

TAMMYHAWKSWORTH.CA

MIRACLES IN THE MAKING



NOW
WITH
22
PAGES!

playbook

because achieving Goals is fun!

by

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Hello Sister!

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 righteous goal(s) with success, fun and ease.

You may have heard or felt achieving goals are work! I disagree. I have reached goal after goal and have enjoyed every step along my way.

I desire goal success with fun and ease 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(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 imagine 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

And It shall come to pass, that before they call, I will answer

Isaiah 65:24

Every (wo)man also to whom God hath given riches and wealth, and has given him power to eat thereof, and rejoice in his labour; this is the gift of God

Ecc 5:19

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 you felt defeated, or embarrassed, so you gave 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- cause actually HOW they arrive is up to GOD)

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

03 WRITE YOUR NEW STORY

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

04 READ YOUR NEW STORY DAILY

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



CAUTIONS:

Isaiah 10:1

Woe unto them that decree unrighteous decrees, and that write grievousness which they prescribed (pre-scribe=pre write)

Luke 18:31

all things written...shall be accomplished
(all is everything)



01 Pick Your Goal



Picking your specific goal may seem overwhelming. Try thinking about something that matters for you. Then pick something you desire based on your values.

For example, if your desire is to let go of weight. Pick a goal of exercising a number of times per week for specific minutes or a new nourishment plan (not a Diet=Die + it)

Or if you desire to be financially free, maybe choose to connect with a financial advisor and set things in order.

YOUR 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 MINUTES

See Bonus sheet 3 for category ideas

02 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 MINUTES**

04 Read Your Decree & Story Daily



1 Read First Thing in Your Day

The time between sleep and awake is our most powerful time for inserting new stories because our brain state where we are open for new ideas.

2 Read Last Thing Before Sleep

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

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!

DAILY TIME INVESTMENT
2-5 MINUTES



PRO TIP: Use a power pose and a natural aroma to boost results
*20 times vs 400 times

*"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!

As you do these steps ideas will come to you as your steps towards your goal....do them!

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 for tracking: AM & PM Decrees & Story, Action steps, Time for each action. things that seem in your way, negative voices. *A more detailed tracker on page 18, Bonus pages!



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.

1 HOUR SESSIONS

Miracles In the Making

Looking to learn more about goal setting and achieving? This 4 week course provides your sure foundation for your goal success!

4 WEEK CLASS



SCAN CODE TO GET ON MY
WAITLIST FOR NEXT CLASS VIRTUAL
HAPPENING JANUARY 2025



FOR MORE ,
CHECK OUT MY WEBSITE

*"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.



Aroma Reset Bundle
My Gift to you!

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



SOME WORDS GOD USES FOR SUPPLY:

Abundance/abundant, Prosper/prosperous, Pour Out, Richness/Rich, Supplied, Multiply, Be Fruitful, Blessed beyond measure...

Genesis 1:3

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

Words God Uses for action:
Awake, Arouse, Experiment Upon, Liken, Exercise, Study it out, Ponder, Desire, Plant, Acquire, Seek, Knock, Ask, Inquire,
How will you take action?

Faith without works is dead
James 2:26

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 and AFT 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
FREE EPIPHANY CALL TODAY!**

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

**WOMEN'S CONFERENCE SPECIAL: RECEIVE ONE FREE AFT
SESSION WITH CODE: VICTORY**

***MUST BE REDEEMED BY NOVEMBER 11, 2024**

VALUE \$75

*Limit for 10 Only



scan to book

BONUS 1~ AM/PM ROUTINE CARDS

AM schedule *Well Oiled Life*

From _____ to _____	M	T	W	TH	F	S	S

AM schedule *Well Oiled Life*

From _____ to _____	M	T	W	TH	F	S	S

PM schedule *Well Oiled Life*

	M	T	W	TH	F	S	S

PM schedule *Well Oiled Life*

	M	T	W	TH	F	S	S



AM schedule *Well Oiled Life*

From _____ to _____	M	T	W	TH	F	S	S

AM schedule *Well Oiled Life*

From _____ to _____	M	T	W	TH	F	S	S

PM schedule *Well Oiled Life*

	M	T	W	TH	F	S	S

PM schedule *Well Oiled Life*

	M	T	W	TH	F	S	S

BONUS 2



SCAN TO ACCESS

Tammy Hawksworth

GRAB YOUR FREE AROMA RESET BUNDLE HERE!

Use to clear and calm
quickly and easily!



This tool is more
powerful than it
appears, I was able to
write & publish three
books within 4 months
using this tool!



BONUS 3 ~ GOAL CATEGORIES PLAYSHEET

GOAL PLAYSHEET

<u>Wealth Goals</u>		<u>Achievement Goals</u>	
1		1	
2		2	
3		3	
<u>Family Goals</u>		<u>Love Goals</u>	
1		1	
2		2	
3		3	
<u>Education Goals</u>		<u>Spirituality Goals</u>	
1		1	
2		2	
3		3	
<u>Reputation Goals</u>		<u>Travel Goals</u>	
1		1	
2		2	
3		3	
<u>Health Goals</u>		<u>Other Goals</u>	
1		1	
2		2	
3		3	





SCAN FOR PLAYBOOK



DEEP IN OUR HEART
CONFERENCE TALK

