



MAKING PROGRESS



BASED ON BRIAN TRACY



HOW TO START

INSTRUCTIONS

- TAKE A CLEAN SHEET OF PAPER
- WRITE DOWN TODAY'S DATE
- WRITE DOWN 10 GOALS YOU WOULD LIKE TO ACHIEVE IN THE NEXT 12 MONTHS
- USE ONLY PRESENT SIMPLE TENSE
- THEY CAN BE: FINANCIAL, FAMILY, PHISICAL ...





NEXT STEP

THINK OVER = CONSIDER

LOOKING AT YOUR LIST, CONSIDER THIS:

If you could have any one goal on your list within 24 hours, which one would have the greatest positive impact on your life?

READY?

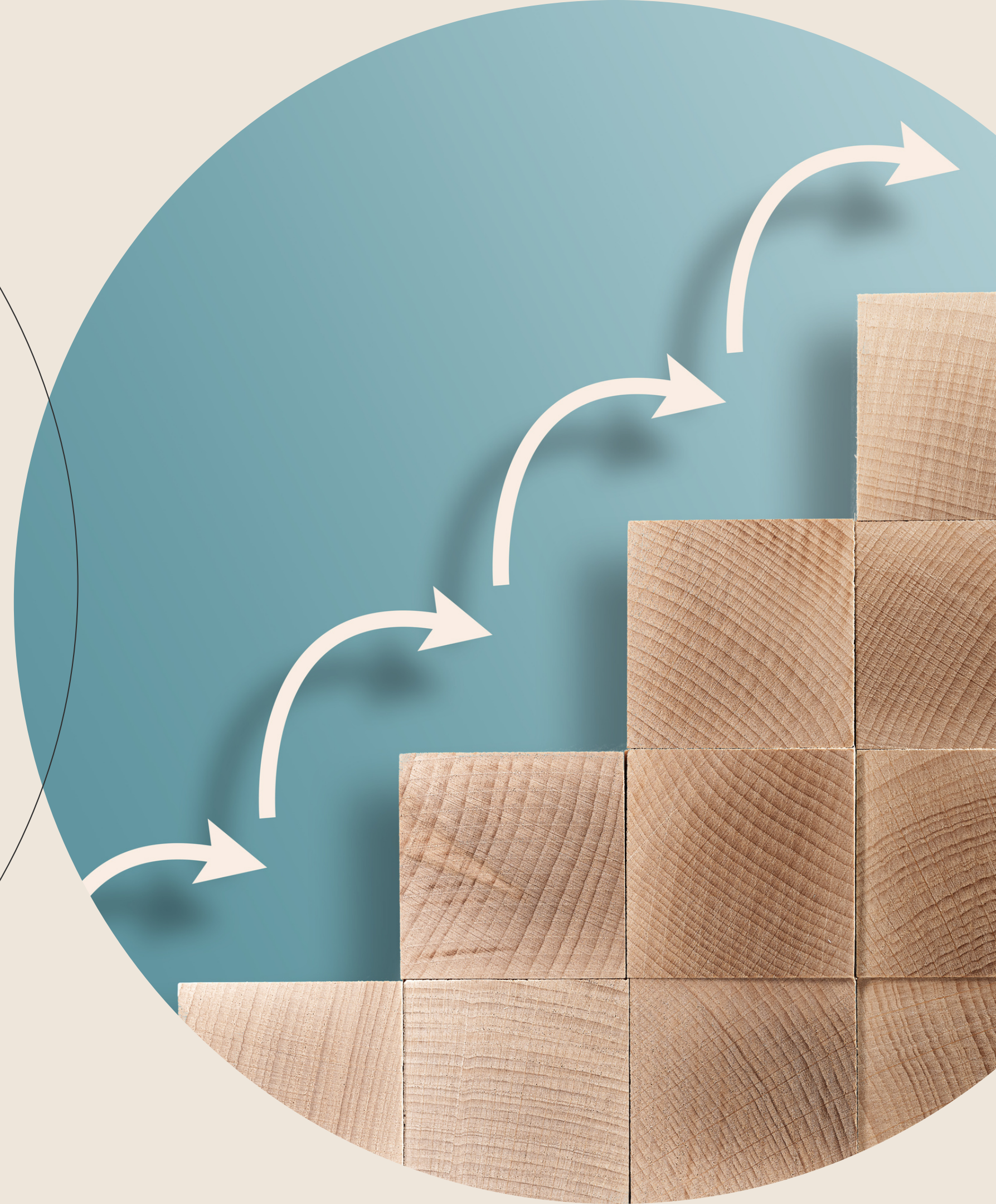


WRITE THAT GOAL ON A
CLEAN SHEET OF PAPER

NEXT STEP

WRITE IT DOWN
IN 7 STEPS

1. WHAT'S THE GOAL
2. SET THE DEADLINE
3. WHAT YOU HAVE TO DO TO ACHIEVE IT - MAKE A LIST
4. ORGANISE IT AND MAKE A CHECKLIST
5. TAKE ACTION
6. DO SOMETHING EVERY DAY
7. TRACK YOUR PROGRESS



REMEMBER:

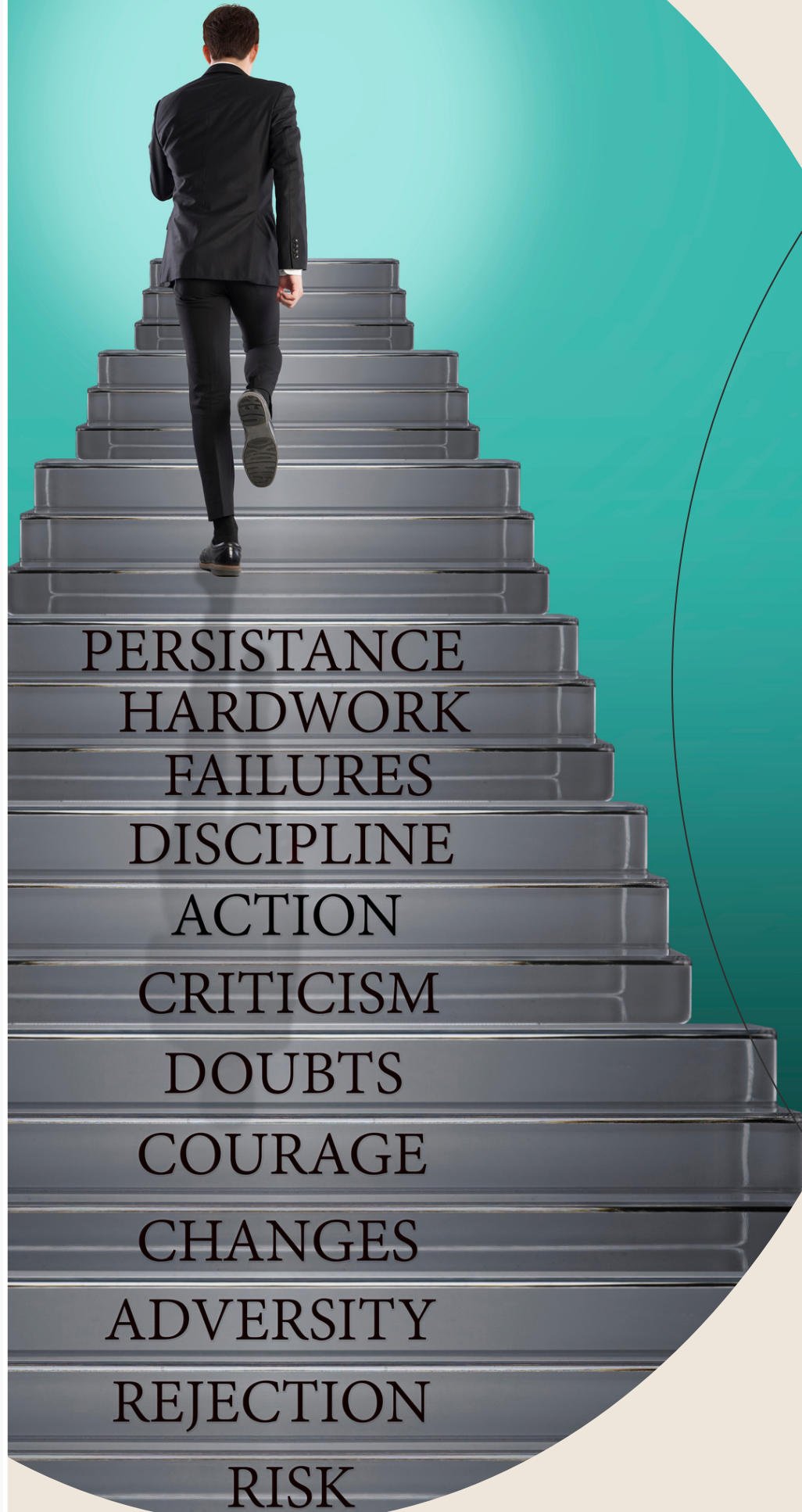
SMART GOALS

- ✦ SPECIFIC: CLEAR AND CONCISE INSTEAD OF GENERALIZED OR AMBIGUOUS
- ✦ MEASURABLE: ABLE TO BE TRACKED SO YOU CAN DETERMINE IF YOU'RE MAKING PROGRESS
- ✦ ACHIEVABLE: CHALLENGING YET ABLE TO BE ACCOMPLISHED SO YOU DON'T GET DISCOURAGED
- ✦ RELEVANT: ALIGNED WITH YOUR OVERALL PLANS AND OTHER GOALS IN LIFE
- ✦ TIMELY: ATTACHED TO A FINISH TIME THAT'S REALISTIC YET CHALLENGING

BRIAN TRACY 7 STEPS TO SUCCESS



SUCCESS



PERSISTANCE
HARDWORK
FAILURES
DISCIPLINE
ACTION
CRITICISM
DOUBTS
COURAGE
CHANGES
ADVERSITY
REJECTION
RISK

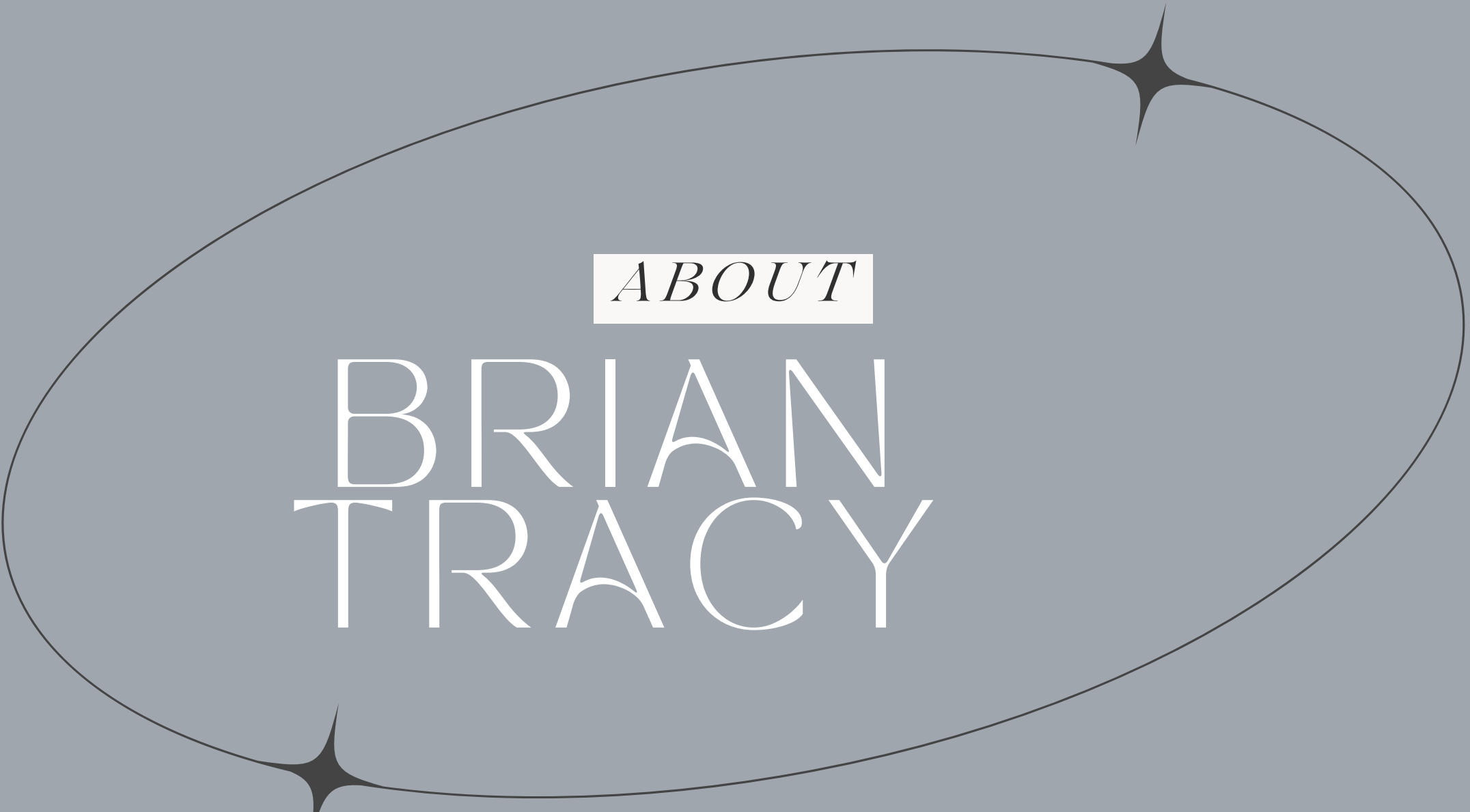


DEFINITION

SEVEN STEPS TO SUCCESS

THERE IS A POWERFUL SEVEN-STEP FORMULA THAT YOU CAN USE TO SET AND ACHIEVE YOUR GOALS FOR THE REST OF YOUR LIFE. EVERY SINGLE SUCCESSFUL PERSON USES THIS FORMULA OR SOME VARIATION OF THIS FORMULA TO ACHIEVE VASTLY MORE THAN THE AVERAGE PERSON. AND SO CAN YOU. HERE IT IS:





ABOUT

BRIAN TRACY

ABOUT BRIAN TRACY — BRIAN IS RECOGNIZED AS THE TOP SALES TRAINING AND PERSONAL SUCCESS AUTHORITY IN THE WORLD TODAY. HE HAS AUTHORED MORE THAN 60 BOOKS AND HAS PRODUCED MORE THAN 500 AUDIO AND VIDEO LEARNING PROGRAMS ON SALES, MANAGEMENT, BUSINESS SUCCESS AND PERSONAL DEVELOPMENT, INCLUDING WORLDWIDE BESTSELLER THE PSYCHOLOGY OF ACHIEVEMENT. BRIAN'S GOAL IS TO HELP YOU ACHIEVE YOUR PERSONAL AND BUSINESS GOALS FASTER AND EASIER THAN YOU EVER IMAGINED.





OUR

EXAMPLES EXERCISES

1.

WRITE DOWN 10 GOALS FOR YOUR BEST FRIEND



2.

WRITE DOWN 10 GOALS FOR ONE OF YOUR FAMILY MEMBERS



3.

WHAT DO YOU THINK WOULD BE YOUR LIST IN 5 YEARS' TIME



4.

IMAGINE YOU ARE 8 AGAIN, WHAT WOULD YOUR LIST LOOK LIKE?



*TIME TO TRAIN YOUR
VOCABULARY*

LINKS TO
ONLINE
EXERCISES.

CLICK HERE

CLICK HERE



GET MORE MATERIALS ON

PERSONAL DEVELOPMENT IN ENGLISH



ADRIANA ZAKRZEWSKA.PL
ADAUCZY



DID I MISS

ANYTHING?

PREZENTACJA POWSTAŁA NA BAZIE NAUK BRIANA TRACY,
SPECJALISTY OD ROZWOJU OSOBISTEGO I PSYCHOLOGII
SUKCESU. CELEM JEJ JEST NAUKA ANGIELSKIEGO Z
JEDNOCZESNYM ROZWOJEM OSOBISTYM I
PODNIESIENIEM MOTYWACJI.
ZACHĘCAM DO WYKONANIA TECHNIKI ORAZ TRENINGU
JĘZYKOWEGO (PATRZ: LINKI)



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