



UE COACHING  
*Life And Business Inspired*

# THE DIMENSIONS OF GOAL SETTING



THE ULTIMATE GUIDEBOOK FOR SETTING  
INCREDIBLE GOALS



JAMIE ADAMCHUK  
WWW.UECOACHING.COM



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THE DIMENSIONS OF  
**GOAL SETTING**

THE ULTIMATE GUIDEBOOK FOR  
SETTING INCREDIBLE GOALS

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# UE COACHING EDUCATION ACADEMY

## THE DIMENSIONS OF GOAL SETTING

An in-depth, proven method to create and set the most impactful goals enabling you to create the life and/or business that you've always, until now, only dreamed about.

This course is the second in the Dimensions series programs and is a direct actionable course, that will guide you to understand exactly what steps to take, and how to take them in order to create your very own compelling future, for both your business, and your life.

## THE DIMENSIONS OF GOAL ACHIEVEMENT

A goal is only as exciting and impactful as the action and plan you take & make towards it's achievement, and that's why I've created the powerful O.W.N. Achievement Method™, providing you the exact strategy to crush each and every one of your goals.

In this program, you will learn in detail the exact process to create your very own Unstoppable Mindset, and through doing that, step into an entirely new level of inspired life.

## THE DIMENSIONS OF STATE MANAGEMENT

Your state of mind, or state of being, has a direct and measurable impact on both the time it takes you to achieve your objectives, along with the amount of enjoyment you experience along the way.

In this incredible groundbreaking, one of a kind program I share with you the definitive tool to help you to identify and then then master the mindsets that support you in achieving all your outcomes, big or small.

## THE TRIFECTA OF TRIUMPH

This is the complete set of The Dimensions series of programs, bringing you the most comprehensive mindset creating, goal setting and goal achieving programs together in one incredible value-added program.

If you know that success is your only option, and you deserve to give yourself every unfair advantage you can, then The Dimensions series of programs is for YOU!

*"Goals are the bridge between dreams and success"*

*~Monika Singh~*





## THE DIMENSIONS OF GOAL SETTING

THE GUIDEBOOK TO SETTING AND ACHIEVING YOUR GOALS

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A portion of the profits from the programs in the UE Coaching Education Academy will be donated to the JASH Foundation, in support of providing free parenting education for separated and divorcing parents.



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# INTRODUCTION

## THE GUIDEBOOK TO SETTING AND ACHIEVING YOUR GOALS

At one time in your life or another you had an idea. An idea of something that you wanted to have or do or create. That idea was the very start of something bigger, something greater. That idea was the start of a goal.

Now, have you ever noticed that only part of the time those goals actually come to life? That it's only a few of them, if any at all, that actually make it from idea to reality? I know that I used to experience this a LOT, and it wasn't until I made a shift in the way I was setting my goals, that made the fundamental difference for me to not only capture my goals, but to actually make them my new reality.

In this guidebook I'm going to dig deep and share with you the exact same methodology that I now use to set actual attainable outcomes that quickly move from idea to reality.

*"Setting goals is the first step in turning the invisible into the visible"*

*~Tony Robbins~*



THE DIMENSIONS OF GOAL SETTING

*"If you don't design your own life plan, chances are you'll fall into someones else's plan. AND guess what they have planned for you? Not much"*

*~Jim Rohn~*

## CHAPTER 01

# GOAL SETTING

**TO ACHIEVE WHAT YOU WANT IN YOUR LIFE OR BUSINESS YOU MUST USE THE ... A.B.R METHOD**

**ASK FOR WHAT YOU WANT**

**BELIEVE YOU WILL GET IT**

**BE OPEN TO RECEIVE IT**

## REASONS TO SET GOALS

Goals set stepping stones towards larger goals

Goals assist you to believe in yourself

Goals make you accountable

Goals define what you truly want

Goals create an opportunity to learn and grow

Goals drive you forward

Goals allow you to live the life you want and desire

Goals help you overcome procrastination

Goals give you clarity on your end vision

Goals keep you focused

Goals help you achieve your highest potential

Goals ensure that you live your best life



## CHAPTER 02

### SET SMART GOALS

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Yesterday's SMART GOALS, transitioned into SMARTER GOALS, and in today's world, have now become the SMARTEST GOALS. Regardless of which SMART formula you choose to set your goals, know that ALL goal setting will add purpose to your life, will give you direction and will motivate you to follow your dreams.

Today's SMART GOAL formulas are much more evolved and blend many effective tools and philosophies that will take goals setting from "well-formed" to "excellent-formed". It's by taking the time to lay out exactly what it is you WILL accomplish, and when you'll have it accomplished, that sets you up for your ultimate success. Get clear and get EXCITED!

*"Set your goals high enough to inspire you and low enough to encourage you"*

*~Jim Rohn~*



# S M A R T

**PECIFIC  
MASSIVE ACTION  
AMITIOUS  
REWARDING  
TIMELINE**

The ideal outcome is to live a life that is balanced – a life that is completely fulfilled in every area. It's important to ask quality questions and establish a detailed outline to every key area of your life.

## SPECIFIC

A specific goal has a much greater opportunity of being accomplished over that of a general goal.

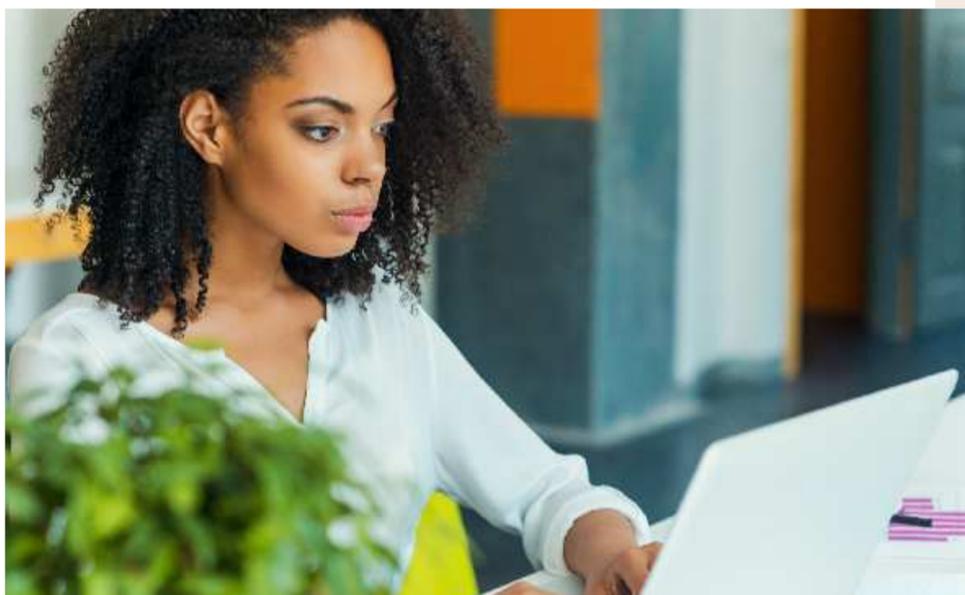
Setting specific goals enables you to set your goals in detail, so that you can ensure that you have an excellent direction for success.

This means that your goals must be very well defined; the more specific your goals, the better success you'll achieve.

## THE KEY AREAS OF LIFE FOR GOAL SETTING

Career  
Relationships  
Health & Fitness  
Financial  
Personal Development  
Family

Social Life  
Quality of Life (leisure, travel, fun, material)  
Spiritual  
Business  
Contribution



*"Without dreams and goals there is no living, only merely existing, and that is not why we are here"*

*~Mark Twain~*



*"Arriving at one goal is a starting point to another"*

*~John Dewey~*

## SPECIFIC

### TO SET A SPECIFIC GOAL YOU MUST FRAME YOUR RESPONSES EFFECTIVELY

#### ▶ ALWAYS WRITE YOUR GOALS IN THE PRESENT TENSE

If you're setting a goal that you know you will complete in the future, write your goal as if that date were today. As an example, if I have a date of November 1, 2021, for the accomplishment of my goal, and it's June 1, 2019, I would begin writing it with the phrase: "It is now November 1st, 2021 and I have achieved/accomplished... (Insert goal here). By getting yourself in the "now" with your goal, you create a vivid memory of having already completed what you set out to do, because once you see yourself accomplishing it, you've already established that your goal is not only possible, it IS the outcome you will attain.

#### ▶ ALWAYS STATE YOUR GOALS IN POSITIVE TERMS

Read the two below statements and tell me which one sounds and feels better to you: It is now November 1st, 2021 and I have avoided financial ruin. It is now November 1st, 2021 and I have achieved financial freedom. Which one of these goals do you think you'd be more motivated to achieve? The one where you are avoiding a pain, or the one that clearly focuses on a positive outcome? Set yourself up for success right from the start by setting a juicy POSITIVE exciting goal!

#### ▶ ALWAYS BEGIN YOUR GOAL SUMMARY WITH THE WORDS "I AM" OR "I HAVE"

##### Examples:

I am now financially free.

I have purchased my brand new Tesla Model X.

I am now in a beautiful relationship with the woman of my dreams.

I am now the owner of my own company.



*“The ultimate reason for setting goals, is to entice you to become the person it takes to achieves them”*

*~Jim Rohn~*

## CHAPTER 03

### SPECIFIC

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**IN ORDER TO PROCESS YOUR SPECIFIC GOALS MORE EFFECTIVELY YOUR GOALS MUST ALSO:**

Include specifics such as who, what, when, where, why and how.

Include numeric indicators – specifically how much money you will make, specifically how much weight you will release, etc.

As specifically as possible, state in sensory terms what you will see, hear, feel and know once your goal has been achieved.

Determine what resources will be required - both physical and internal.

Ensure that the advantages and disadvantages are spelled out, with the advantages heavily outweighing the disadvantages.



*“Goals are your destinations in life; objectives are the stops along the way.”*

*~Gerard de Marigny~*

## SPECIFIC



### TIPS FOR SETTING YOUR GOALS

- Get crystal clear on your outcome! Know specifically what it is you're about to accomplish and see yourself at the finish line after achieving your goal.
- Evaluate and reflect; understand where you now are and where you want to be.
- Define your dreams; what excites you, what are you passionate about?
- Tell your friends and family about your goals; they will motivate you and make you accountable.
- Keep asking quality questions; quality questions will continue leading you in the right direction.
- Keep it simple; chunk down your big goals into smaller ones. This provides you many opportunities to celebrate your achievements and maintains the momentum you have created on the path towards goal attainment.
- Be prepared for those “road blocks”; push through obstacles.
- Make positive strategies habits; you’re training your brain to make it happen.
- A little training now goes a long way in the future.

REMEMBER, THE GOAL SETTING FORMULA IS:

IT IS NOW... [INSERT DATE] AND I HAVE/AM... [INSERT GOAL]



# SPECIFIC MASSIVE ACTION AMBITIOUS REWARDING TIMELINE

## MASSIVE ACTION

Your goal must be highly motivating to you. Once your goal has been summarized, on a scale of 1 to 10 where would you score your level of desire and commitment to the attainment of this this goal?

The higher the score, the more motivated you are to take **MASSIVE ACTION** to do whatever it takes to achieve it.

There is little value in taking the time to set your goals if you don't follow it through with **MASSIVE ACTION**. Achieving your goals will require 110% commitment, effort and, **MASSIVE ACTION!**

### BENEFITS OF TAKING MASSIVE ACTION

- Things start to happen – sometimes very quickly.
- You send loud messages – others will take you more seriously.
- More ideas begin to flow - you begin to attract the people and resources you need.
- Experience becomes your teacher – every part of you grows and develops.
- Details of your goal and how to reach it become clearer.
- You learn and become wiser through your mistakes.

*“When your desires are strong enough, you will appear to possess super human powers to achieve”*

*~Napoleon Hill~*



# S M A R T

PECIFIC  
MASSIVE ACTION  
AMBITIOUS  
REWARDING  
TIMELINE

### BENEFITS TO HAVING AMBITIOUS GOALS

- You become more creative in your thinking.
- You learn and discover new skills.
- You become more self-confident.
- You are able to re-evaluate what you are capable of.
- You are able to transform your experiences.
- You become more satisfied.

## AMBITIOUS

If you want to experience true success, you must be **AMBITIOUS** and raise your standards.

Go beyond what you think you can achieve. When you set challenging goals, it inspires you to take on different responsibilities, it develops new tools and techniques and it expands your life and your life experiences.

This is where you get to think **BIG!** Get outrageous and really set yourself up for success.

Think of some of the biggest goals you could ever hope for and **INCLUDE THEM HERE!**

*"The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we hit it"*

*~Michelangelo~*



# **S**PECIFIC **M**ASSIVE ACTION **A**MITIOUS **R**EWARDING **T**IMELINE

## TIMELINE

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Creating a **TIMELINE** for your goals takes your plans from something that might happen sometime in the future, to outcomes that now have a due date.

Having a **TIMELINE** for your goals helps you keep track of your achievements and allows you to stay focused on the next step.

If you don't have a timeline, you'll never be able to track your progression, which could cause you to miss your deadline.

Get clear on what your timeline needs to look like for you, because as you reach the next step, visually seeing that steady progress reinforces your desire to succeed.

### THE IMPORTANCE OF SETTING A TIMELINE FOR YOUR GOALS

- You begin taking steps and start the process.
- You have a deadline.
- You increase your motivation.
- You set your unconscious mind in motion – your mind becomes open to suggestions and direction.
- You are able to celebrate your successes.



**STUDIES HAVE SHOWN THAT WHEN PEOPLE MISS THE DEADLINES ON THEIR OUTCOMES, EVEN JUST ONCE, THEY DEVELOP AN ATTITUDE OF ACCEPTANCE THAT SERVES TO PUSH THEM AWAY FROM THE ATTAINMENT OF THEIR FUTURE GOALS!**



# SPECIFIC MASSIVE ACTION AMBITIOUS REWARDING TIMELINE

## WAYS YOU CAN REWARD YOUR ACHIEVEMENTS AND YOURSELF

- Buy yourself something remarkable.
- Go for a road trip.
- Celebrate with friends and family.
- Take a vacation.
- Treat yourself to a special day.
- Take time for you.
- Have an outstanding date night.

*"Set remarkable goals for yourself and get to work on achieving them"*

*~Marelisa Fabrega~*



## REWARDING

REWARDING your efforts and your successes is important in maintaining your drive and motivation to complete your other tasks and reach your goals.

You must honour your successes and recognize your achievements by REWARDING your efforts.

Rewarding yourself creates a pattern of excitement within you, and it's that excitement that aids in creating the momentum to keep you going.

Just remember – with excitement comes momentum, and with momentum comes accomplishment, so reward yourself and get excited today!



## CHAPTER 07

# HAVE A PLAN FOR YOUR LIFE

WHAT IS YOUR PASSION IN LIFE?

WHAT STIMULATES YOUR SOUL AND EXCITES YOU?

WHO DO YOU WANT TO BECOME?

WHO IS IN CHARGE OF YOUR LIFE?

Understanding what drives you produces enthusiasm, enabling you to create your best self and achieve the goals you desire; not what others want or decide for you.

Most people have no idea who they are or where they're going. They allow others to determine who they are and permit coincidences and luck to decide their fate. They "go with the flow" and randomly "float" through their life, then wonder why they're not successful or happy enough.

Setting goals not only allows you to embark on an extraordinary journey, it brings meaning and fulfillment into your life. The power of having a plan for your life empowers you to explore your purpose and discover who you truly are.

*"Cherish your visions and your dreams as they are the children of your soul, the blueprints of your ultimate achievements"*

*~Napoleon Hill~*



*"A goal properly  
set is half way  
reached"*

*~Zig Ziglar~*

## CHAPTER 08

### WHAT'S ON YOUR WISH LIST?

---

So far, we've talked a lot about what it takes to craft compelling achievable goals. Now it's time we put pen to paper.

In this next exercise, we're going to take those goals that have thus far only been dreams, and bring them to life. There is no better place than here, and there is no better time than now.

Imagine that you have no limitations, and that everything any anything is possible.

Imagine that you have all the time, all the money, all the resources, all the intelligence, all the experience and all the contacts in the world that could make all your dreams come true.

Imagine now that you could do, be, or have anything in your life that you wanted, desired, crave, and hungered for.



## CHAPTER 08

### WHAT'S ON YOUR WISH LIST?

---

For the next 2 minutes go ahead, using the sheets on the next two pages, and write as fast as you can, without thinking, everything you could possibly ever imagine that you'd want, get, have, own or create from now, to the next 5 years.

*"Set high goals and standards for yourself; resist the temptation of the comfort zone"*

*~Brain Tracy~*







*"A goal should scare you a little and excite you alot"*

*~Joe Vitale~*

### HOW WAS THAT?

Did you write down some pretty incredible amazing goals? Did you identify any goals that right now you have no idea how you'll accomplish them?

If you did, EXCELLENT! I congratulate you for being brave and getting them out into the open where they belong.

You've taken the first incredible step to making your outcome a reality, because goals that just float around in your head, goals that "might" be nice to have, are always the goals that never get born.

### WHAT'S ON YOUR WISH LIST?

Before we move onto the next step, I want you to get yourself into a peak state of excitement.

Stand up for a moment and shake your body out. Move around a bit and get the blood pumping through your veins.

This is a very exciting part coming up and I want you to get every ounce of motivation out of this that you can!

I also want you to get into a state of expectation. Not a state of hope or a state of thinking it would be nice, I want you to be fully associated into the feeling that you know something BIG is now happening, almost as though it's already happened!



**CAN YOU FEEL THE EXCITEMENT?**

**CAN YOU FEEL YOUR BREATHING JUST A LITTLE BIT FASTER?**



*"If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes"*

*~Andrew Carnegie~*

It's now time to move onto the next incredible step of this life altering process!

Yes, that's right, life altering, because after you take this next step, life and/or business will never be the same!

## THE NEXT TWELVE MONTHS

### THIS IS THE BIG PART!

This is where you get leverage on yourself, meaning that, you're now going to call it tight and get serious with your WHY.

This is where you tell the world why the outcome of your goal is the **ONLY** outcome you'll accept because these goals mean **THAT** much to you!

**REMEMBER, THESE ARE THE TOP FOUR ONE YEAR GOALS THAT YOU WILL ACCOMPLISH IN THE NEXT 12 MONTHS.**



## CHAPTER 09

### THE NEXT TWELVE MONTHS

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Now go ahead and read through your list of goals that you just created and select your top four, one year goals.

Using the sheets on the next two pages, write each goal, one at a time, and below it, write several sentences describing why you absolutely **MUST** achieve it this year, no matter what.

*"What you get by achieving your goals is not as important as what you become by achieving your goals"*

*~Henry Thoreau~*







# WHAT'S ON YOUR WISH LIST?

## YOU DID IT!

How does that feel?

Do you have enough juice in each of your goals, along with enough compelling reasons as to why you will **NOW** achieve them in the next year?

Thinking about your reasons for achieving them, is there anything that could ever stop you from arriving at your outcome?

Is there anything that could stand in your way?

Well, if there is then you have a great opportunity to go back and **ELIMINATE** whatever it is that might get in your way.

In reality though, I know that if you've come this far, there's no way that you're going to be stopped by one or two little roadblocks!



*"Working hard for something we don't care about is called stress."*

*Working hard for something we love is called passion"*

*~Simon Sinek~*

**So, who IS the person who's now about to achieve the outcomes that you've just defined?**



## CHAPTER 10

### THE ACHIEVER

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*"Your goals are the road maps that guide you and show you what is possible for your life"*

*~Les Brown~*



This is a great time to step into your future self, that person who has already realized their goals, and identify the characteristics that had you crushing those outcomes.

Using the sheets on the next two pages, take a minimum of five minutes and thoughtfully answers the questions below.

**The following are some of the most important questions to ask yourself in order to conquer your dreams, crush your goals and have an outstanding life.**

**What strengths are you now commanding that enable you to achieve all your objectives?**

**What are the character traits that you now possess?**

**What skills have you now mastered, now that you've fulfilled your desires?**

**Who have you become, now that you've accomplished all your outcomes?**







"The people who get things done, who lead, who grow and who make an impact are those people who have goals"

~Seth Godin~

## KEEPING THE MOMENTUM

Now that you have your wish list, how do you make sure that your efforts to achieve your outcomes are sustained with enthusiasm?

### KNOW IT, FEEL IT, BELIEVE IT AND TRUST IN THE PROCESS OF YOUR LIFE!

- Repeat positive incantations
- Align with your resources
- Maintain daily focus
- Reward your successes
- Be flexible
- Visualize that your list is already happening
- Create a powerful mission statement that will motivate and drive you continually forward
- Review your goals consistently

***Total certainty is the key to attaining your goals, along with never ever leaving the site of setting your goals without taking some sort of action towards the attainment of them!***

Step up and take your goal setting journey to the next level by grabbing your very own copy of The Dimensions of Goal Achievement TODAY!



# THE NEXT STEPS

Goal setting and goal achievement is one of the most important aspects in creating the life and business that you've always desired.

If you're struggling with fine tuning or setting your goals, go ahead and register for the full intensive training of this program at the UE Coaching Education Academy ...

## THE DIMENSIONS OF GOAL SETTING



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THE DIMENSIONS OF GOAL SETTING

*"With  
Passion,  
Purpose,  
and a Plan*

—

*everything  
is possible"*

*~Jamie  
Adamchuk~*

## BUSINESS ACCELERATOR PROGRAM V2.0



**JAMIE ADAMCHUK**

So many entrepreneurs I know are stressed out, under paid, over worked, business operators who only dream of becoming thriving, happy, stress free, successful business owners. Currently, many of the entrepreneurs I've seen are focusing on increasing their niche market share while struggling to find even just a little bit of time to spend on personal passions.

Ultimately, many entrepreneurs I've spoken with, really want to become thriving, happy, radically successful business owners and have the skills and knowledge to enable their businesses to run on their own.

Right this minute, these same entrepreneurs would be ecstatic if they could become even more productive, build an even bigger clientele, and add significantly more to the bottom line.

Unfortunately, they still need to figure out how to get more done without sacrificing more personal time, expand their existing customer base without spending a ton on advertising, and become the true leaders of the businesses without having to wear even more hats.

Those same entrepreneurs are also really frustrated by the fact that there never seems to be enough money left in the bank at the end of the month, they have staff that constantly struggle with meeting deadlines, not to mention, an overall lack of productivity, and no matter what new system is introduced, it lasts for only a few weeks and then quickly falls apart.



*"Our goals can only be reached through a vehicle of a plan; there is no other route to success"*

*~Pablo Picasso~*

## BUSINESS ACCELERATOR PROGRAM V2.0

So many entrepreneurs are still hung up on the idea that there's just never enough time in a day, or that they don't have the right system in place to step away from the business, even for a moment, and that gaining new prospects and clientele is a constant uphill battle.

In fact, because of all those competing priorities, they feel that they'll never experience real success increasing their niche market share, or finding even more time to spend on their personal passions.

When all is said and done, these entrepreneurs just want to turn an even greater profit from the business and finally pay themselves a proper wage.

They want to set a system in place that increases productivity while producing measurable growth, and to be able to step away from the business and not feel like it's going to fall apart.



**HOW DO I IMPLEMENT A SUSTAINABLE PRODUCTIVITY MODEL?**

**HOW DO I GET BACK MORE TIME IN AN ALREADY BUSY DAY?**

**HOW DO I BECOME THE LEADER THAT MY TEAM NEEDS ME TO BE?**

Easily and effortlessly implement a proven productivity system & business growth plan that enables you to finally become a business OWNER with the FREEDOM & HAPPINESS that that you've always wanted, without trading your precious time for little to no return.



**BUSINESS ACCELERATOR PROGRAM V2.0**



## BUSINESS ACCELERATOR PROGRAM V2.0

If the stories of the entrepreneurs above sound even a little like yourself or your current situation, then I invite you to click below and enroll for the **Business Accelerator Program (B.A.P.) V2.0**

My promise to you is to show you exactly ***How To Develop and Implement YOUR Sustainable Business Growth & Productivity Model & Put More Money In The Bank.***

The **Business Accelerator Program (B.A.P.) V2.0** is an exclusive extreme accountability, highly interactive and customized business growth strategy for entrepreneurs who are completely committed to change.

**BUSINESS ACCELERATOR**  
**PROGRAM V2.0**





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