



LET'S TALK ABOUT

GOAL SETTING

FOR AMBITIOUS WOMEN

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CONTENTS

Backstory	03
Chapter I Why are you not achieving your goals?	05
Chapter II The SECRET to goal setting.	07
Chapter III The proven formula for successful goal setting, including 3 key elements for success.	08
Chapter IV Hacks for priming yourself for success.	13
Final Thoughts.	14

ABOUT YAS



HI THERE!

I'm Yasmen, your go-to Therapist, Empowerment Master, and Energy Healer based in Dubai. I'm not your ordinary therapist - I have a diverse range of skills and certifications that allow me to approach therapy and healing from a unique perspective.

With a UK-Certified Cognitive Behavioral Therapy background, I have a solid foundation in traditional psychological models. But that's just the beginning!

After hitting rock bottom myself, I delved beyond traditional methods and became a Certified Clinical Hypnotherapist, Neuro-Linguistic Programmer (NLP), and Thetahealer®.

Throughout my healing and growth journey, I attended over a hundred trainings and workshops on healing, success, mindset, energy work, and the mind-body connection.

My drive to learn came from a place of necessity, desperation, and hopelessness. I've been there, and I know how it feels.

But the best thing that came from hitting rock bottom was the realization of where I didn't want to be. Now, I had to figure out what I wanted in life and for myself - and it wasn't easy.

BACKSTORY

THINK OF A GOAL AS A DREAM
WITH A DEADLINE. NOW ALL WE
HAVE TO DO IS CREATE A
BLUEPRINT TO ACHIEVEMENT.

- TONY ROBBINS

For so long, I was overwhelmed with questions with no answers, consumed by confusion and frustration. What did I really want out of life? Where do I start?

It took me years to figure out the key to successful goal-setting and turning my dreams into reality.

But now, I've got a proven formula that changed my life - and it can change yours too.

This eBook simplifies the whole goal-setting process for you, making it easier to discover what you want out of life, set achievable goals, and achieve them with flow and ease.

Don't underestimate the power of this formula - it helped me navigate through my darkest times and transform my life. I know it can do the same for you too.

Let me help guide you towards creating a life beyond your wildest dreams.

CHAPTER I

WHY ARE YOU NOT ACHIEVING YOUR GOALS?

The Problem

Are you tired of setting goals and never seeing them through?

You're not alone - it's a common problem.

Despite an overwhelming amount of information out there about goal-setting, the majority of people either don't set goals or never achieve them.

But why?

What's missing?

Why do we keep giving up?

I mean where are you on your goals or New Year's resolutions?

Have you given up and pushed them to next year?

It's time to stop living the same year over and over again.

Isn't it time to start living the life you dream of?

Let me help you turn your dreams into reality.

CHAPTER I

Why should we set goals?

Setting goals helps us expand and grow as individuals while pushing our limitations of what's "possible".

Using this proven formula here in this eBook to set your goals will help you recognize the power of what you are truly capable of achieving and doing.

Not what society has limited you to achieving or doing. It's time to leave that self-imposed prison that is limiting you. You deserve more out of life. Deep down you know this is true.

Did you know?

Happiness has been found to be interlinked with **progress**. So, we need to feel like we're progressing towards something better and greater in order to feel true happiness and fulfillment.

So when we are not moving forward, then simply put, we're moving backwards or dying. As there is no such thing as staying stagnant.

Setting goals will also help you overcome procrastination and keep you accountable.

CHAPTER II

THE SECRET.

This proven method that I share here combines, engages and integrates both your conscious and subconscious mind.

That's the secret. How?

Well, whenever you use rational thought, decide to do something or plan for your future, you are actually using your conscious mind. It is your conscious mind that leads you to speak, write and plan.

So by planning and writing down your goals following the steps outlined in this eBook, you will be engaging your conscious mind.

Now, your subconscious mind is ruled by visual images, emotions and feelings. Which this formula for goal setting also incorporates.

Integrating both the conscious and subconscious is key to paint the new future that you desire.



CHAPTER III

HOW TO START GOAL SETTING?

GRAB A PEN, JOURNAL AND YOUR PHONE TO SET A TIMER.

1. BRAINSTORM (write everything down)

Set a timer of 4 minutes.

Give yourself this time to brainstorm and quickly write down a list of everything and ANYTHING you'd like to do, create, achieve, experience or have in the next 20 years.

Write as many things as you can.

The only thing I ask of you here is to not come from an adult limited mindset of *"that's impossible"* instead, get creative and imaginative as much as you can, just like your child self would!

Write down all the things you've always dreamed of as a child, anything that excites you or that gets your curiosity going!



THE REASON WE DO THIS STEP FIRST IS TO HELP YOU GET YOUR CREATIVE JUICES FLOWING AND TAP INTO EXPANSIVE LIMITLESS ENERGY!

2. SPLIT THEM UP

Now that you have written everything down, split each of your goals into sections. We do this so you won't get overwhelmed with where to start, sections include:

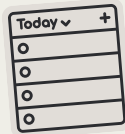


Personal

For example:

How you want to feel on a daily basis? What is your ideal level of mental, emotional or spiritual well-being? Confidence? Things you want to heal? Relationships/ friendships you want? Career advancements? Dream job position? Skills you would like to learn?

Anything of this sort, put them under this section.



Physical

For example:

How do you want to feel about your body? What is your ideal weight? What exercises would you want to master? Any lifestyle changes you want to start? New eating habits? What level do you want your fitness, muscle mass or flexibility? Overall physical health goals?

Anything of this sort, put them under this section.



Financial

For example:

Where you would like to be in regards to your finances? How much saved? How much invested? What would you love to invest in? What assets would you like to acquire? How much in the bank? How much do you want to earn per month? Or what salary you would like to make?

Anything of this sort, put them under this section.

Fun

For example: What would you like to have, buy or experience in the next 20 years? Would you like to buy your dream house? Go on dream holidays? Drive your dream car? Designer wardrobe? First-class flights? Eating at luxury restaurants? Treating your partner or loved ones to lifetime experiences? Buying your parents luxury gifts? Ability to go on exclusive retreats or trainings that you've dreamed of attending?



Disclaimer: It's not selfish to want material things it can be a joyous part of our lives and can add to our success. Real wealth doesn't come from material things, but it's fun to have these things as part of your goals!

Anything of this sort, put them under this section.

Now after splitting each of your goals in their sections, move onto the next step.

3. POLISH UP YOUR GOALS

Now go through all things you wrote in each of these sections and write down next to each goal how many years you'd like this goal to be accomplished within?

Is it 1 year? 3 years? 5 years? 10 years?
Or 20 years?

For example: if you wrote in your Personal goals section:

- Learn how to play guitar (1)
- Be an international speaker (10)

You would put a (1) next to your goal to signal that this goal is something you want to accomplish within 1 year.

You would put a (3) next to your goal to signal that this goal is something you want to accomplish within 3 years.

You would put a (5) next to your goal to signal that this goal is something you want to accomplish within 5 years.

You would put a (10) next to your goal to signal that this goal is something you want to accomplish within 10 years.

You would put a (20) next to your goal to signal that this goal is something you want to accomplish within 20 years.

Repeat this with each section, your personal, physical, finance and fun goals.

CHAPTER III

4. NARROW IT DOWN FURTHER

Now that you've written down how long you want each goal to be accomplished within. It's time to focus on the goals you put (1) year next to in each section.

(If you didn't put any 1 year goals in one of these sections, then focus on the next closer goal whether that's 3 or 5 years etc.)

Now this is the hard part. It's time to only pick **1 goal from each section** that you want to be accomplished within the 1 year.



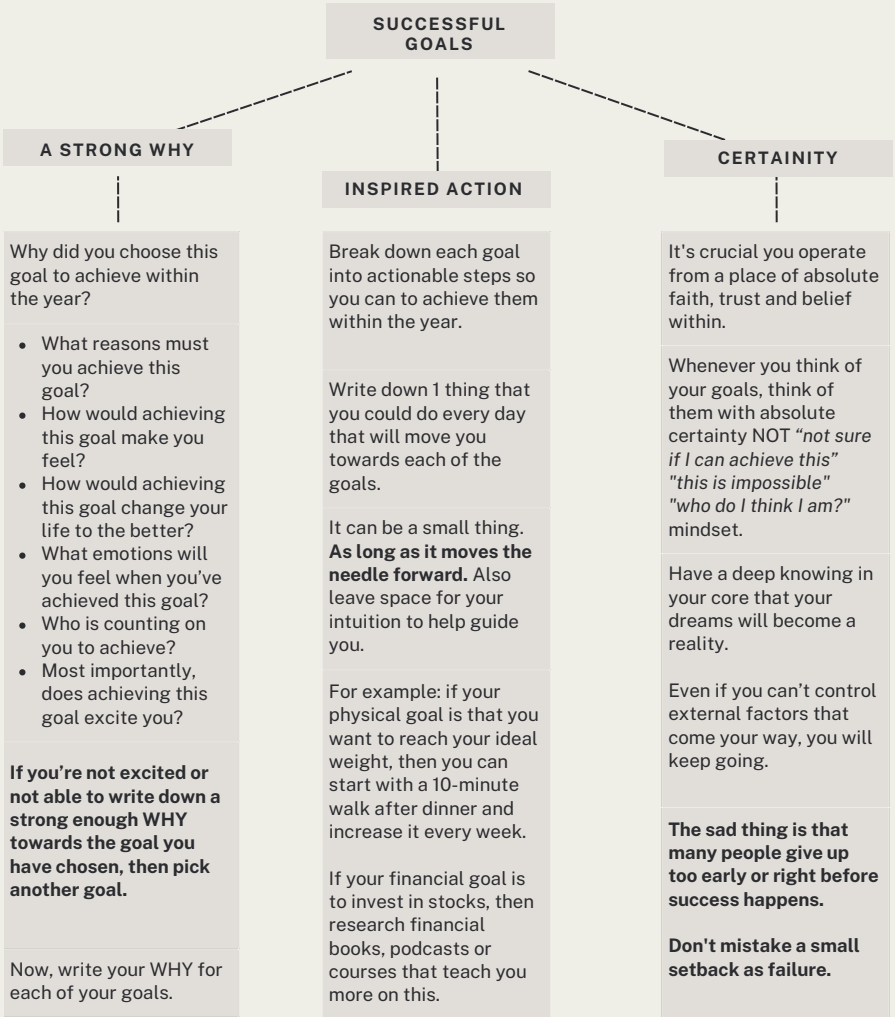
- **1 goal from your Personal Goals**
- **1 goal from your Physical Goals**
- **1 goal from your Financial Goals.**
- **1 goal from your Fun Goals**

Now that you have **specific 4 goals** all together from each section- you're at a great place to start making these goals a reality. You're ahead of everyone else simply making random goals.

You're no longer confused and overwhelmed with not knowing where to start or what to focus on first.

You NOW have a goal that will pull you forward and inspire you in each area of your life. This will help you create progress and balance all round in your life.

3 Key Elements:



CHAPTER IV

HACKS FOR PRIMING YOURSELF FOR SUCCESS

LOOK AT YOUR GOALS

Seeing your goals repeatedly will help your conscious and subconscious mind work together to help you achieve them. Have them written down somewhere you see all the time e.g. your mirror, taped to your laptop, on your notes, on your phone wallpaper or on the wall opposite your bed.

VISUALIZE

Visualize yourself everyday exactly a year having ALREADY achieved your goals in detail. How does it feel like? Even if it's just for a few minutes. Where focus goes, energy flows.

USE THETA STATE

Your brain is in Theta state first thing in the morning when you wake up and in the last moments before you drift to sleep at night. Both of these times are the best to visualize and think positively about your goals as if they have already been achieved.

CELEBRATE THE SMALL WINS

Setting goals doesn't mean you just have to live a boring life simply checking off a list of tasks to complete.

You have to remember to celebrate the small wins. You don't have to just celebrate only when you've "reached" the goal.

For example, if you're working towards a improving your fitness level, then remember to treat yourself to an exciting experience, book yourself a massage or buy yourself the bag you've been eyeing when you've reached a certain milestone on your journey.

Reaching your goals isn't the actual goal...it's the person you become while working towards your goals that gives you the ultimate level of fulfillment and success.

FINAL THOUGHTS

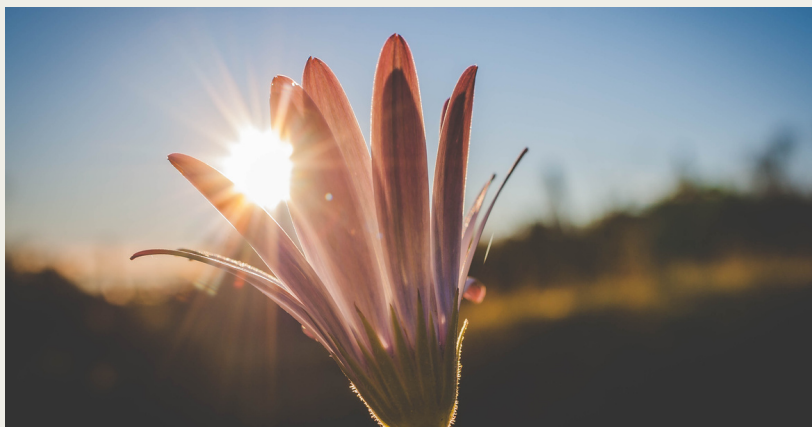
“EVERY ACTION YOU TAKE IS A
VOTE FOR THE TYPE OF PERSON
YOU WISH TO BECOME.”

- JAMES CLEAR

If you made it until here, then be so proud of yourself for taking action towards making your goals a reality. Thank yourself for taking the time to setting up your future self for success and fulfillment.

You have in your hands now the powerful tools that you needed in order to take control of your life. Remember you're not put onto this earth to play small. It's time to stop living that way. Only you can break the limitations of "what's possible".

Finally, I would just like to express how honored and grateful I am to have played a part in your journey. Say hi on Instagram [@inspirewithyas](#) if this eBook has helped you or if you're feeling inspired, **book a mindset coaching session** with me on my website [www.inspirewithyas.com](#) for further guidance!



HERE TO CHEER YOU ON ALWAYS.

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