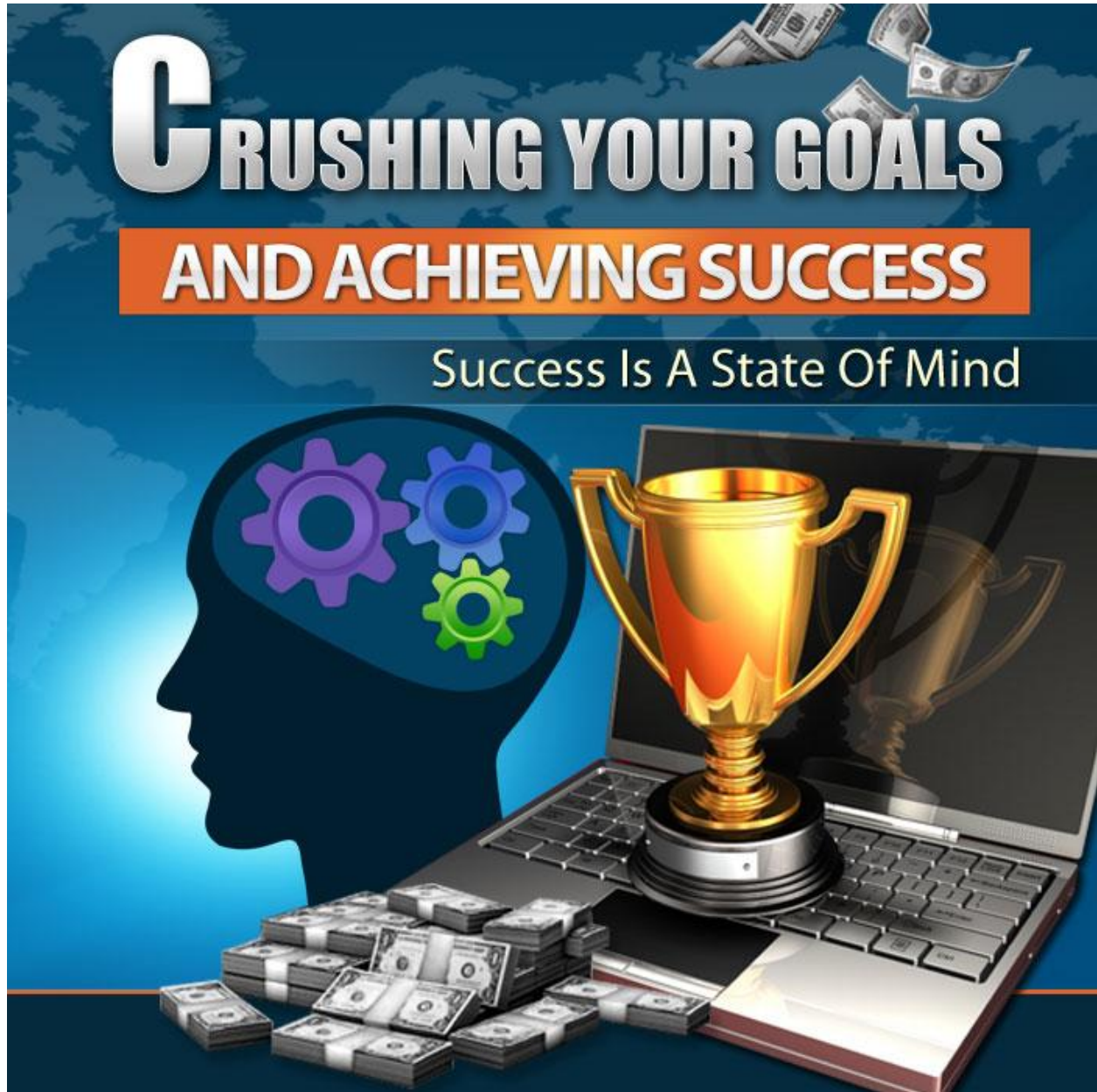


Crushing Your Goals and Achieving Success



Contents

GOAL BASICS	3
STOP FANTASIZING	5
START COMMITTING.....	5
START STARTING	6
VISUALIZE PROCESS NOT THE OUTCOME	7
AVOID THE WHAT-THE-HELL EFFECT	9
SHIFTING FOCUS	10
FORGET THE GOAL, WHAT'S THE AIM	12
KNOW WHEN TO STOP	14
BENEFITS OF MEETING A GOAL	14
Final Words	16