

Types of Goals

- Financial
- Growth
- Health
- Spiritual
- Family
- Charity or Contribution



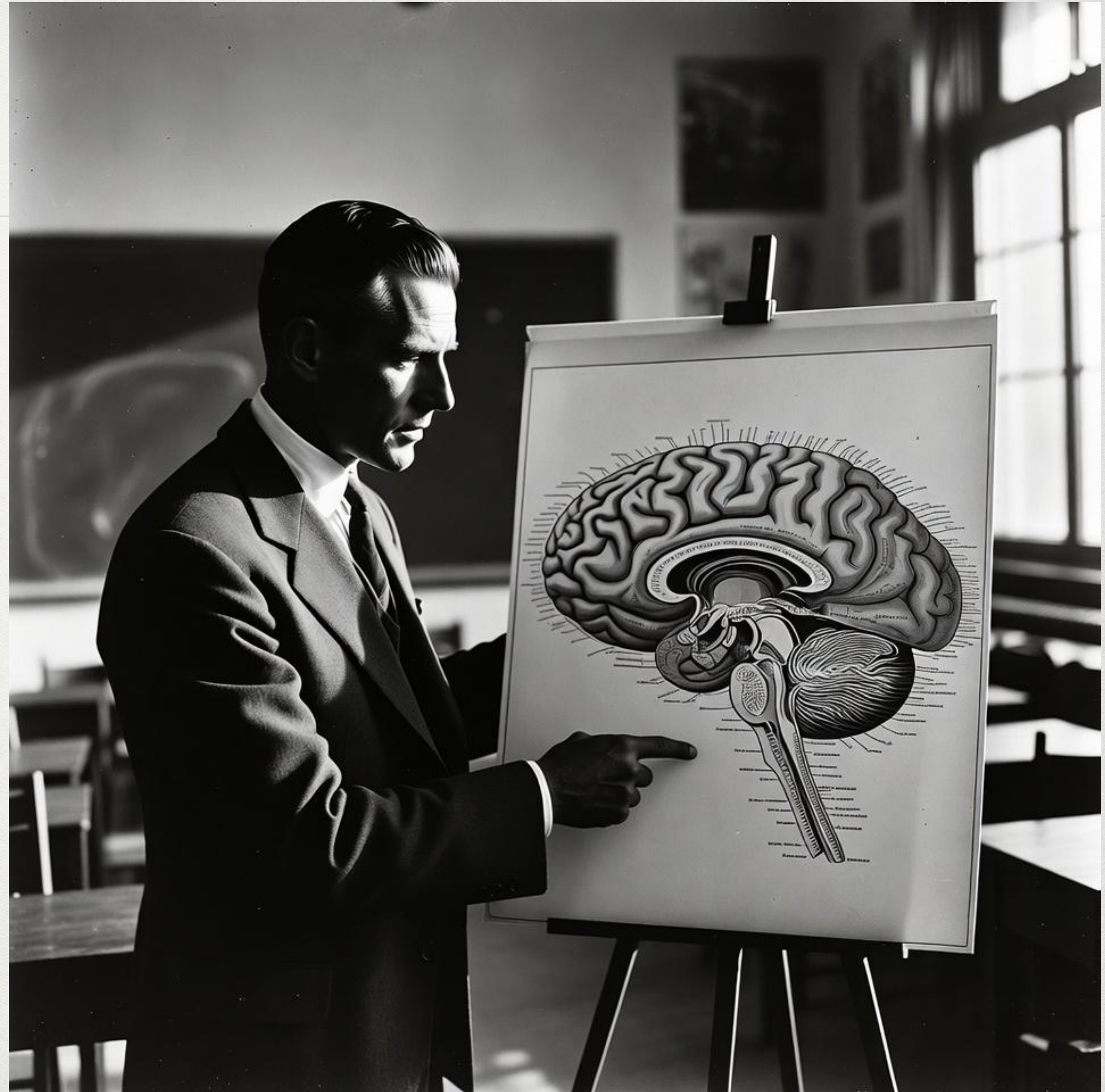
Great Goals

- Realistic
- Stretch
- Specific
- Measurable
- Time bound
- Broken into small chunks
- Calendarized



The Human Brain

- How do you stay motivated?
- Motivation is a biproduct of blood pressure.
- Survival creates intense focus



Neuroscience Study

- Two groups ran a race
- Group A Run till told to stop. Group B told: Vivid focus on finish line
- Group B: Enjoyed it more, felt less effort, finished faster.
- Focus releases Adrenaline and motivation, plus makes it easier and more fun



The Stretch Goal

- People set goals too big
- Or barely bigger than last year.
- Both fail to trigger adrenaline
- Stretch goals stimulate adrenaline
- You need to be scared of it



Chasing too many Rabbits

- Chasing everything at once
- If you chase two rabbits you catch none
- Focus on **ONE BIG GOALS**



No Strategy

- THIS YEAR I'M GONNA GET FIT
- I'LL JUST GO TO THE GYM
- NO PLAN, NO STRUCTURE, NO ACCOUNTABILITY



STRATEGY

- 12 MONTH GOAL
- ASK.. WHAT IS NEEDED?
- IDENTIFY 5 STEPS
- 90 DAY PROJECTS
- WEEKLY
- TRACK OUTPUT



WEEKLY AND DAILY

- **3 THINGS TO MOVE FORWARD**
- **3 MINIMUM ACTIVITIES**
- **EVEN ON BAD DAYS DO THE 3 MINIMUM**



DEADLINES AND TIME BOUND

- SET DEADLINES FOR EVERYTHING
- CHECK DAILY
- CATCH UP IF MISSED



Broken into small chunks

- Big goals are overwhelming
- Small bites are not
- Break things to monthly, 90 days, weekly, daily



CALENDARIZE

- Schedule times for goal review weekly, monthly and 90 days
- Put small bite projects in calendar as an appointment



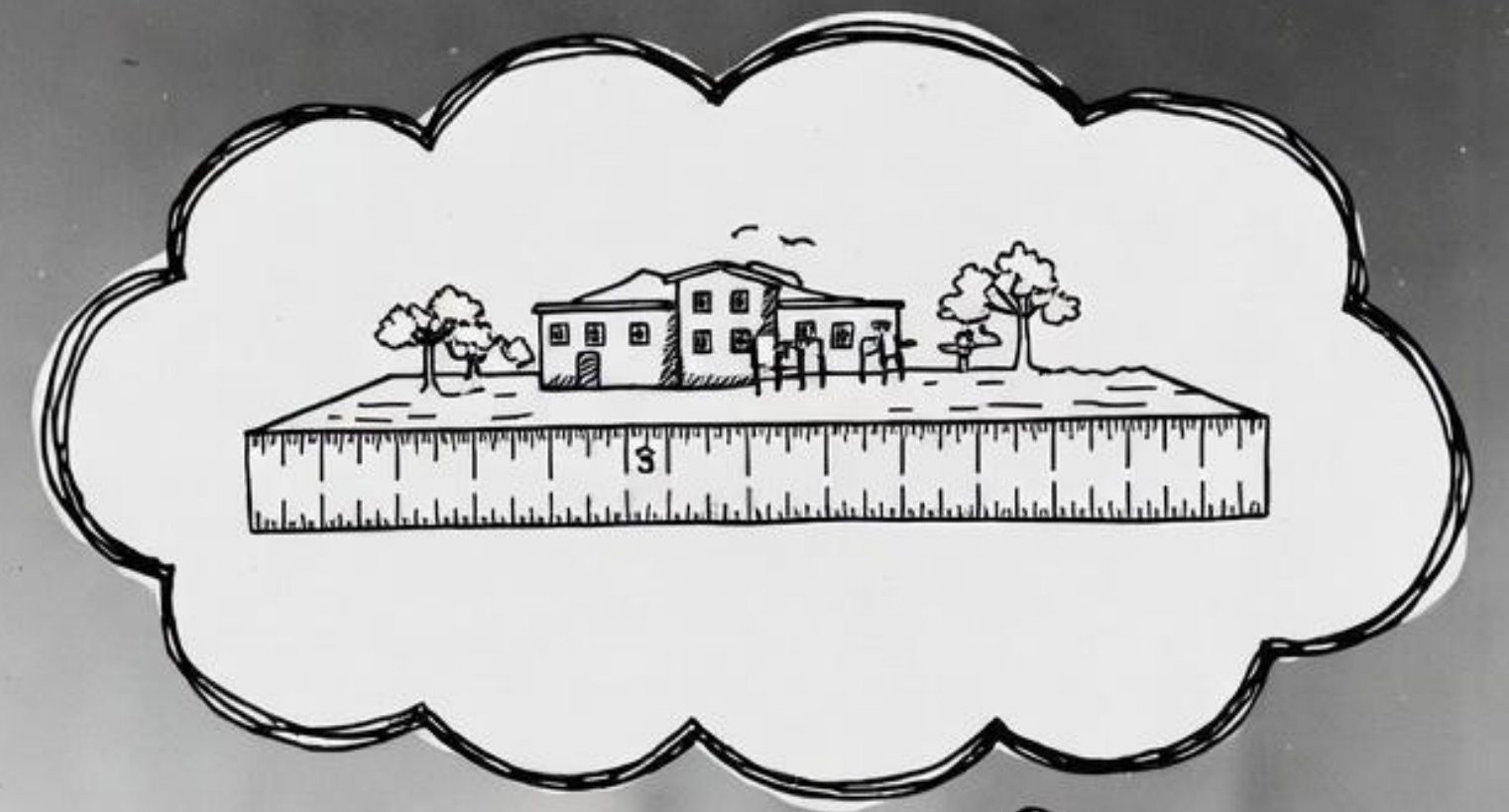
IMPORTANT PRINCIPLES

- CLARITY- KNOW YOUR STRETCH GOAL
- FOCUS ON ONE THING
- FOLLOW A PLAN



Specific and Measurable

- **MAKE MORE MONEY ISN'T A GOAL**
- **TRAVEL MORE ISN'T A GOAL**
- **BE SPECIFIC**
- **CAN YOU MEASURE IT?**



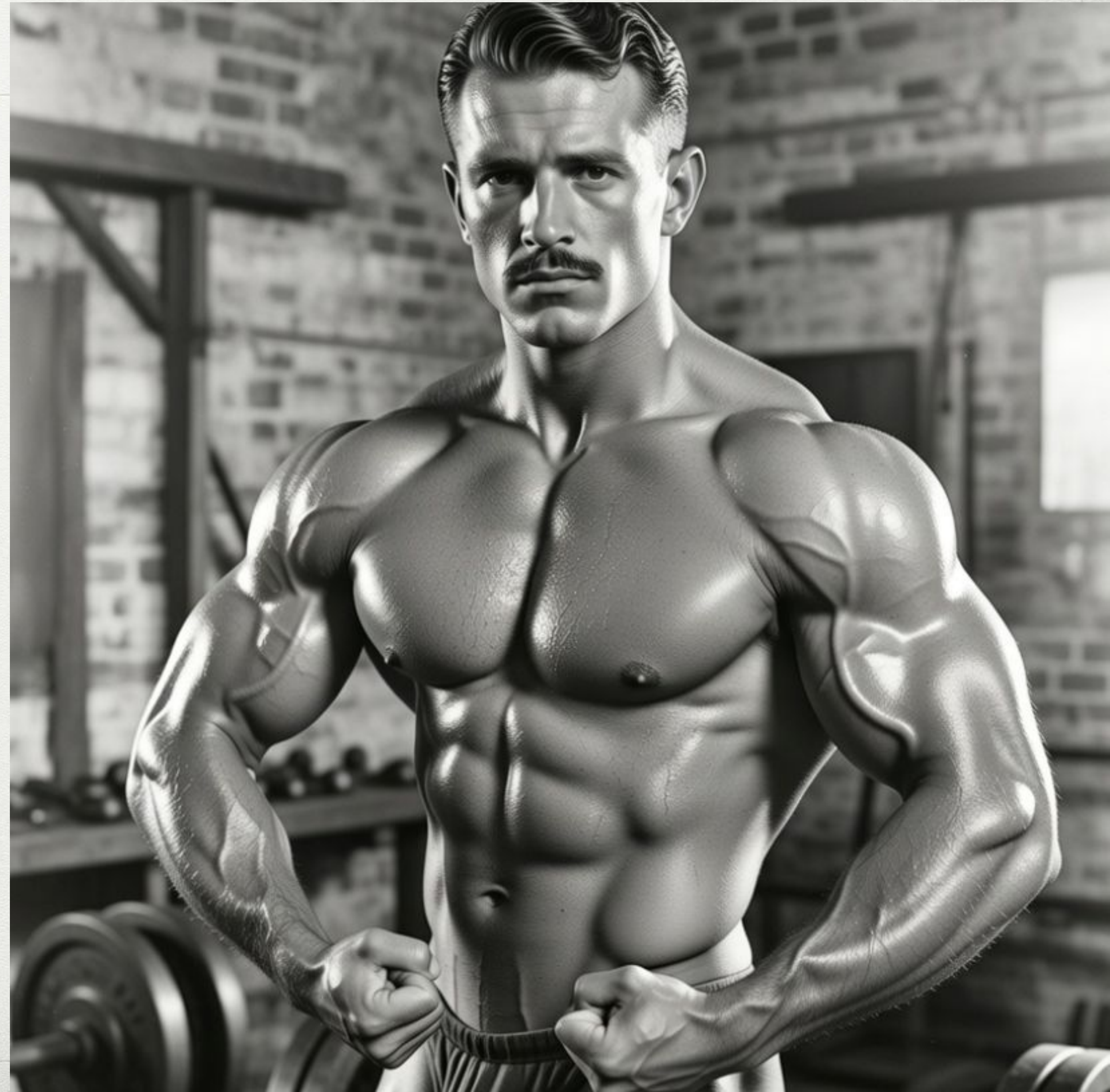
BE REALISTIC

- KNOW WHAT CONSTRICTS SUCCESS
- WHAT IS ACTUALLY POSSIBLE



INTENTIONS VS GOALS

- INTENTIONS ARE NOT THE SAME AS GOALS
- SOME INTENTIONS NEED TO BECOME GOALS TO MAKE WAY FOR OTHER GOALS



Manifestation

- NEW RESEARCH
- I AM
- NOT I'M GONNA
- SEE YOURSELF IN
DETAIL



PHONES DOWN BRUSHES UP CHALLENGE

- Jan 12-16
- Daily painting challenge
- Post your paintings
- Win Prizes
- StreamlineArtEvents/
Challenge



What we do



Check out all of our in-person, virtual events,
and everything else we do for artists here :

StreamlinePublishing.com/art

What we do

Plein Air Convention
& Expo



What we do

- Online Art Training Events
 - Watercolor Live
 - PleinAir Live
 - Realism Live
 - Pastel Live
 - Acrylic Live
 - Gouache Live
 - Gouache Live Bootcamp
 - Art Business Mastery



What we do

- Artist Retreats
- Winter Escape
- Paint Adirondack's
Publisher's Invitational
- Fall Color Week



What we do

- Plein Air Trips
- Two Big Announcements Soon.
Hold the Dates:
November 6-19
May 15-27



What we do

- Art Instruction Courses
 - 700+ Full Length
 - Professional Produced
 - World's Leading Artists



PaintTube.TV