

The Goal Accelerator Workshop

Workbook

4 STEPS TO ACHIEVE ANY GOAL



Pelita Kesting
MBA/ACC/CPA

My INTENTION

“

Without a new direction, our minds will continue to create exactly what we've always created.

Mary Morrissey



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PAGE 3 | THE DREAM ACADEMY

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Love & Relationships ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

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Vocation ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

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Time & Money Freedom 1 2 3 4 5

LIFE ASSESSMENT

Full Spectrum Success

Health & Well-Being

 1 2 3 4 5

Notes:

Relationships

 1 2 3 4 5

Notes:

Vocation

 1 2 3 4 5

Notes:

Time & Money Freedom

 1 2 3 4 5

Notes:

JOURNAL ON THE FOUR QUADRANTS

HOW LONG HAVE YOU BEEN FEELING THIS LONGING & DISCONTENT?

WHAT IS IT COSTING YOU?

MY VISION

Health & Well-Being

I am so happy and grateful now that _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

MY VISION

Love & Relationships

I am so happy and grateful now that _____

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[illegible]

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STEP 1: DECIDE



Decide For Your Vision

Decide WHY this matters to You

**Decide that this is YOUR Dream and not
someone else's**

Decide Without knowing HOW

STEP 2: MAKE 100% COMMITMENT



DATE:

I am 100% committed to honor my decisions for my vision of the life and business that I would love.

This matters to me because:

SIGN YOUR NAME



100% Commitment is EASY
99% or less Commitment is
HARD

Jim Fortin

STEP 3: MAKE A PLAN



My Goal:

My Domain Focus

Why I Choose This

My 90 Day Goal

I will know I've achieved this.

STEP 3: MAKE A PLAN



Plan Your Actions

A large, empty rectangular box with a thin black border, intended for writing a plan of actions.

Plan Your Beliefs

A large, empty rectangular box with a thin black border, intended for writing a plan of beliefs.

Plan for Results

A large, empty rectangular box with a thin black border, intended for writing a plan for results.

Plan for Support & Accountability

A large, empty rectangular box with a thin black border, intended for writing a plan for support and accountability.

STEP 3: MAKE A PLAN



Plan Your Habit to STOP

Plan Your Habit to START

What else do I need to plan for?

What do I need to say NO to?

STEP 3:

PLAN FOR OBSTACLES

OBSTACLES (What might get in my way?)	STRATEGIES (What will I do to prepare for this?)

STEP 4: TAKE MASSIVE ACTION



What are My Commit to 3 Actions in
Alignment with my Vision & Goal?

Each Day
Which Days?

--

How will I know
I have done it?

--

We are either
Winning or Learning

--

Assess Your Results

Ask yourself these 3 Questions:
What worked?
What didn't work?
What can I do differently?

BOOK YOUR VISION TO ACTION STRATEGY CALL

SPACE IS LIMITED TO REGISTER NOW
\$297 VALUE FREE FOR YOU TODAY



Vision



My Socials

What to Expect

We'll Start with You

We'll take a deep dive look at where you are right now, what's working (and what's not) and what you would truly love in your life and business.



Identifying Roadblocks

You'll get clarity on the hidden patterns, beliefs or habits that have been slowing you down or keeping you stuck.



You'll Leave with Plan

You'll walk away with fresh insight, renewed inspiration and decide your next power moves to make 2025 your best year yet and set yourself up for Success in 2026.