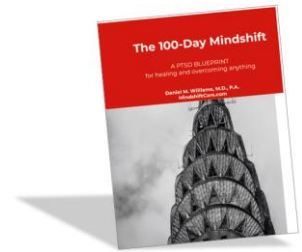
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## My Definite Major Purpose



Step 9: Put this whole plan on paper and make planning a habit. Use as many extra sheets as necessary, but only focus on one small action at a time.

Do not just say you will succeed. Don't wish that you could succeed. Do not just expect good counsel to automatically make you successful. *Act* upon your plan yourself.

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Remember, you don't have to do it alone!  
Check the events calendar for the next live call:  
<https://mindshiftcare.com/calendar/>

**I hereby commit to myself that I will take consistent, definite action towards my Definite Major Purpose, one day at a time.**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_