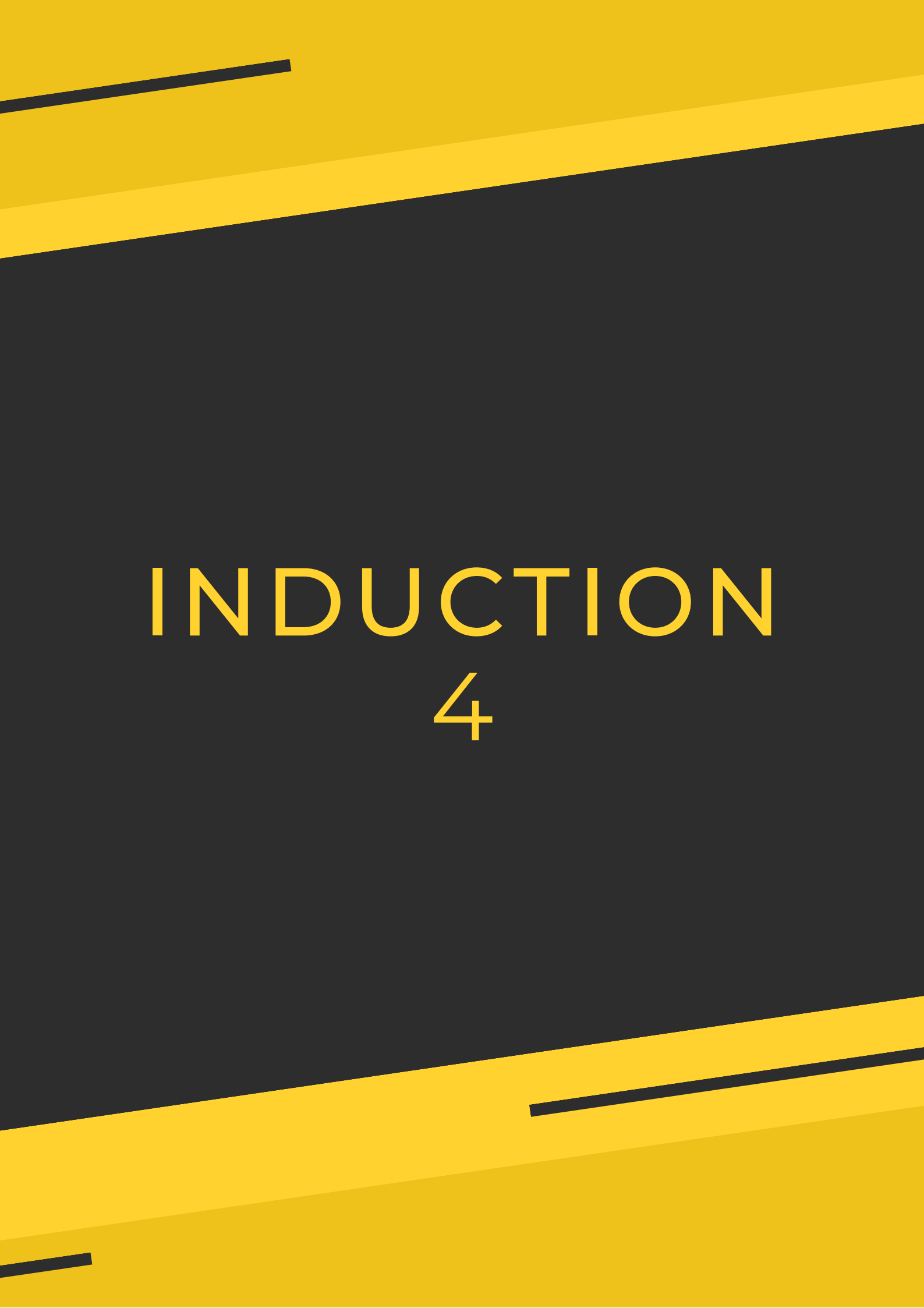


UNLOCK YOUR CONFIDENCE

Raise Your Self-Worth,
Boost Your Net Worth.



SAL
DAMIATA



INDUCTION

4



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The Art of Goal-Setting

Today we are going to talk about one of the most important things that will help you make your desires come true, I'm talking about the art of goal achieving.

Because of the Law of Cause and Effect, every random cause you create in your life will produce a random effect. This means that if you have no goals set for yourself, every action you will take will be directed toward the attainment of NOTHING.

That's why many people have trouble reaching their goals and always complain that there's some mysterious force not letting them achieve anything in life.

The reality is that there is no mysterious force preventing them or us from getting what we want.

The truth is that if you didn't manage to reach a specific goal in your life, you didn't program your subconscious mind in a way that contributed to the achievement of that goal.

In fact, what is preventing you from achieving your goals in life is your current paradigm. A paradigm is a set of habits that have been passed from past generation to the other until it came down to you (you'll discover more about the paradigm in the next lectures).

What we'll do now is to put the first foundation for the achievement of your goal.

In the goal of achieving lessons we'll do later on, you will have a better understanding of why goal setting is the only way to make sure you reach your goals.



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As a first introduction, all I want to tell you is that no goal is too ambitious if you **REALLY WANT** it.

The goal you're about to fantasize about must be a big one that scares and excites you at the same time and something you **TRULY DESIRE**.

Now ask yourself the following question: **What do you really want?**

That's not what society wants from you, what your parents want from you, or what other people expect from you.

Your Exercise - Part 1

Choose 3 objectives in your main living areas and after you found them, choose a primary one.

Set a date by guessing at it, no one knows when you're gonna get your goal since when we set goals that we never achieved before we have no past reference data that will tell us when we'll reach them.

In any case, it is essential that you set a date for your goal so that both you and I have a reference day by which you will get there.

Another critical thing to keep in mind when writing about your goal is that you should write it in the **present tense** if you want it to work because that's the language that the subconscious mind understands.

Having said that, think about your goal carefully and then write it down on a piece of paper.



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Make sure to start your goal statement with: "I'm so happy and grateful now that..."

Example:

- 1: I'm so happy and grateful now that I have a monthly income of €25.000;
- 2: I'm so happy and grateful now that I am living the intimate relationship of my dreams with a sweet and beautiful woman;
- 3: I'm so happy and grateful now that I am a confident director of a big worldwide company.

After you've written it, look at it and see if it truly resonates with you. Feel it resonate in your gut.

The desire to want it must scream loud like a lion!

After you've done this and you feel like you have written your true want, write it down on your Goal Card.

[Click here to download your goal card.](#)

Otherwise copy-paste the link below:

https://drive.google.com/file/d/1lsWLt6YlGtjbO7CCWpDPMgLZRD_zT7Rv/view?usp=share_link

You can also download your goal card in the resources section of the confidence video course.

To correctly print the goal card use the "Envelope #10" format.



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Your Exercise - Part 2

The first thing to do to help you get where you want to get is first knowing where you are right now.

Step 1: Take some minutes to acknowledge your current situation. Witness the feelings that this current situation of yours is making you feel.

Write those feelings down here:

I am now aware of my current situation more and more. This current situation of mine makes _____ me feel.....

.....
....
.....
....

2: Now that you are aware of your current situation rationally and emotionally, it is time to think of where you wanna get.

I don't like feeling this way, that's why I decided to take on this personal growth path. The _____ thing _____ I _____ want _____ the _____ most _____ is

.....
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....
.....
....

When _____ I _____ get _____ there, _____ I _____ will feel.....

.....
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PERFECT.

Now print 3-4 more goal cards and put them in places where you can see them often like on your car's steering wheel, bathroom mirror, back of your phone, office desk or anywhere you prefer.

If you want to keep it private just put it in private places but make sure that you can see it at least **2 times each day**.

Cool.

Now you can share your goal cards with me. I am waiting to find out about them with excitement so send me a message!

To the next class and have a confident day,

Salvatore Damata

