

# POWER YOGA FOR SPORTS™

## SETTING POWERFUL GOALS

HOW TO CREATE YOUR IDEAL LIFE  
BY SETTING GOALS

“GOOD IS THE ENEMY OF GREAT, TIME  
TO GET GREAT!”

# INSPIRING QUOTES

“EVERYTHING THAT YOU ARE IS A RESULT OF EVERYTHING YOU HAVE THOUGHT”

–BUDDAH

FAR BETTER IS TO DARE MIGHTY THINGS, TO WIN GLORIOUS TRIUMPHS, EVEN THOUGH CHECKERED BY FAILURE, THAN TO TAKE RANK WITH THOSE POOR SPIRES WHO NEITHER ENJOY MUCH NOR SUFFER MUCH BECAUSE THEY LIVE IN THE GRAY TWILIGHT THAT KNOWS NOT VICTORY OR DEFEAT”

–THEODORE ROOSEVELT

# ASK YOURSELF

**ARE YOU LIVING YOUR DREAMS?**

**ARE YOU HAPPY EVERY DAY?**

**ARE YOU LIVING YOUR BEST LIFE?**

**WHAT WOULD YOU BE DOING IF YOU KNEW YOU COULD NOT FAIL?**

**IS EVERY DAY FULL OF POSSIBILITY? ARE YOU CONTRIBUTING TO SOCIETY?**

**DO YOU FEEL THE UNIVERSE IS WORKING THROUGH YOU TO SERVE OTHERS?**

**IF THE ANSWER TO ANY OF THESE IS NO, THEN  
IT IS THE PERFECT TIME FOR YOU TO DIG IN  
AND BE THE CHANGE!**

# GETTING STARTED

First, you need to have a vision for what you want your life to look like.

In any sport, athletes visualize scoring that winning goal or throwing that perfect pass. Goals give you long term vision and short-term motivation. In goal setting,

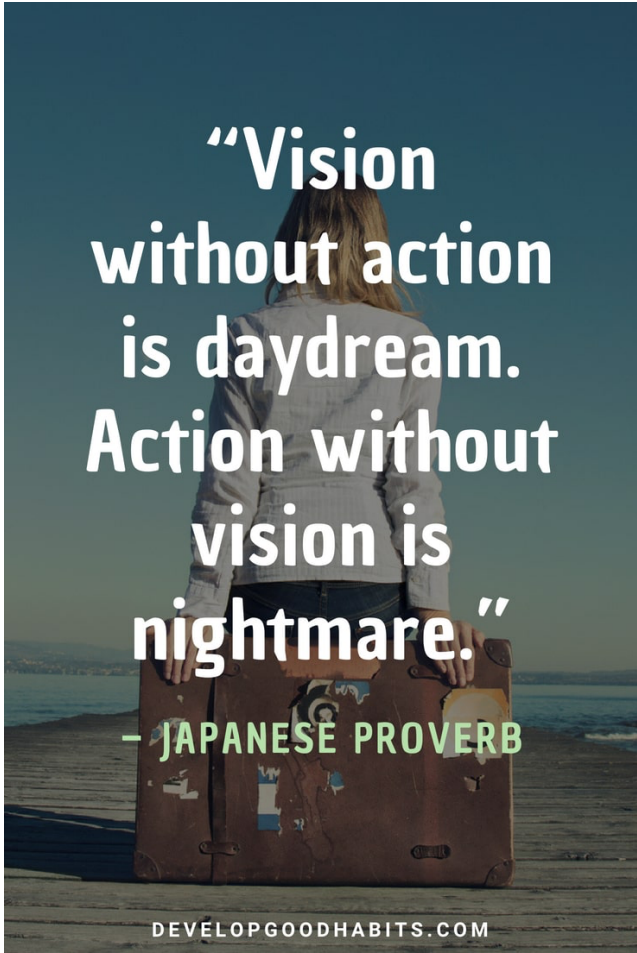
we visualize exactly what we want our life to look like in the years to come.

From that vision, we can create the life that we are truly meant to be living. You lead by example as a teacher so when you have goals set for yourself in your life, your students will want the same. Goal setting is a very powerful way of motivating people, including yourself!

**Let's get started...**

Perhaps you want to print this book out and write all over it so that you can carry it with you every day!!!!!!!





**“Vision  
without action  
is daydream.  
Action without  
vision is  
nightmare.”**

**– JAPANESE PROVERB**

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# **BREAK THROUGH TRAINING FOR YOUR MIND AND LIFE**

**POSSIBILITIES      LIFE PURPOSE      GOALS**

**EXPECTATIONS      BREAK THROUGH**

**ACHIEVEMENTS      COMMUNICATION**

**FUTURE      LEADER IN THE FIELD      MIND**

**ABUNDANCE      CONQUER      BODY**

# SUSANNE CONRAD TAUGHT ME

You have a choice in the way you think and direct your life.

## STINGY IN MIND

- **Assessment:** assess others, self limits standards and should thinking
- **Personal:** "I based, what is in it for me?"
- **Closure:** I am right you are wrong, I already know
- **Resignation:** there is no possibility the world is that way it just is.

## GENEROUS IN MIND

- **Commitments**
- **Partnerships**
- **Open**
- **Possibility**

**YOU  
DECIDE**

# COMMON THINKING PATTERNS

**IT WILL BE DIFFICULT**

**IT IS GOING TO BE RISKY**

**IT WILL TAKE TOO LONG**

**THERE WILL BE FAMILY DRAMA**

**I DO NOT DESERVE IT**

**IT IS NOT MY FAULT**

**I CANNOT AFFORD IT**

**NO ONE WILL HELP ME**

**I AM NOT STRONG ENOUGH**

**I AM NOT SMART ENOUGH**

**I AM TOO BUSY**

**I AM TOO SCARED**

**I CAN'T**



**Review your goals twice  
every day in order to be  
focused on achieving them.**

Les Brown

# NEW THINKING PATTERNS

**ANYTHING IS POSSIBLE  
UNIVERSE**

**I CANNOT FAIL WHEN I PLAN AND TRUST THE**

**THERE IS ONLY NOW, I LIVE FULLY IN THE PRESENT**

**I MUST FOLLOW WHAT I FEEL SO DEEPLY**

**EVERYONE DESERVES THE GRACE OF TRUTH AND HAPPINESS**

**IF I STAY IN BELIEF OF THE UNIVERSE ALL I NEED WILL BE PROVIDED**

**BE IN SERVICE OF OTHERS SUCCESS UNSHARED IS FAILURE**

**IF I CAN CONCEIVE OF IT, PASSION AND THE ABILITIES TO CREATE IT WILL BE  
GIVEN**

**WITH INFINITE PATIENCE I CREATE IMMEDIATE RESULTS**

**THERE IS NOTHING TO FEAR**

# THE BIG PICTURE

In order to create your ideal life, you need to start with a clear vision.

- Close your eyes.
- Where do you see yourself in 10 years?

Be as specific as possible, down to the color of the sheets that you sleep on! Use all your senses, what do you see, how and what do you feel, what do you hear, what do you smell etc.


Open your eyes now, grab a pen and paper and begin your brainstorm. Write as MUCH as you possibly can about what you **TRULY want** in your life if nothing could stop you. You might not know- but once you start putting your thoughts to paper, ideas will come out that will surprise you. Get everything out on paper first, then we will hone in on what is important later. If you think that you want it in your life, write it down. Thing BIG! Write down lofty goals. Get crazy. If you see yourself as the next Oprah, or as a professional golfer even though you have never golfed a day, write it down. *This is for you*- it is personal so be honest with yourself.

**WRITE DOWN ALL THAT YOU WANT**

**WRITE DOWN ALL THAT YOU WANT**

**WRITE WHAT YOU ARE GOOD AT**

**WRITE WHAT YOU ARE GOOD AT**



**Set your goals high, and don't  
stop till you get there.**

Bo Jackson

# **KNOW WHAT YOUR GIFTS ARE ASK YOUR FRIENDS AND FAMILY FOR THEIR OPINION**

- **What are my key strengths?**
- **What is most unique about me?**
- **What, if anything is bothersome to you about me?**
- **What do you or others rely on me for?**
- **Could you tell me something about myself that I do not already know?**
- **When am I most powerful?**
- **In what situation am I least powerful?**
- **When am I most inspired?**
- **If you could wish one thing for me in this next year, what would it be?**
- **Ask 3 people all these questions, write down all the answers**

# PERSON ONE

# PERSON ONE

# PERSON TWO

# PERSON TWO

# PERSON THREE

# PERSON THREE



YOU SHOULD SET GOALS BEYOND  
YOUR REACH SO YOU ALWAYS HAVE  
SOMETHING TO LIVE FOR.

TED TURNER

# AFTER THE INTERVIEWS WRITE DOWN

- **Do you see patterns and trends in the responses?**
  
  
  
  
  
  
  
  
  
  
- **What responses stand out and why?**

# COMING TO TERMS

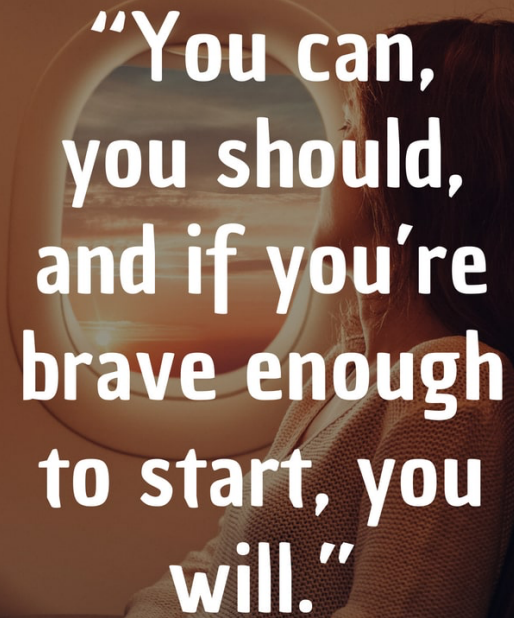
- **Write out 5 successes you have had, how can you duplicate them?**
- **Write out 5 failures, learn from them never do them again**
- **Write out any incompletions, finish them or move on**

# NARROWING IT DOWN

**Now that you have your vision brainstormed, you are ready to start breaking it down so that you can focus on the most important goals in your life**

**Goals are set on several different levels.**

- **First you create your BIG PICTURE of what you want and decide what larger scale goals you want to achieve.**
- **Second, you break these down into smaller targets that you must hit so that you reach your goals**
- **Finally, once you have your plan, you take-action on them each day.**

A person with long dark hair, wearing a light-colored sweater, is sitting at a desk with a laptop. They are looking out a window at a sunset. The scene is dimly lit, with the primary light source being the sunset visible through the window. The person's hands are on the laptop keyboard.

**“You can,  
you should,  
and if you’re  
brave enough  
to start, you  
will.”**

**– STEPHEN KING**

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# MAKING A COMMITMENT

## *Thee question of your life*

### What would you do if you could not fail?

I'd move to Los Angeles and become a famous actor

*To make it happen include a time frame*

I move to Los Angeles by June of 2020.

Without a commitment of time, it is a statement, a pipe dream not a goal

"I want to travel more but between family and work there is not enough time"

Lack of time is an illusion. Every human has the same amount of time in a day.

The key is in how you use your time.

Be specific with your goals. If you want to travel, where do you want to go and when? Set the course and begin your journey.

*You would never hire a builder to build your dream home, and tell them, "Here are the nails, sheetrock and wood go build it!" NO, you take a lot of time carefully planning every aspect of the home, from how many bedrooms and bathrooms to the lay out, where are the windows, how big is the kitchen, set the closets, and pitch of the roof until your plan is set. What happens, they build the house as you planned...the same is true of your life!!!*

# SMART GOALS

**SMART is an acronym that is very useful when setting goals. With each goal that you write, be sure that they are SMART goals!**

- **S Specific**

*I complete my first ½ marathon on July 2, 2013.*

- **M Measureable**

*I save \$10,000 by July 2, 2014.*

- **A Attainable**

*I successfully complete PYFS Yoga Training by September 2012.*

- **R Realistic**

*I hike the North Rim of the Grand Canyon by December 2014.*

- **T Time Sensitive** (always include a specific time that you will have a goal achieved)

*See above, all goals have an end date and time attached.*

# KEY POINTS

**Goal setting helps for you to decide what is important for you to achieve in your life.**

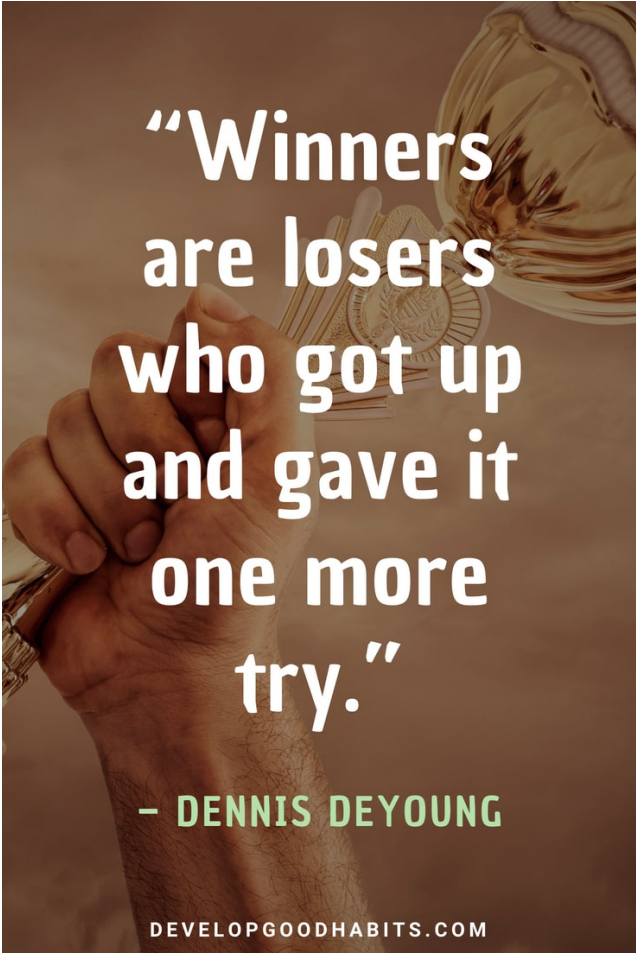
**It sets apart what is important from what is irrelevant or distracting.**

**It motivates you.**

**It builds your self-confidence**

**POST YOUR GOALS! Write them down and paste them up around your home as gentle reminders of what you are working toward.**

**YOU CAN DO ANYTHING THAT YOU SET YOUR  
MIND TO.**

A close-up photograph of a hand holding a stack of gold coins and a large, shiny gold trophy cup. The background is a soft, out-of-focus brown. The text is overlaid on the image in a clean, white, sans-serif font.

**“Winners  
are losers  
who got up  
and gave it  
one more  
try.”**

**– DENNIS DEYOUNG**

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# TIPS FOR WRITING POWERFUL GOALS

- **Always write goals in the first person and present tense as though they already have been achieved**
- **Use clear specific words that demonstrate commitment**
- **The mind likes a specific number, include them in your goals**
- **Allow yourself to see pictures of your life as you dream**
- **Always write goals in the affirmative**
- **Always include a timeline with each goal**
- **Time travel to the future if you need clarity**
- **Begin with three domains: Personal, Health, Career**



# **STREAMING THOUGHT WHAT IS YOUR UNHINDERED 10 YEAR VISION**

**Personal**

**Health**


**Career**

# TAKE ACTION

**FOR ALL YOU WROTE HOW CAN YOU TAKE ACTION EACH DAY?  
WRITE 20-50 THINGS YOU CAN DO SMALL AND LARGE**

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Your dreams  
will remain just  
a dream unless  
you take small  
and realistic  
steps towards  
achieving them.

EILEEN ANGLIN

*[www.christieage.com](http://www.christieage.com)*

# **STREAMING THOUGHT: WHAT IS YOUR 5 YEAR VISION?**

**Personal**

**Health**

**Career**

# TAKE ACTION

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# TAKE ACTION

**FOR ALL YOU WROTE HOW CAN YOU TAKE ACTION EACH DAY?  
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# **STREAMING THOUGHT: WHAT IS YOUR 1 YEAR VISION?**

**Personal**

**Health**

**Career**

# TAKE ACTION

**FOR ALL YOU WROTE HOW CAN YOU TAKE ACTION EACH DAY?  
WRITE 20-50 THINGS YOU CAN DO SMALL AND LARGE**

# TAKE ACTION

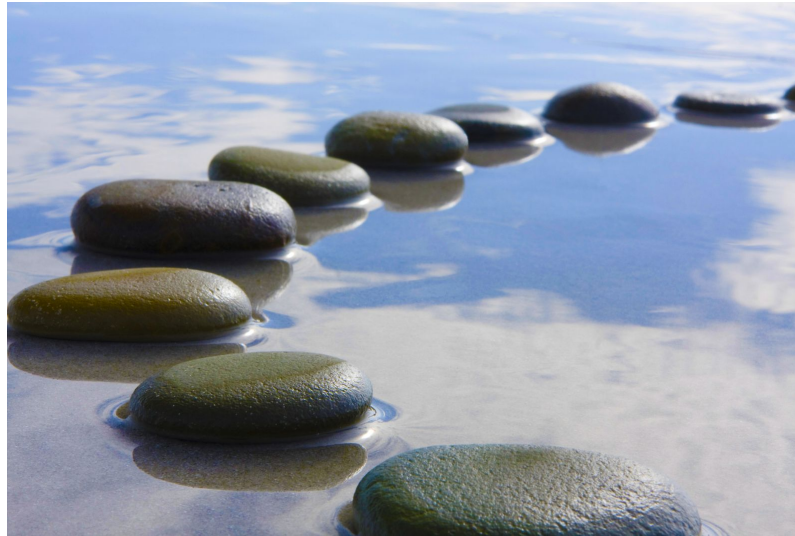
**FOR ALL YOU WROTE HOW CAN YOU TAKE ACTION EACH DAY?  
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# GOAL FOLLOW UP

- **Accept *total* responsibility for everything that happens in your life**
- **Revisit your goals often**
- **Revise goals if necessary**
- **Find a goal buddy, help each other stay on track**
- **Share your goals with people you trust for accountability**
- **Create visual reminders of your goals (i.e.: vision boards)**
- **If you get off track, realize it...then forgive and restart**
- **Move forward constantly**

# LAST WORD

DON'T LET FAILURES ALONG THE WAY DETER YOU FROM YOUR SUCCESS!  
STAY ON THE PATH. WHEN YOU ENCOUNTER A DOWNTURN, ASK YOURSELF  
IF YOU WILL CONSIDER IT A STEPPINGSTONE TO YOUR DREAM LIFE OR A  
STUMBLING BLOCK?



DON'T TAKE MY WORD FOR IT, LOOK AT THE NEXT PAGE FOR SOME FAMOUS  
FAILS. LET THEM ENCOURAGE YOU TO CREATE, DREAM, REAP, SHARE,  
ENJOY YOUR LIFE!

# FAMOUS FAILS

## MICHAEL JORDAN

*After being cut from his high school basketball team, he went home, locked himself in his room, & cried.*

## WALT DISNEY

*He was fired from a newspaper for "lacking imagination" and "having no original ideas."*

## STEVE JOBS

*At 30 years old, he was left devastated & decompressed after being unceremoniously removed from the company he started.*

## THE BEATLES

*Rejected by Decca Recording studios, who said "We don't like their sound" & "They have no future in show business."*

## OPRAH WINFREY

*She was demoted from her job as a news anchor because she "wasn't fit for television."*

## ALBERT EINSTEIN

*He wasn't able to speak until he was almost 4 years old, and his teachers said he'd "never amount to much."*

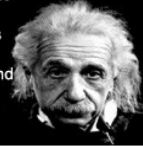
# FAMOUS FAILURES

[www.TheQuotes.Net](http://www.TheQuotes.Net)



Failed in business three times and failed campaigning seven times prior to becoming President of the United States

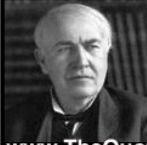
He did not speak until he was four years old. His parents thought he was "sub-normal." He was expelled from school and his teachers described him as "mentally slow,"



Michael Jordan was cut from his high school basketball team for a "lack of skill."



Bill Gates was a Harvard University dropout and his first business, Traf-O-Data, was a failure.



[www.TheQuotes.Net](http://www.TheQuotes.Net)

Thomas Edison's teachers told him he was "too stupid to learn anything."

At 30 years old he was left devastated and depressed after being unceremoniously removed from the company he started.



She had a rough and abusive childhood and was fired from her job as a reporter because she was "unfit for TV."

Rejected by Decca Recording studios, who said "we don't like their sound" "They have no future in show business"



Marilyn Monroe was dropped by 20th Century-Fox after one year because her producer told that she wasn't pretty or talented enough to be an actress.



Fired from a newspaper for "lacking imagination" and having "no original ideas".



Henry Ford was a failure at three businesses before finally succeeding with Ford Motor Company at age 53.

Colonel Hardland David Sanders (KFC) couldn't sell his chicken. More than 1,000 restaurants rejected him.



Stephen King's first book, Carrie was rejected 30 times. He proceeded to throw it in the trash.



Soichiro Honda was passed over for an engineering job at Toyota and left unemployed.

[www.TheQuotes.Net](http://www.TheQuotes.Net)

J.K. Rowling was unemployed, divorced and raising a daughter on social security while writing the first Harry Potter novel. Her novel "Harry Potter" was rejected by 12 publishing houses.



## IF YOU YOU HAVE NEVER FAILED YOU'VE NEVER TRIED ANYTHING NEW

# Create Smaller Goals

*take big goals and break them down*

Long Term Goal: **Example, I will generate 200,00 yearly income in the next 5 years by finishing my degree program in business/real estate and opening my own Brokerage firm.**

Mini Goal take action steps	Start date	End date
Finish degree		May 2020
Take real estate course	May 2020	July 2020
Get job at real estate firm to learn	July 2020	July 2022
Look for space of my own	August 2022	October 2022
ETC...		









# Overall Life Goals Year\_\_\_\_\_

<b>Family</b>	
Career	
Financial	
Personal	
Health	
Spiritual	
Other	
Other	

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<b>Family</b>	
Career	
Financial	
Personal	
Health	
Spiritual	
Other	
Other	

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# Overall Life Goals Year\_\_\_\_\_

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# Overall Life Goals Year\_\_\_\_\_

<b>Family</b>	
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