

TAMMYHAWKSWORTH.CA

Achieving Your

GOALS

with Ease

1.

2.

3.



WITH
16
PAGES!

playbook

because achieving Goals is fun!

by

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Intuitive Faith Based Mentor

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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 so 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 & faith in achieving your goal(s) 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

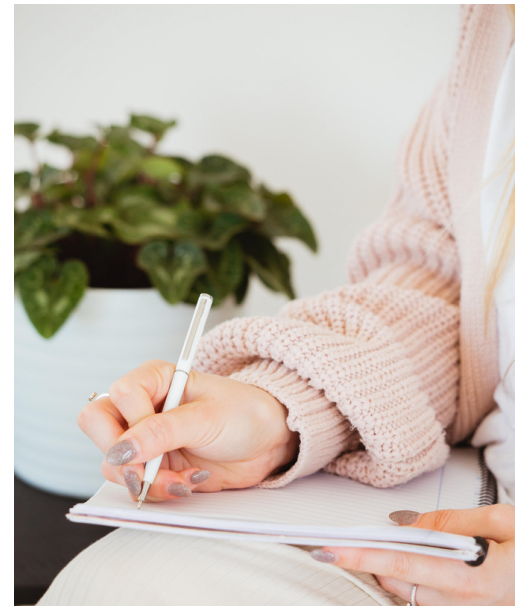
03 WRITE YOUR NEW STORY

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

FEELING STUCK?

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~JUST LIST ANYTHING COMING TO MIND HERE

GOAL SELF EVALUATIONS

- ✓ Is it something I desire or someone else's for me?
- ✓ Is there a way I can measure my success?
- ✓ Is there a time connection? a due date?

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

TIME INVESTMENT
5-15 MINUTES

See following page for category ideas

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

PICK ONE OF YOUR IDEAS
AND USE FOR YOUR GOAL
MY GOAL IS:

Now that I am/have/do...

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

I feel..._____

Now that(insert goal here)

(write your new story here:)

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 you started?
- How do you feel?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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 sense (see, hear, smell etc) & feelings/emotions!
- ✓ PRO TIP: Keep your outcomes positive, what you have vs what you don't have.



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 ____

Things to track: AM & PM decrees & Story, Action steps, Time for each action. things that seem in your way, negative voices.



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 is clear and can be easily realized.

\$100

Intuitive Mentoring

Looking for custom one on one guidance as you create your new outcomes? I 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+

FOR MORE INDEPTH INSIGHTS,
CHECK OUT 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 your 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. If you get up against your wall, I can help!

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



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