



Make Your Dreams Come Alive Goal Setting Course

Joyful Living Services is giving a “Make Your Dreams Come Alive” Goal Setting Course.

Course Details and Description

You will receive a bound workbook which will teach you everything you need to know about setting goals, creating action plans to accomplish those goals and taking the actions needed. It will assist you to create and clarify your Long Term Goals (LTGs) using our simple LTG process. All the materials you will need to create a complete and inspiring set of long term goals, encompassing every area of your life, are included in the workbook. You need only follow along.

BY Making goals, you will take a big step towards making your dreams and ambitions a reality! This class is designed to give you the direction and support you need to ensure the successful accomplishment of your goals.

In addition, each week you will speak with your coach. You will need to read that week’s LTG homework from the workbook before you speak to your partner who will be your “Coach for Success”. You will make promises each week as to what actions you will take that week to move you toward your goals. You will work with your partner on your path toward success. This structure will support you to consistently take effective action towards the accomplishment of your goals.

How to Use A.C.T. (Action Coaching Team)

A.C.T. is designed in such a way that simply participating accelerates your ability to produce results; however to be fully empowered by A.C.T. requires an investment on your part. Following are some strategies, which we strongly recommend:

- 1. Have your Action Sheet forward your life**
 - Spend some time creating/reviewing your long-term goals (6 week, 6 month, 1 year, etc.)
 - Be sure the items on your weekly Action Sheet forward your long-term goals.
 - When creating your Action Sheet, notice if you are covering all of the areas of your life that are important to you.

- 2. Have your promises/goals be specific and measurable**
 - Specify whether you are promising a specific result or an action as a means to some result.
 - Use qualifiers (and, except, unless, if, or, etc.) to increase specificity and allow more freedom.
 - Be sure that your promises are easily measurable (i.e., how many, by when, how much, etc.)

Remember, this is the opportunity for you to design your life to be exactly how you want it. Do not take this lightly. We suggest treating your Action Sheet as though you were having a conversation with God, and you know that you will get exactly what you ask for, only he/she is leaving town for a week (i.e. you can’t change your mind until he/she gets back).

Coaching

Each week you will be responsible for coaching and being coached by a fellow team member. As a coach, you agree to do what it takes such that your partner accomplishes all of their goals. This generally includes speaking with your partner on the phone, at least once a day. You and your partner decide how often and when to be in communication. As a coach, your job is not to tell your partner how to do their tasks, nor is it to make them wrong. It is simply to coach them; that is, to empower them and hold them accountable. Be the encouragement they need when they are not feeling enthusiastic. Remind them of the importance this goal had when they created it. Remind them of the value of keeping their word. Remember, you are playing the role of that person who knows they are capable of accomplishing anything and you are there to remind them.

The Five Point Strategy

A.C.T. includes a five-point strategy for success and satisfaction. It is based on some very simple principles that when followed consistently, assist you to create any desired result. The workbook will take you step by step through the 5 points of this strategy. The five points are:

1. Know what you want.
2. Take effective action to achieve it.
3. Feedback
4. Flexibility
5. Follow through

As you can see, these principles are very simple and almost too obvious to mention. They seem too simple to really make a difference. That may be why so many people don't employ them. The fact is these strategies do make a difference...a tremendous difference.

Knowing these five strategies is important. Acting on this knowledge is crucial. The key to designing your success is your willingness to actually do all of the exercises in this program. Many people never seek out knowledge that makes a difference. As you work through A.C.T., you must carry out each action recommended. It is through ACTION that your success will grow!

Course Cost

This course costs \$100. The course needs to be paid in full up-front. It can be paid by check, credit card, or bank wire.

Questions & Registration

Fill out the attached registration form and mail it to us along with your payment to JLS, P.O. Box 485, Weimar, CA 95736-0485, USA or fax it to us at 530-878-1119. You can also contact us via e-mail at iridology@netzero.net, by phone at 530-878-1119 or 800-704-9800. We will need your name, company if you have one, mailing address, phone, fax, e-mail, and payment information to complete your registration process.

Who Can Take This Course

Everyone and anyone who wants to learn how to set goals for their personal or professional life. It does not matter where you live because the course is via correspondence at your home or office. As long as you have a telephone you can take this course from any state in the USA and any country in the world.



Make Your Dreams Come Alive Course Registration Form

Please fill out the following information to register for our courses. Mail it to us along with your payment to Joyful Living Services, P.O. Box 485, Weimar, CA 95736-0485, USA or fax it to us at 530-878-1119. You can also contact us via e-mail at iridology@netzero.net, by phone at 530-878-1119 or 800-704-9800 M-F 8-5 PST. Please fill out one form for each registrant and for each course you are taking:

Name: _____

Company: _____

Address: _____

Address: _____

City, State: _____

Zip Code: _____

Country: _____

Telephone: _____

Fax: _____

E-mail: _____

Course Name: _____

Course Type Preferred: (Please Circle One) Correspondence

Payment By: (Please circle one) VISA MasterCard American Express Bank Wire Check Money Order

Payment Option: (Please circle one) 1 payment 2 payments 4 payments

Credit Card #: _____ Exp. Date: _____

Date Funds were Wired (if bank wire): _____ Check Number (if personal check mailed): _____

Referred By: _____