



TRIPLE G, MAKE YOUR VISION BOARD, & DECLARATION

Step 1: What is ONE “Triple G” goal that you will commit to? (Guaranteed. Growth. Goal.)

Examples: Signing up for improv classes, toastmasters, a ½ marathon, dance lessons, speed dating, hiring a personal trainer etc. When you use this method it will guarantee your growth because it will increase your “C4.” Confidence, Communication, Congruency, & Commitment. This is what is necessary to break through to new levels in life.

Step 2: Make your vision board

- We recommend that you make a 6 month vision board showcasing 3 personal & 3 professional goals
- Make it emotional...you want to be able to see and feel your vision
- Convey all areas of your life: love, health, career, finances, spirituality
- You can use cork board, foam board, or any background
 - https://www.amazon.com/Elmers-Acid-Free-16-Inch-2-Count-902015/dp/B003NS4HQY/ref=sr_1_5?ie=UTF8&qid=1472064555&sr=8-5&keywords=foam+board
 - Or you can go to Staples, Office Depot, Walmart, or Target
 - Or just hang up paper or pictures on the wall
- Cut out pictures from magazines, or google images and print them...then simply use a glue stick
- Don't sell yourself short, put what you really want on your vision board even if you don't know “how” you will make it happen yet. When you have faith in yourself and follow my process the “how” will show up!
- Hang it in your home so that you can see it every day.

Step 3: Declare your vision!!

- Power comes when you make a stand and commit to your vision. Don't keep it a secret...declare it to the world!
- Post it on your personal Facebook to all your friends