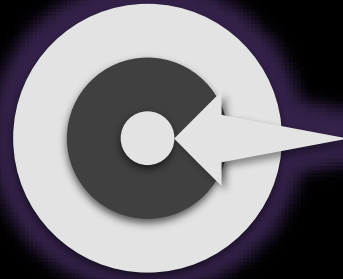


6

**FOUNDATIONAL
PRINCIPLES**

S T R I C T

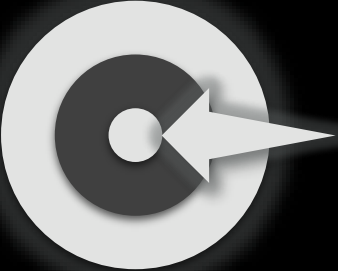


Setting up **SMART GOALS** alone will limit your **LIMIT YOUR POTENTIAL** as we tend to narrow our focus on specifics that are attainable within a specific time frame



SACRIFICE

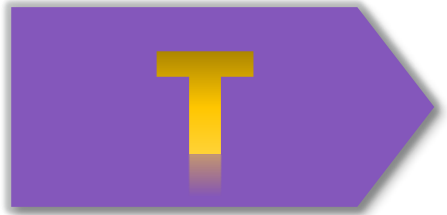
What are you willing to sacrifice to achieve your goal?



SMART & STRICT

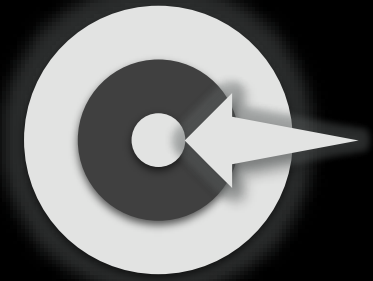
SMART will get you started,
STRICT will get you going.





TANGIBLE

Tangible is defined as **a real thing that can have value.**



SMART & STRICT

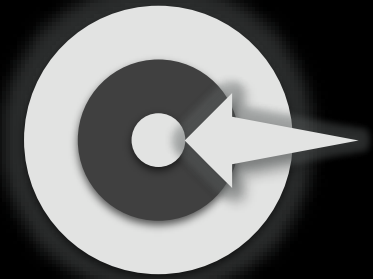
SMART will get you started,
STRICT will get you going.





ROMANTIC

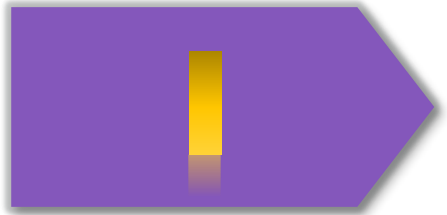
Fall in love with your end goal



SMART & STRICT

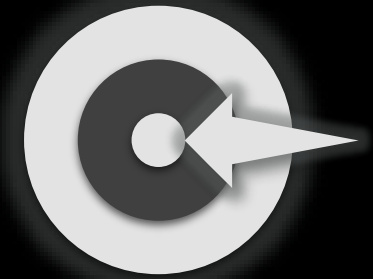
SMART will get you started,
STRICT will get you going.





INTERESTING

It must trap you in a way that it draws you to it consistently on a daily basis.



SMART & STRICT

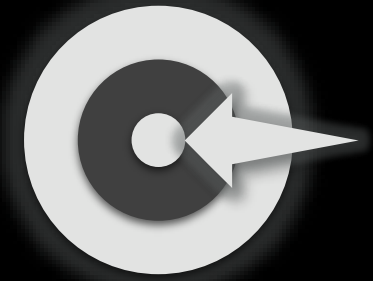
SMART will get you started,
STRICT will get you going.





COHESIVE

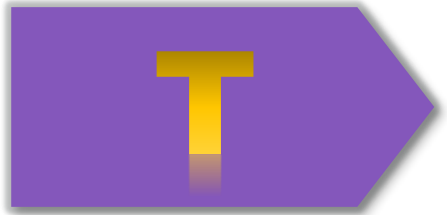
Your goal must make sense and help the overall picture propelling you forward towards your future



SMART & STRICT

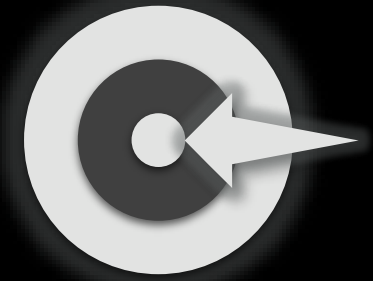
*SMART will get you started,
STRICT will get you going.*





TAMABLE

Your goal should not squeeze through your fingers once you have accomplished it



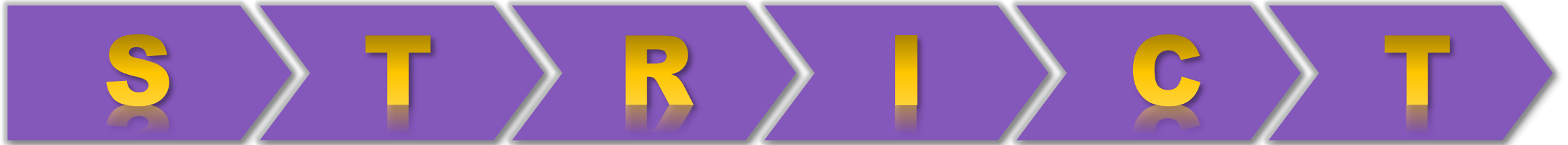
SMART & STRICT

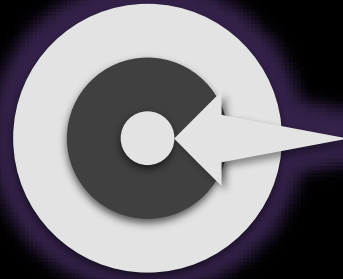
*SMART will get you started,
STRICT will get you going.*



SMART & STRICT

SMART will get you started,
STRICT will get you going.





We need to **Enable** our feelings to propel us forward with clear intent that align with our values, mission and vision of **your future self.**