

TAMMYHAWKSWORTH.CA

# Achieving Your

# GOALS

# with Ease

1.

2.

3.



# playbook

because achieving goals is fun!

by

Tammy Hawksworth

Aroma Freedom Technique Practitioner

Masterful Student of Sacred Body Language Translations

Intuitive Faith Based Mentor

Raindrop Technique Specialist

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# Hello friend!

Your goal setting playbook is your tool you can utilize for helping you define and plan for your goals.

Please find included prompts and exercises for guiding you through your process for setting and achieving your goal(s) with success, fun and ease.

I know you have heard achieving goals are work! I disagree. I have reached goal after goal and have enjoyed every step of my way. I desire the same for you!

So let's get started and have fun doing this!

Are you ready?

*Tammy*

Well Oiled life with Tammy



# Are you ready to achieve your goal?



If you are like me, you have had dreams that you felt were unachievable, so out there that the idea seemed unbelievable.

Well, I have come to realize, if I can think it, I can achieve it, remember The Jetson's and video calls?

I am breaking through my walls, and upgrading my old programs that were holding me back and I AM achieving my Goals!

I am here to help you see how you can reach yours too!

"Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways"

Job 22:28





# Why set another goal?

Maybe you have tried goal setting in the past and failed.

Maybe you start out great and somehow let your goal falls off into oblivion.

Maybe you made progress and then someone made a comment and felt defeated you give up.

Well, no more!

Your desires are important. You matter and your desires matter.

You can reach your goals, you just require knowing how, right?(How to set goals- the actual HOW they arrive is up to GOD)

Well follow your playbook, start with your first simple goal.

This will build your trust in achieving your goal is possible.

Then go bigger and bigger as your faith increases.



# How It Works

## 01 PICK YOUR GOAL

Choose a goal that interests you and serves a purpose. It can be anything, however be sure it is your desire and not someone else's for you.

## 02 CREATE A DECREE FOR YOUR GOAL

Create a statement that embodies you with your goal already achieved. Follow three P's rules

## 03 WRITE YOUR NEW STORY

This is a paragraph about your life now that you have your goal. Be specific, details help your success.

## 04 READ YOUR NEW STORY DAILY

An old program is simple a story you repeatedly told yourself over and over again.

This just happens to be how you get a new story inside your head.



### QUESTIONS

#### CONTACT DETAILS

welloiledlifewithtammy@gmail.com

#### BOOK A SESSION

Tues & Thurs. 10:00am - 5:00pm,  
7:00pm-9:00pm AST  
Fri 1:00am - 4:00pm aST

#### WEBSITE

tammyhawksworth.ca

#### SOCIAL MEDIA

IG @WellOiledLifeWithTammy  
Clubhouse @welloiledlife  
FB Tammy Hawksworth





# Pick Your Goal

Picking a specific goal may seem overwhelming. Try thinking about something that matter for you. Then pick something you desire based on your values. For example, if you desire is to let go of weight. Pick a goal of exercising a number of times per week for specific minutes. Or if your desire to be financially free, maybe choose to connect with a financial advisor and set things in order.

## YOU ACTION STEP #1 GOAL IDEAS

### GOAL SELF EVALUATIONS

- ✓ Is it something I desire or someone else's for me?
- ✓ Do I currently need help reaching this goal or do I already know how?
- ✓ Will I feel successful when I reach this goal?

\*PRO TIP: JUST DO IT, Don't Over Think It!

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TIME INVESTMENT  
**5-15 MINUTES**



# Create My Decree...



Areas of focus for a goal:

- ~wealth/financial
- ~Reputation/Authorship
- ~Love
- ~Family/Relationships
- ~Health/Fitness
- ~Spirituality
- ~Education/Certifications
- ~Achievements
- ~Travel
- ~Adventures
- ~???

the options are infinite

**YOU GET TO CHOOSE!**

**TIME INVESTMENT  
5-15 MINUTES**

## USE THE THREE P'S

1. FIRST PERSON (I, ME)
2. PERSONAL (MY, MINE)
3. PRESENT TENSE (I ALREADY HAVE THIS NOW!)

Example: I am 125 pounds

Example: I am certified as a health coach

Example: I travel to Australia

## MY GOAL IS:

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# Now that I am/have/do...

What is new for you now that you have achieved your goal?

Now that (insert goal here)

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(write your new story here:

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I feel ...

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**THE MORE DETAILS YOU CAN INCLUDE, THE EASIER IT IS FOR YOU TO CREATE YOUR OUTCOME!**

- ✓ Create a paragraph or two about what your life is like now that you have achieved your goal. Include feelings!
- ✓ PRO TIP: Keep your outcomes positive, what you have vs what you don't have.

## WRITE YOUR NEW STORY!

- Who is in your life now?
- What are you doing different?
- Have your surrounding changed?
- What is your day like?
- What have you let go of?
- What have your started?
- How do you feel?



**TIME INVESTMENT  
30 MINUTES**

# Read Your Decree & Story Daily



## 1 Read First Thing in Your Day

The time between sleep and awake is a powerful time to insert new stories because our brain state is open to new ideas now.

## 2 Read Last Thing Before Sleep

Again this is when brain is shift from one state to another and perfect time to input your new story. Also what we put in our minds before sleep is what our brain processes through the night. You may notice new ideas as you wake up, or just before. Write these down

## 3 Reptition Gets Results

Learning any new thing requires repetition. From learning to walk, to becoming a masterful craftsman. The same with upgrading our stories for our outcomes. Repeat, repeat, repeat!

**TIME INVESTMENT**  
**2-5 MINUTES**



PRO TIP: Use a power pose and a natural aroma to boost results

*"When performance is measured, performance improves. When performance is measured and reported, the rate of improvement accelerates."*

Thomas S Monson

# Track Your Progress!

## Keep a Record

Whether it is simply checking off that you did daily or getting more detailed. Track what you are doing. Track your AM and PM decrees and stories. Track your steps as you achieve your goal.

Find someone to report to, hey use me, I will be your cheer team!

SUN	MON	TUE	WED	THUR	FRI	SAT
AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___
AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___
AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___
AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___
AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___	AM ___ PM ___



# Other Empowering Services



## **Aroma Freedom Technique**

Use your superpower sense of smell to clear out your goal blocks with ease, so your path for your success can be realized.

\$100

## **Intuitive Mentoring**

Looking for one on one guidance as you create your new outcomes. I can help you overcome blocks you may not even see!

\$200+

## **Energy TUNE UPs**

Just like your vehicle requires a tune up every now and then, so do you, your energy centers get out of tune and I facilitate your getting back in tune!

\$75+

**ALSO AVAILABLE IS MY VISION BOARDING COURSE!**





*"write the vision, and make it plain  
upon tables, ...  
for the vision is yet for an appointed  
time, but at the end it shall speak,  
and not lie; though it tarry, wait for  
it; because it will surely come, it will  
not tarry"*

*Habakkuk 2:2-3*



Feeling STUCK?  
use this tool to clear things out.



Bonus Tip:  
science shows that speaking your goal  
increases you goal success by...

95%

# Testimonials



## Karen K

Working with Tammy helped me to focus on goals that I had been putting off and to know what really needed to be done to accomplish them. The Boost is a great tool to have in your box and I'd definitely recommend it if you're feeling stuck!

## Marina W

Thanks soo much Tammy! The session was a great way for me to release my financial doubt. Felling amazing! Thank you thank you thank you!



## Denise S

Tammy was a complete stranger before our session, but she was quickly able to put me at ease so that I was able to relax for my session. She explained every step and guided me through my individual process. I feel that I am better equipped to deal with my emotions when I am placed on a battleground.

# My Favorite Scriptures Supporting Goals



Genesis

And God said, Let there be light: and there  
was light

Isaiah 55:11

so shall my word be that goeth forth out of  
my mouth;; it shall not return unto me void

Isaiah 46:10

Declaring the end from the beginning

Abraham 2:8

I know the end from the beginning.

Proverbs 18:21

Death and life are in the power of the tongue,  
and they that love it shall eat the fruit thereof

Proverbs 13:19

The desire accomplished is sweet to the soul.

Psalms 37:4-5

Delight thyself also in the Lord; and He shall  
give thee the desires of thine heart  
Commit thy way unto the Lord; trust also in  
Him; and he shall bring it to pass

Isaiah 4:24

surely as I have thought, so it shall come to pass

Luke 18:31

all things written....shall be  
accomplished

"Thou shalt also  
decree a thing,  
and it shall be established  
unto thee: and the  
light shall shine  
upon thy ways"  
Job 22:28

Every man also to whom  
God hath given riches and  
wealth, and has given him  
power to eat thereof, and  
to take his portion, and to  
rejoice in his labour; this is  
the gift of God  
Ecc 5:19

And it shall come to pass,  
that before they call, I will  
answer  
Isaiah 65:24

# FAQ's



## What if I don't reach my goal by my due date?

Keep going often you are very close and it will soon be realized. I have had things happen even after I gave up.

## Can I choose more than one goal?

You can choose as many as you like, however you will find 1-3 is a reasonable amount to go for at any given time. As you improve your skills you may be comfortable with more.

## Can I set BIG goals?

Yes, however realize you may have more walls to "break through" in getting there.

## I find it hard to believe in my goal, what can I do?

This is where essential oils help. Breathe in a pure essential oils when doing your decree and story. Notice any inner voices and write them down. Then use Aroma Freedom Techniques to rewrite your stories.

## If I feel my goal is too big, can I make it smaller?

Yes, it is your goal. The key is too make your goal outside of what you currently do and have. This builds your skill in goal success. Goals are completley adjustable. I call this process gaining clarity.



# Let's Get Started!

Still feeling like your goal is out of reach, book your epiphany call and discover if we are a good fit for facilitating your goal outcome success.

I see more than you can see, I hear more than you can hear, I know things you are about to discover.

What will your epiphany be?



[SCHEDULE YOUR  
EPIPHANY CALL](#)

Whether you choose  
achieving your goals on your own  
or  
with my facilitation.  
I am cheering you on!  
You got this!

*Tammy*



welloiledlifewithtammy@gmail.com  
tammyhawksworth.ca

