



Entrepreneurship: Setting Goals and Affirmations

I learned to set affirmations at an early age. My parents taught me to write a statement down in the present tense (I AM) and repeat it once a day, sometimes looking in a mirror to bring it to reality. It seemed silly at first, but as I grew older I would find affirmations I had kept in various journals and realized they were now TRUE.

Affirmations are a strong tool towards realizing your goals, and bringing positive change into your life. Change – the one thing most people are afraid of – but now you can make affirmations to make change a strong conviction and belief in your life. It can work in all areas of your life – from personal goals to career goals to life goals.

Setting Affirmations: Steps Towards Success

- 1) Think of something you want to be doing in a year.
- 2) Write it down:

- 3) Now restate it as if you are already doing it. In the PRESENT tense:
(I AM on a plane to Africa. I am working in a career I love. I AM attending YALE University.)

- 4) Repeat this statement, looking in the mirror once a day. Place this statement where you can see it – on your computer monitor, on your car window, on your bathroom mirror.

That's it.

Goals Worksheet: State it and Do It!

Take 5 minutes to write down all the goals you have – from travel to books to family and career to specific detailed goals to really ‘out there’ goals – write EVERYTHING down:

- | | |
|-----------|-----------|
| 1. _____ | 26. _____ |
| 2. _____ | 27. _____ |
| 3. _____ | 28. _____ |
| 4. _____ | 29. _____ |
| 5. _____ | 30. _____ |
| 6. _____ | 31. _____ |
| 7. _____ | 32. _____ |
| 8. _____ | 33. _____ |
| 9. _____ | 34. _____ |
| 10. _____ | 35. _____ |
| 11. _____ | 36. _____ |
| 12. _____ | 37. _____ |
| 13. _____ | 38. _____ |
| 14. _____ | 39. _____ |
| 15. _____ | 40. _____ |
| 16. _____ | 41. _____ |
| 17. _____ | 42. _____ |
| 18. _____ | 43. _____ |
| 19. _____ | 44. _____ |
| 20. _____ | 45. _____ |
| 21. _____ | 46. _____ |
| 22. _____ | 47. _____ |
| 23. _____ | 48. _____ |
| 24. _____ | 49. _____ |
| 25. _____ | 50. _____ |

From this list, take 5 things you want to accomplish in the next 6 months to a year:

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

From the same list, take 5 things you want to accomplish in the next 5 years:

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

From the same list, take 5 things you want to accomplish in the next 5 years:

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

Affirmation Statement: Visualize It

Take one of the goals you have listed for the next 5 years. Think about the moment you know you have achieved that goal. For instance, if you want to own a horse on a ranch – visualize yourself riding the horse and putting it out to pasture. Think about what the horse looks like, and what the day and the environment is like. If your goal is to own your own business, think about what that moment will be like when you realize your dream. Where are you sitting? What are you doing?

Write down a statement in the PRESENT tense at the moment you have realized your goal. Think about the details and how you are feeling. Note the environment and the situation. Write it down in as much detail as you have time for – and if you run out of time, complete this exercise at home. The more you can visualize it -- the closer you are to achieving it.

My Goal: _____

When I achieve my goal I am:
