



Trinity's  
**G.O.A.L.S. Program**  
**How to Accomplish Anything YOU Desire!**  
By Nathan Nowak

This is an overview of what Trinity's G.O.A.L.S. program will cover. I developed this a long time ago and have been using it with clients and as my own personal strategy for goal setting for quite some time, but this is the first time we are creating a stand alone program out of it.

This is a step by step "action plan."

That's right, it's an action plan. It only works if YOU DO!

***"Our limitations and success will be based, most often, on your own expectations for ourselves. What the mind dwells upon, the body acts upon."***

***Denis Waitley***

Let's get started:

Step 1: (Gathering Information)

**Know what you want and why you want it.**

This sounds easy enough, but many people find themselves running back and forth from idea to idea not really knowing if that's what they really want.

So, how do you know if you have achieved your goal if you're not sure what you really want?

I guess it wouldn't matter. Know what you want in great detail. We all have "should haves," in our lives. Turn those "should haves" into "must haves."

Write them down. I mean, write down every goal! All of them and commit them to memory.

When an idea becomes a desire, the first step is to gather basic information on the subject and talk to experts in the field.

How much will it cost to accomplish your goal?

What is the time line and the time commitment?

What tools will you need to get the results you want?

The more questions and answers you can gather in the beginning will lead to more productive time later down the road.

Also, after some initial investigating, you may decide to change, modify, or abandon the goal all together.

It's better to figure it out in the beginning when your heart isn't in it rather than wasting time, money, and energy later.

You will constantly gather information throughout your journey right up to the accomplishment or final result towards which you are working. This information will keep you on track and will keep you motivated.

With the right information, you will have a laser-like focus towards your goals!

Step 2: (Opportunities)

**Know what it looks like when you see it!**

The second step of the program is "O" for Opportunities. Once you have the information you need, the next step is to look for opportunities to align yourself with to achieve the goal you set.

Look for opportunities and people that will help in the achievement of your goal.

When you have a clear definable goal, opportunities for its completion will start to fall into place, almost like magic.

When you start to focus your energy on the goal, you will start to attract other people with the same goal or with the resources necessary to accomplish your goal.

Opportunities can mean different things for different goals.

An opportunity could mean finding the right resources at a time you need them to accomplish a task. It could also mean financial support from investors or others that have an interest in you reaching your goal. It might even come in the form of a support group or other friends with like minded goals.

Opportunities for you to accomplish your goals are everywhere.

Take off the blinders and look for them.

***“Opportunity is missed by most people because it’s dressed in overalls and looks like work.”***

***Thomas A. Edison***

Step 3: (Alignment)

**Aligning your thoughts with your actions.**

Alignment can mean many different things.

It could be aligning yourself and your efforts with people around you that can better help you achieve your goals.

It could also mean aligning the information you gathered to create a game plan for the accomplishment of the goal you have set.

Aligning yourself with more positive people has obvious benefits. They’ll be much more encouraging and supportive.

For this reason, you should be very selective with whom you share your ideas. Find like minded individuals, either people who have already accomplished something you’d like to do or those who are on the same journey.

Many may not be so supportive of your goals. Surrounding yourself with more positive people can even help you become more creative. Allowing others to have some input can give you a different or fresh perspective on a situation.

The Alignment area is where many fail to see the goals completion.

Why?

Because many times we give up what we want in the future for what we see or what feels good now.

Don’t settle.

Now what you want and have the discipline to wait and see it to completion.

Step 4: (Length of Time)

**Every goal must have a deadline.**

When do you want to have your goals accomplished?

What’s the time frame?

Without a clear end in mind, you're goal isn't a goal, it's merely a dream!

Choose a date and remember it often. If it's to lose weight, by this point in the process you should have already decided on the amount you want to lose.

Now decide how long it will take. Maybe you want to train for a triathlon or a road race. Pick a race date. That will give you the deadline for your goal.

When working with clients, one of the main questions we ask is, "what do you want to get out of training and by what date?"

Many don't have a clue.

And that's okay in the beginning. We assist them in narrowing down goals and becoming specific with a time line. This way we are both on the same page and we can assist in the process. If either the trainer or the client doesn't see the end, there will be very little results and nothing to look forward to.

Be specific in what you want and when you expect to get. It will come every time! I guarantee it!

If your goal doesn't have a deadline, it's as good as having a brand new car without the keys.

You can look at it, but that's about it.

You won't get the full experience of driving your luxury vehicle.

Step 5: (**S**ucceed)

**The final part is the breakthrough and success.**

**The letter S stands for Success!**

If you've followed the first part of the program, then success shouldn't be too far away.

You may have experienced some successes along the way, but if you've gathered all the information to create your plan, organized and followed opportunities, aligned yourself with the right team and designated a length of time to accomplish your goal, you are on your way to the achievement of your dreams!

The goal becomes reality! It is manifested into the real world and into your life.

I read a newsletter from another fitness professional that read,

***“Waste your time, waste your money, waste your effort and waste your life.”***

It's that simple, and it's your choice. Start where you are right now, and make this year your best year ever!

There is absolutely no thought or idea that you have that cannot come true. We are born with the ability to think and create anything.

From airplanes and space ships to electricity and automobiles, there isn't anything in our life that wasn't first created in someone's imagination first.

***“Whatever the mind of man can conceive and believe, he will achieve.”***  
***Napoleon Hill***

If you have a goal you want to accomplish, are you ready to take the first step?

There you have it, a proven system for achieving your goals and dreams. 2011 is here. Let's get started early on making this year your best year ever!

We hope that you enjoyed Trinity's Mental Tips to assist you in preparing for the New Year!

Please visit our website at  
[www.trinitybody.com](http://www.trinitybody.com)  
or call us directly at 404-966-KICK(5425)  
for more information about our programs.

We have many exciting programs planned for 2011 and we would love for you to be a part of it.