



Goal Setting

Emotion	<i>Example: "I am meditating daily on the good in life. I am joyous and alive filled with gratitude."</i>
Health	<i>Example: "It is Jun.05.09. I am healthy, fit and lost 10kg. I feel great."</i>
Relationship	<i>Example: "I am spending date nights with my love every Friday/Saturday and we enjoy 10 days holiday every year to exotic places."</i>
Career	<i>Example: "Sep.30.09. I am the director of a charity Foundation; I am thriving and enjoy making a difference in people's lives."</i>
Money	<i>Example: "It is Dec.10.09. I am earning \$40 000 per month through Multi Source incomes."</i>
Time	<i>Example: "I am spending an hour a day to improve my skills in investing."</i>
Contribute/Celebrate	<i>Example: "I am tithing a 10th of my salary to church as I believe in giving. Giving is the secret to success."</i>