

Reset Your Internal GPS For Success & Achieve Your Goals

With Linda Kattan

Life Shift Accelerator

MY NORTHSTAR VISION

DATE _____

Orientational Choices

I choose the end result of Living The Life I Love	I choose the end result of Being The Predominant Creator Of My Reality
Get into the emotion of this End Result. What will having it do for you? What will it mean for you? See yourself experiencing it. What lets you know this result is true? Write it down...	Get into the emotion of this End Result. What will having it do for you? What will it mean for you? See yourself experiencing it. What lets you know this result is true? Write it down...
I choose the end result of Good Health & Vitality	**I choose the end result of Living My True Nature & Purpose**
Get into the emotion of this End Result. What will having it do for you? What will it mean for you? See yourself experiencing it. What lets you know this result is true? Write it down...	Get into the emotion of this End Result. What will having it do for you? What will it mean for you? See yourself experiencing it. What lets you know this result is true? Write it down...

Your True Choices

Land of Plenty - Open Up To All Possibilities:
Ask yourself
“How would I do life if I were starting over again today and I can be, have and do anything I want?”
Write down everything that occurs to you. Remember, the sky is the limit.

If you'd like to go deeper, click here to access my Blue Mist Guided Meditation

Your True Choices

To get started, write just 6 choices below that you are 100% committed to creating.
First, create great choices:
● The end result may be material or non-material. Just be sure that you are able to acknowledge the end result when it appears.
● Your end result should be specific and tangible.
● Make sure that you're choosing an end result that you want, not a process toward a result. This sometimes requires some clever thinking. e.g. "I choose the end result of an easy, lucrative, fun business." (correct) vs "I want to create a highly profitable business so that I can have more time and fun with my family." (incorrect and loaded with resistance)
● Form your goal in the present tense. You should state the goal as if you already have it. An example: "I have the perfect job" (correct) vs "I'm going to get a perfect job." (incorrect)
Hopefully, you're beginning to see how critical this initial process is and you're about to start manifesting like crazy.

1 **Write your true choices below like this:** **I choose the end result of...**
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Creating Your Long-Term Direction

Desired Reality

Using a long-term focus (90 days to 1 year) and always keeping your WHY in mind, below write what end results would prove to you that you had moved towards your True Choices/Goals? For Example:
Your True Choice is: Playing with my dog on the beach every day. Your Long-Term End Result Proof: Owning a dog. Write down: "I choose the end result of..."

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30 Day Objectives towards Desired End Result

What Could I do this month to move me toward my end result?	What Will I do this month to move me toward my end result?

7 Day Objectives Towards My Desired End Result

What Could I do this week to move me toward my end result?	What Will I do this week to move me tow my end result?

Morning Routine

Get Into Your Desired Reality
Meditate on your own or click here to download the guided meditation.

1 I choose the end result of Living The Life I Love
2 I choose the end result of being the Predominant Creator in my life
3 I choose the end result of Health & Vitality
4 I choose the end result of living my True Nature & Purpose
5 I choose the end result of...
6 I choose the end result of...

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How did I do today?

What Went Right? Write at least 3 wins big & small.

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What didn't I complete today that needs to be a priority for tomorrow?

How much time did you lose today because of the above sabotage pattern(s)?

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7 Day Objectives Toward My Desired End Result

What Could I do this week to move me toward my end result?	What Will I do this week to move me tow my end result?

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