

# DREAMS TO GOALS

Now that you've looked closer at your dreams and desires, it's time to make a dōTERRA goal to support making your dreams a reality. Refer to *Choose Your Success* to guide you in finding a dōTERRA rank/income goal that aligns with your dreams. Connect with your dōTERRA mentor for support in knowing what goal would best support. Use the following questions to create a strong goal to reach your dreams.

*"All successful people, men and women, are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose."*  
- Brian Tracy

- 1 I am earning \_\_\_\_\_ /month on or before \_\_\_\_\_  
(Date)
- 2 What is needed to create this goal? (e.g. daily actions, character attributes, skills, etc.)
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
- 3 What will you need to give up to reach this goal?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
- 4 Why is it worth it?

Relationships: \_\_\_\_\_

Health: \_\_\_\_\_

Financial: \_\_\_\_\_

Life purpose: \_\_\_\_\_
- 5 What might go wrong? What normally gets in your way? (e.g. self-doubt, discouragement, lack of support, etc.)
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
- 6 What will you do when this happens to keep on track with your goal?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
- 7 Who do you want to see you achieve this? How will it feel to share this with them?  
Paint a vivid picture.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# GOALS TO STATEMENTS

8 Why is it essential for you to reach this goal?

---

---

9 When you think of reaching this goal, how does it feel?

---

---

Note: If you feel tense, journal and/or talk it out to find where the block is. Visualize and feel yourself sharing this success as noted in Step 7. Feel it, see it, smell it! As you do this, your subconscious will begin to look for opportunities and ways to align your life with what you want most. Use these answers to create a power statement below.

## GUT CHECK YOUR GOALS

1. Does it inspire me? (Y) (N)
2. Do I genuinely feel it's possible to reach this goal? (Y) (N)
3. Who is my accountability partner? \_\_\_\_\_
4. When and how often will we check in? \_\_\_\_\_
5. How will I celebrate when I reach my goal?

---

---

---

P.S. Don't skip this step! Celebrating is a form of gratitude that is essential in creating sustainable success.

### Make your dreams sufficient to:

- Empower you to perform
- Overcome your fears
- Drive towards excellence
- Avoid things that ambush
- Become the person who achieves them

## CREATE A POWER STATEMENT

Create a statement to powerfully articulate your vision, support reaching your goals, stay focused, and remain on track. Use the following questions and format to create your Power Statement. Post it on your mirror (or record as an audio) to connect with it daily. Draw out the insights that inspired you most from *Dreams to Goals*. You'll continue to make these power statements, especially when using your *Rank Planner*.

I am \_\_\_\_\_ on or before \_\_\_\_\_ earning \_\_\_\_\_/month  
*Rank 1 year from now*

I am \_\_\_\_\_ on or before \_\_\_\_\_ earning \_\_\_\_\_/month  
*Rank 90 days from now*

I am a \_\_\_\_\_ on or before \_\_\_\_\_  
*Rank for this month* *Date through month end*

I am so grateful because \_\_\_\_\_  
*Make a statement as if you've already achieved your goal*

And I feel \_\_\_\_\_  
*Express emotion in advance for how your achievement feels*

Signed \_\_\_\_\_ Date \_\_\_\_\_