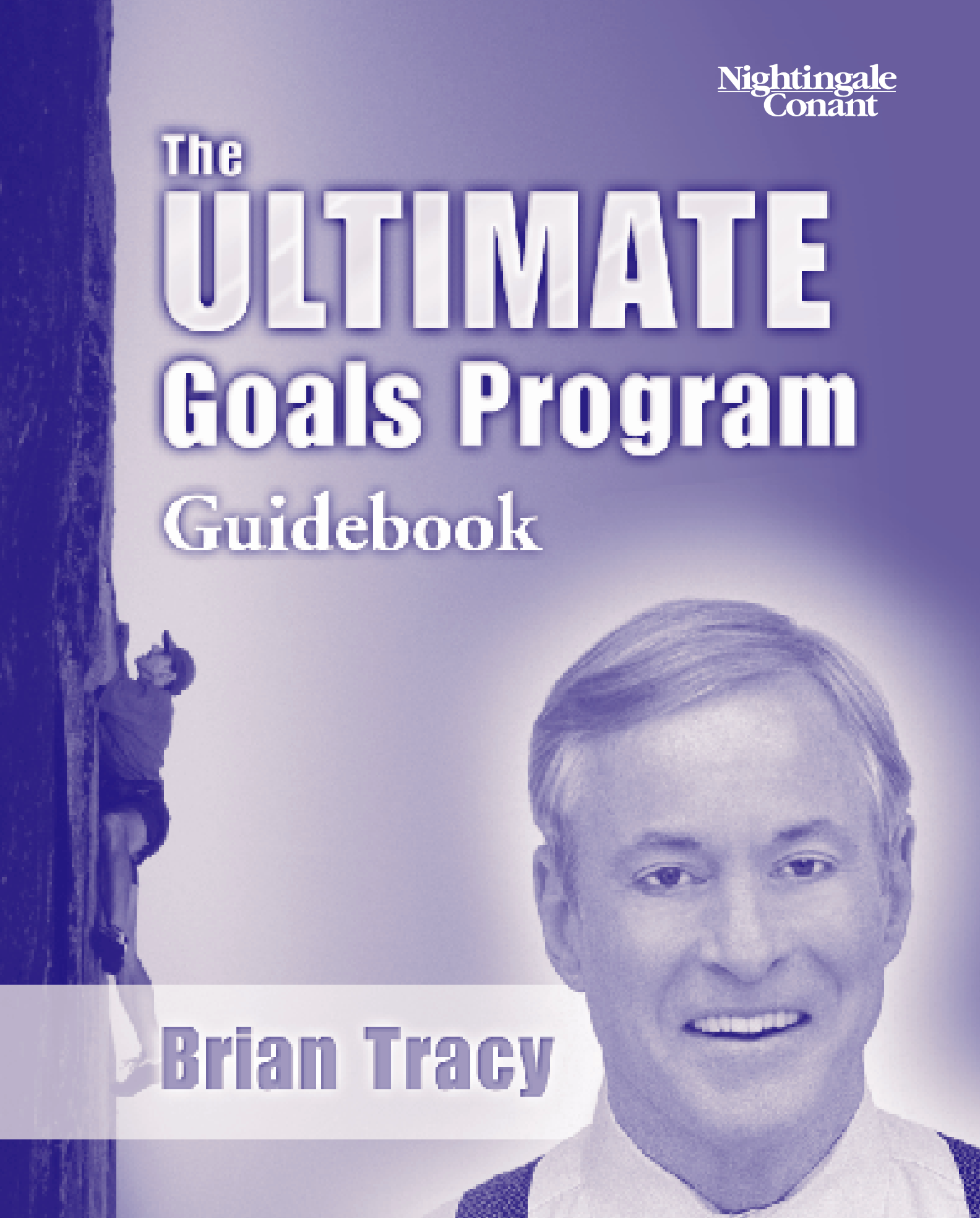
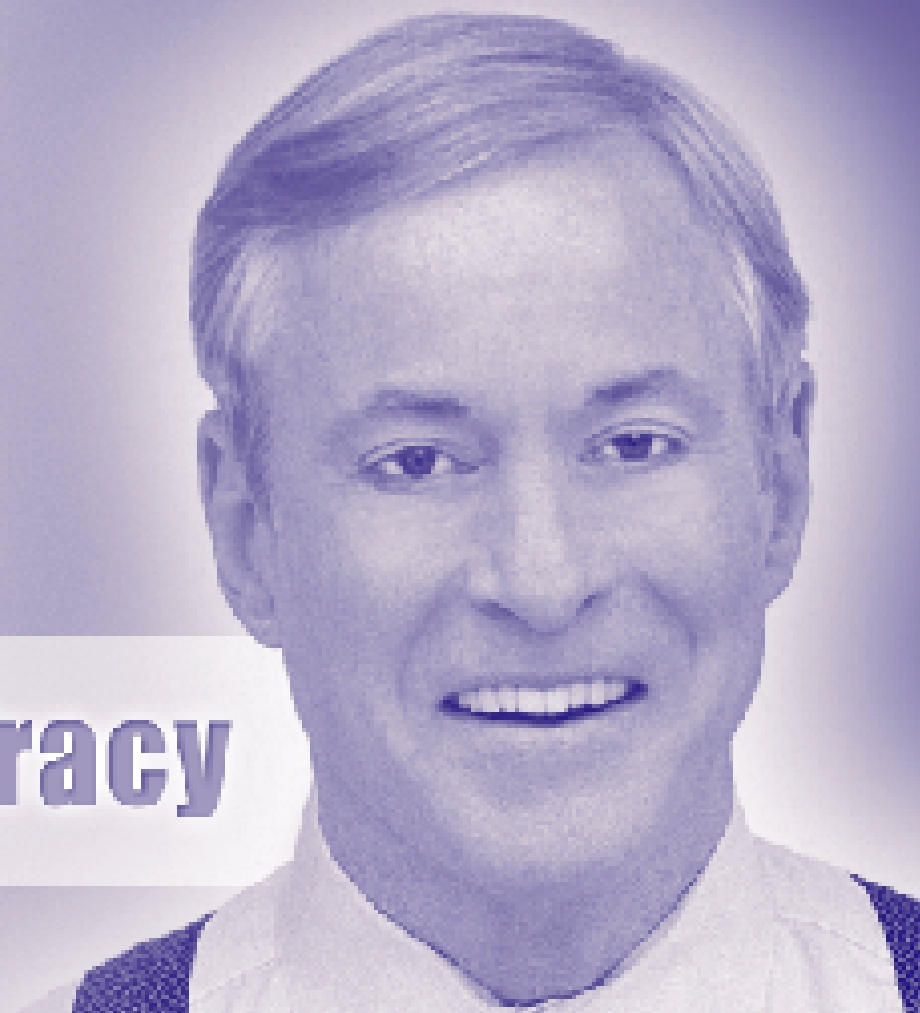


Nightingale
Conant

The
ULTIMATE
Goals Program
Guidebook

Brian Tracy



Brian Tracy's
THE ULTIMATE GOALS PROGRAM:
How to Get Everything You Want
Faster Than You Ever Thought Possible
Guidebook

Producer: Dave Kuenstle
Workbook: Theresa Puskar
Engineer: Jerry Kaehn

Table of Contents

Introduction	4
Session 1: Unlocking Your True Potential	5
Session 2: Taking Charge of Your Life	6
Session 3: Creating Your Future and Clarifying Your Values	7
Session 4: Deciding Your True Goals and Your Major Definite Purpose	9
Session 5: Analyzing Your Beliefs and Getting Started	10
Session 6: Measuring Your Progress and Removing the Roadblocks	12
Session 7: Becoming an Expert and Getting with the Right People	14
Session 8: Making a Plan of Action and Managing Your Time Well	16
Session 9: Your Goals — Review Regularly and Visualize Continually	18
Session 10: Activating Your Superconscious Mind and Remaining Flexible	20
Session 11: Unlocking Your Creativity and Moving Forward Every Day	22
Session 12: Persist Until You Succeed and Take Action Today	24
Summary	26

Introduction

Welcome to Brian Tracy's *THE ULTIMATE GOALS PROGRAM: How to Get Everything You Want Faster Than You Ever Thought Possible*. Along with the audio program, this guidebook has been created to aid you in setting and achieving your goals better and faster than you ever thought possible.

Having shared his ideas in more than 2,000 talks and seminars throughout the past 21 years with over two million students, Brian Tracy is considered by many to be the success guru. Brian's graduates have reaped a multitude of benefits from his vast experience and expertise, often transforming their lives from rags to riches. Many who were struggling financially, and personally, have become self-made millionaires by following Brian's advice and implementing the tools that he created for them.

An analogy that Brian Tracy uses in regards to goal setting is that "you cannot hit a target that you can't see." It is therefore imperative that you sit down and decide exactly what you really want, in every area of your life. To do so, ideally you should follow the step-by-step system that Brian has created for you in this groundbreaking program. If you want to gain its full benefits, we urge you to make full use of this guidebook along with the audio segment to assist you in your goal-setting initiatives.

To achieve the maximum benefits from this program and guidebook, listen to each audio session at least twice, ideally three times, and then work on the corresponding guidebook chapter. Listening to the audio session several times allows it to sink into your subconscious mind as you make more and more discoveries each time that you listen. Be sure to keep a paper and pen in hand as you are listening to the program, and be prepared to stop the program when you hear an idea or technique that particularly appeals to you. Think about that idea in connection with your situation, your work, your lifestyle, then prepare a plan to act upon it in the days ahead. You may wish to create an "Ultimate Goal Setting" journal in which you can record your ideas, thoughts, and insights.

Some of the guidebook contents are worded as questions that you should take some time to respond to, while others are action steps that Brian suggests you take. Whether a question or action step, you should jot down any thoughts or ideas that might arise regarding the subject matter in the space provided. Taking the necessary action steps that are outlined in this proven and highly effective program will give you a much broader vision of who you really are and what is possible in your life.

Whenever possible give yourself a deadline, and be committed to following through on that deadline. Without implementing any of the action steps that you have mapped out for yourself, this program simply becomes an exercise in listening. In order to gain the full benefits that this valuable program has to offer you, make the decision here and now to work through this program, and act upon your insights and strategies. By doing so, you can transform once-vague concepts and ideas into concrete real-life experiences. If you take the time to commit to this program now, you will undoubtedly reap extraordinary rewards for many, many years to come.

Session 1:**Unlocking Your True Potential**

“The potential of the average person is like a huge ocean unsailed, a new continent unexplored, a world of possibilities waiting to be released and channeled toward some great good.” —Brian Tracy

In the first session of the program Brian Tracy emphasizes that the fundamental key to success is to set goals for yourself. He states that all successful individuals are intensely goal driven. They are very clear about what they want and will single-mindedly focus their energy on attaining it. He reminds you that you have the capacity through your natural potential to succeed beyond your wildest dreams. The secret is to set specific goals and use the myriad of tools that Brian provides for you in order to turn your beliefs, ideas, and visions into practical, applicable life strategies.

1. Imagine that you have the inborn ability to achieve any goal you could ever set for yourself. What do you really want to be, have, and do?
2. What are the activities that give you your greatest sense of meaning and purpose in life?
3. Look at your personal and work life today and identify how your own thinking has created your world. What should you, could you, change?
4. What do you think and talk about most of the time: what you want or what you don't want?
5. What is the price you will have to pay to achieve the goals that are most important to you?
6. What one action should you take immediately as the result of your answers to the above questions?