

Robert Notter

SUCCESS COACHING

*"Easily Create, Plan and Achieve
Your Big Success Goals!"*



YOUR SUCCESS WORKBOOK



How to Create Your Shining Goal

My Shining Goal system works very effectively to support you to set the intention to accomplish a major milestone in your business and reach your monthly goals. It helps you to get things done without becoming overwhelmed, and allows you to see the bigger picture of all that you'll need to do, step-by-step, to make it happen.

Your success will depend on the clarity to set a goal for yourself that allows you to let your passion shine, so you can work effectively and efficiently and see continued results.

Steps to Set Your Shining Goal

1. Choose ONE goal you look forward to completing that is tied to your goals, and which you will celebrate upon accomplishing. The goal could be your *monthly income goal*.
2. Make sure it is:
 - ✓ Realistic
 - ✓ Clear and specific
 - ✓ Enjoyable
 - ✓ Passionate

Examples of Shining Goals are:

- ✓ Create a more compelling and successful newsletter
- ✓ Find one new referral partner who will send me clients
- ✓ Revamp my website and my free offering
- ✓ Create and fill a workshop or Zoom series
- ✓ Get 10 new clients
- ✓ Make \$5000 in income in # month
- ✓ Create a £1500, 3-month private coaching program
- ✓ Create an information product/Ebook
- ✓ Improve my self-esteem and reduce negative self-talk



An important part of this process is **trust**. Knowing what you want and then trusting in your innate abilities to make it happen, knowing that the Law of Attraction is always on your side. You may not know how you are going to reach the goal yet so just stay with it.

Action Step: Write your goal on the top of the form now.



3. Now, it's important to think about why you deserve to reach this goal. Sometimes, our brain plays tricks with us, telling us that "it's not possible" or "you don't know enough".

Well, you DO know enough, and you deserve success. And think about how you'll FEEL once you reach the goal (align with it energetically).

Action Step: Write in succinct sentences, why you deserve to accomplish this goal.

One example: "I deserve the financial freedom and prosperity that this will bring me. This will help me feel peace of mind and happiness!"



4. Next, it's vital to determine which steps you'll need to take to reach this goal. Write down everything you need to do, and be specific. You may think you don't know how to do it, but you do and you will find a way with support and trust.

Action Step: Write down all of the steps you need to take to reach this goal.



5. Once you've determined the steps put them in a logical order, in which you think you'll take them. Once you do that, think about how much time you think the project will take overall, then consider how many blocks of time to put on your calendar to do this.

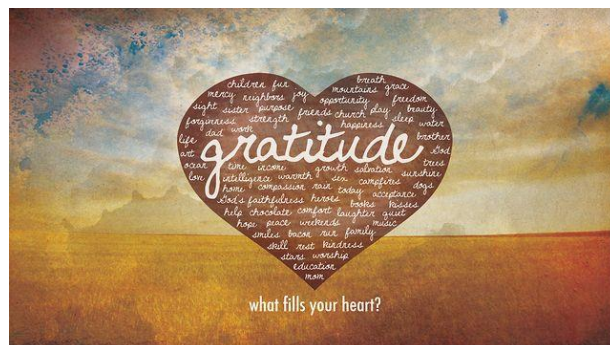
Then, put dates next to the action steps and put those in the blocks of time, as you estimate how long each step will take. And do so with purpose and power, knowing that you are committing to your success. Even if you don't know for sure how long a step will take, just estimate and you'll find the way.

Action Step: Write completion dates next to every step.

6. An important part of reaching a goal is having support. What type of support do you need for each action step. Is there a person you need to contact? Is there a service or some type of technology that is needed?

Action Step: Write down any support you think you'll need for each action step.

7. The next step is to take consistent action and see how the process unfolds.
8. Adjust and adapt the steps as you take them and revise the plan as necessary.
9. The final step is to celebrate your successes, and focus on GRATITUDE!



About Robert Notter, Marketing & Mindset Coach

I'm passionate about supporting health practitioners to authentically build profitable business doing what they love! For the past 20 years, my easy-to-understand strategies have helped entrepreneurs to take the dreams they have for their business and translate it into services their clients are eager to invest in. My approach makes marketing fun and in a way that's repeatable, so it works for you.

I started out as a Health Coach and Reiki Practitioner and Pilates teacher in 2003. And I was so inspired by the success of my practice and how I was helping people, I wanted to help other health and wellness practitioners learn how they could be successful too! So I went on to found my marketing coaching business in 2005. I believe that growing your practice should be something you enjoy, a fun adventure that brings a smile to your face.

I'm also deeply committed to helping my clients and students create a confident mindset that attracts the results they want. As a former corporate man, I've transformed my life into one of joy, abundance and freedom, and I'm excited to authentically model how you can create this success too! I've had the honor and joy to have worked with over 120K practitioners since starting my business coaching practice.



I live in New York City and work with clients all over the world via webinars, online programs, in person retreats, VIP days and virtual private coaching programs. I have taught for numerous organizations including the Institute for Integrative Nutrition, the School of Applied Functional Medicine, UKIHCA, Health Coaches Academy, the Swedish Institute, Functional Medicine Coaching Academy, Maryland University of Integrative Health, the New York Open Center, Lincoln Center, the Javits Center, Beacon Theater and more.

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