

TAMMYHAWKSWORTH.CA

Achieving Your

GOALS

with Ease

1.

2.

3.



FOR FULL LAYBOOK
SIGN UP FOR
MIRACLES IN THE
MAKING COURSE!

playsheets

because achieving Goals is fun!

by

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Are you ready to achieve your goal(s)?



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



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 hearts' desire and not someone else's desire for you.

02 CREATE A DECREE FOR YOUR GOAL

Create a statement that embodies you already with your goal achieved. Follow three P's rules(Personal, present tense, and First Person)

03 READ YOUR GOAL DECREE DAILY

An old program is simply your story you repeatedly told yourself over and over again. Often from childhood. Creating your new story is how you get your new story inside your head.



QUESTIONS

CONTACT DETAILS

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FEELING STUCK? BOOK AN AFT SESSION

WEBSITE

tammyhawksworth.ca

SOCIAL MEDIA

IG @WellOiledLifeWithTammy

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 desire for me?
- ✓ Is there a way I can measure my success? if no, dig a little deeper.
- ✓ 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...



Sample Areas of focus for goals:

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

your options are infinite.

YOU CHOOSE!



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 in Australia

**PICK ONE OF YOUR IDEAS
AND USE FOR YOUR GOAL**

MY GOAL IS:

**TIME INVESTMENT
5-15 MINUTES**

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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