

Hello,

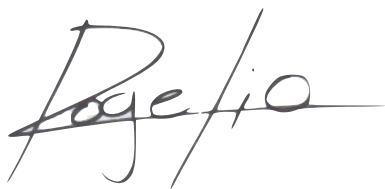
This is the personal system that I have developed to help me achieve the goals that I set for my self if you put in the work the method is going to work for you too.

The system is divided into three parts. Positive [Thoughts], Action and Results. The reason it is divided into this three key elements is due to the following: The thinking drives our feeling, how we feel drives our actions, and thus our action gives us the results that we see in our life.

One of the reasons many people don't succeed in achieving their goals is because they don't have a system, or if they do is one that has too many steps. In destining the science of goal setting, I wanted to have something that was easy to remember and easy to follow. And after so many rough drafts, I came to the conclusion of the three key concepts. There is a psychological reason why three works, we have grown up with sets of three, for example - 'on your mark, get set, go' - 'lights, camera, action' just to name a few.

The following worksheet is a guide that's going to help you keep track of your progress, as you "go confidently in the direction of your dreams and live the life you have imagined" as Henry David Thoreau famously wrote.

To your success,

A handwritten signature in black ink, reading 'Rogelio' in a cursive, stylized script. The signature is fluid and extends to the right with a long horizontal stroke.

Rogelio H. Charles.

### Positive [Thoughts]

List the positive, uplifting material you have been: reading, watching and listening to.



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### Action

Describe the process needed to help you get closer to your goal. And how often are you acting on them.



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### Results

Write down the goal you would like to see accomplish.



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