

Besides having clarity around your purpose in life, there are other unexpected benefits that come with writing down your goals.

1. Goals make you more attractive - hear me out! :-)

You become more focused (we talked about that earlier this week) and passionate.

Why? Because passion is an indicator that your WHY is in place.

That why affects your thinking, which in turn affects your doing, and clearly lights you up. That light reflects in your eyes, your confidence, your emotions and your charisma, which creates a more attractive, dynamic YOU!

2. Goals energize you and cause you to live longer.

Why? You have something to live for! Remember Viktor Frankl's book, Man's Search for Meaning? When he was in Auschwitz, he could predict who would die soon - the ones who stopped getting out of bed. They had no injuries or illnesses, just no hope.

Goals give us a reason to get out of bed in the morning -

- A reason to live
- Purpose
- A mission
- And...something greater than ourselves.

3. Goals hold us together when it's tough. When it's really hard, overwhelming, and feels hopeless, if we turn to our goals, we can see a glimmer of hope. They help us to see "the next thing" to do to stay on track, and that brings a sense of control back. This helps us feel more secure and safe.

4. Goals take you off the "Someday School" track and help you get excited for your dream-come-true future.

Dreams come true in time-constricted allotments.
Someday School is rainbows, unicorns, and fairy dust.

Goals, however, ground you into what's important.

5. Goals deliver possibility and potential, and that equals HOPE.

Hopelessness doesn't build a life you love, let alone a vibrant one.

Read Viktor Frankl's book, *Man's Search for Meaning*.

"Those who have a 'why' to live, can bear with almost any 'how'."

You want a reason to get up in the morning!

BTW, our Take Back Your Life Journal was built for you. It's goal-setting at its best and a chance to start fresh every 90 days. This is my best journal, and any time is the best time to get started with it.

See your progress, recalibrate your goals, and make huge strides toward living the life you LOVE, because you created it!