

# Give Your Kid A Fighting Chance

## 6 Steps to Giving Your Kid A Better Life by Improving Yours



C. Weston Bailey



**eStarterKit**

**Goal Setting Workbook**

Give your kids a fighting chance – 6 steps to give your kids a better life by improving yours.

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Give your kids a fighting chance – 6 steps to give your kids a better life by improving yours.

## Table of Contents

<b>Introduction .....</b>	<b>5</b>
What is Goal Setting? .....	7
Why Goal Setting? .....	7
<b>Goal Setting Worksheet .....</b>	<b>8</b>
Step 1: Writing your goals .....	8
Step 2: Action Plan .....	11
Step 3: Share Your Goal with a Friend .....	11
Step 4: Creative Visualization .....	12
Step 5: Weekly Progress Report.....	17
Step 6: Celebrate .....	17
<b>Goal Setting Templates .....</b>	<b>18</b>
Step 1A: How do I want to be remembered? .....	18
Step 1B - E: 100 Goals .....	21
Step 1F - 2: Goal Statement & Action Plan .....	26
Step 3: Goal Friend .....	38
Step 4: Creative Visualization .....	39
Step 5: Weekly Progress Report.....	55
Step 6: Celebrate .....	56
<b>Educational Tools .....</b>	<b>57</b>
Free Gifts .....	57



Give your kids a fighting chance – 6 steps to give your kids a better life by improving yours.

<b>Valuable Resources .....</b>	<b>58</b>
<b>Motivational and Educational Audio Books .....</b>	<b>59</b>
<b>Customer Reward .....</b>	<b>60</b>



Give your kids a fighting chance – 6 steps to give your kids a better life by improving yours.

## Introduction

Give your kid a fighting chance. One of the greatest gifts we can receive from God is a child. As parents, we are given the trust and responsibility from God to “train up a child in the way he should go: and when he is old, he will not depart from it” according to Proverbs 22:6 of the Holy Bible, King James Version (KJV).

The school systems help us train our children to be positive and productive men and women in our community. However, as parents we must always be aware of what is right and wrong, as well as what is sufficient and lacking in our child’s education. Based on our life experience, we set the expectations and priorities of our children’s education. The ultimate responsibility is with us.

Reduction in the amount of time families spend together was a setback during the industrial age. Yes, the industrial age propelled our country financially, but at the expense of quality one-on-one time with our children. Parenting statistics[1] show that an average two-parent household spends only 2 hours a day with their children. A single parent household spends 50 minutes a day with their children. So the question is what are we teaching our children in that 50 to 120 minutes? Is that enough time to teach them the important things in life? Is that enough time to bond and build a lasting positive relationship? What can we possibly teach them in less than two hours?

As children during this era, we learned the meaning of sacrifice.

“Sam, mommy and daddy have to work to put food on the table and a roof over your head. To be able to eat we have to spend less time with you.”

“But mommy, I need someone to talk to about what is happening at school. Daddy, I need to talk to you about my dreams.”

“Sam, we are sorry. Can it wait until our day off? We know you are disappointed but this is why we want you to get a good education so you can get a good paying job with benefits when you grow up.”



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We have fallen in the trap of believing a person or organization will take care of our financial and educational needs. We have forgotten to teach our children the fundamentals of how to succeed in life.

The slogan we began to teach out of fear of having hardships is, “Get a good education and a job.” meaning, let someone else take care of you when you become of age.

Now we are in the information age where manual labor and white-collar workers are cheaper in other countries. We are upset with the banks, businesses and owners for not taking care of us like they promised 75 + years ago. We did what our parents told us. We graduated from High School and College with a 3.0 GPA or better, but today, we are deep in debt, out of work and facing hardships.

What do we do now?

Well first, I thank God for the information age, because knowledge is easier and quicker to gain. What we need to do now is teach our children the following:

**“Child, follow your dreams and get the necessary education to achieve it and grow it.” - C. Weston Bailey**

That is a positive and powerful statement. It encourages dreaming and the importance and reason for an education. It encourages learning and improving. It encourages seeking and learning the right tools to become successful. It encourages setting goals to turn the dream into reality.

To give our kid a fighting chance we must spend more quality time teaching them how to achieve their dreams. To get there, seek a way to free up more time with out sacrificing your income. Seek a way to have your “cake and eat it too.” How? By asking.

Matthew 7:7-8 of the Holy Bible (KJV) states “Ask, and it shall be given you; seek and ye shall find; knock, and it shall be opened unto you; For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.”

The purpose of this book is just that. To teach you how to receive and find the things that are important to you. You are going to learn the process to achieve at least 76% of the things you want. You will learn the proper method of asking, seeking and knocking.



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Once you learn how to do it. Then teach it to your children. It is easier to teach something that you have experience in using.

### What is Goal Setting?

Goal setting is an action to achieve a specific, measurable and time-targeted event or benefit. Simply, it is the process of asking, seeking and knocking to receive and find what you want.

Napoleon Hill gives the best answer “First comes thought; then organization of that thought into ideas and plans; then transformation of those plans into reality. The beginning, as you will observe, is in your imagination.”

The purpose of goal setting is to organize your dreams into a plan that will transform it to reality.

You might have heard of the Harvard study where people who write down their goals in an organized fashion, not only achieve them, but earned more money than 97% of the students that graduated in their class.

Or, you might have heard of the same story, but as a 1953 Yale Study.

Which one is correct? Is the Harvard or Yale Goal Study fact or fiction? The truth is both studies are a myth. There is no documented report at Harvard or Yale of such a study.

However, in December of 2007 a Psychology Professor, Dr. Gail Matthews from Dominican University of California published his study<sup>[2]</sup>. His study proves the Harvard Myth is correct. People that write down their goals, action commitments, and share these goals and commitments along with weekly progress reports to a supportive friend achieved 76% of their goals. Those that do not write their goals only achieved 43% of their goals.

What about people that write down only their goals? They still do better than people who do not write their goals.

Here are the six key steps to achieving your dreams.

1. Write it as a goal.

2. Write a plan, action commitments, for each goal.



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3. Share your goal and commitments with a supportive friend(s) or family member(s).
4. Visualize yourself enjoying the goal.
5. Send your friend(s) a weekly progress report.
6. Celebrate!

## Goal Setting Worksheet

The purpose of this goal setting worksheet is to organize your dreams into a plan that will transform them into reality.

Napoleon Hill states “First comes thought; then organization of that thought into ideas and plans; then transformation of those plans into reality.”

There are six steps to this goal setting worksheet. The sixth step is the easiest; celebrate. To receive the full benefit and be among top goal achievers that on average have a success rate of 76%, follow the steps below exactly.

Set aside at least two hour to complete steps 1 – 2. Choose a time when your mind is fresh and you are less likely to be disturbed.

### Step 1: Writing your goals

- A. Begin this step by writing a paragraph that answers the question, “How do I want to be remembered?”

Take at least 10 minutes to answer.

- B. Ready for the fun part of the goal setting worksheet? Get several sheets of paper and list 100 goals. Or use a spreadsheet, because you will later have to organize these goals. Use the goal-setting template provided if using Microsoft Excel. Your list should answer the following questions.

What do I want to do?



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What do I want to see?

What do I want to be?

What do I want to have?

Where do I want to go?

What do I want to share?

What do I want to earn?

What kind of person will I have to be to get all I want?

Who do I want to spend a lot of time with?

Take as long as needed to list 100 goals.

C. Categorize each goal into one of the four categories.

Personal Development (P)

Family (F)

Things (T)

Money (M)

Place the corresponding letter next to each goal or in the column labeled Goal Area if using the goal-setting template.

D. Categorize each goal by time. Use one of the six categories.

Less than one year (1)

Less than three years (3)

Less than five year (5)

Less than 10 years (10)

Less than 15 years (15)

Less than 20 years (20)

Place the corresponding time next to each goal.



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- E. Pick four goals from time periods (1), (3), (5). Each time period should have a goal in Personal Development, Family, Things, and Money. If you are using the goal-setting template provided, sort by the Timeline column then by the Goal Area column.

Congratulations! You are one task away of completing step 1 of the goal setting worksheet. Stay focused because the next task is extremely important. To avoid failing, you must have a strong reason to succeed. This is what you are about to do in the next task.

- F. You should have at least twelve goals picked. More than that is fine. Now on a separate piece of paper write a paragraph explaining why you want each goal. What is your reason for obtaining it?

First write the goal as a statement in the Personal, Positive and Present tense. Such as;

I have decided...

I weigh ...

I drive a ...

I am excited at the thought of ...

I earn ...

I am in the process of ...

I live...

For example, I live a Godly life every day starting now. I am in the process of driving a Cadillac CTS-V every day starting June 5, 2011.

Now state your reason why?

For example, I live a Godly life every day starting now because doing so is what I need to become in order to get everything I want from my Heavenly Father. In addition, I will become a wiser, healthier, and friendlier person. People will start to



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naturally be attract to me, and will seek wisdom from me. Also, by living Godly, I will be able to help a lot of people achieve their dreams.

Continue this for each goal. If your purpose does not seem strong to you then pick another goal. A weak why yields a failed goal.

## Step 2: Action Plan

Congratulations! At this point of the goal setting worksheet you have written great goals, a reason why and a commitment date. Now, it is time to develop an action plan. The action plan is a continuous developing plan. So, do not stress on not having every detail worked out. Your plan will evolve into a detailed plan over time. The good thing about writing down your action plan is you now have a record to share with others, which may choose a similar goal as you.

- A. Write at least three immediate activities you can do to get closer to achieving each goal.

For example:

I live a Godly life every day starting now.

- I will understand the meaning of Godly living.
- I will read each scripture pertaining to Godliness.
- I will take notes and incorporate something each day.

When you complete an activity replace it with another activity until the goal is achieved.

## Step 3: Share Your Goal with a Friend



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Congratulations! You have completed step 2 of the goal setting worksheet. Now, it is time to add accountability to your goal. When you share your goal and activities with a supportive friend, it provides pressure for you to get it done. I say supportive friend because you don't want someone to put negative thoughts into your head that make you give up on the goal. It is already tough enough.

Pick a friend and or family member that is going to be supportive and share your goal and immediate action plan.

If you cannot decide on a friend then use us at Entrepreneur-Starter-Kit. One person will only see your goals and activity. To get started, contact us at [facebook.com/eStarterkit](https://www.facebook.com/eStarterkit) or [twitter.com/eStarterkit](https://twitter.com/eStarterkit). Type on the wall or send a direct message, "I need a supportive friend to help me achieve my goals." A member of the goal setting team will email you.

#### Step 4: Creative Visualization

Remember the movie "Field of Dreams" starring Kevin Costner? If not look it up, because in that movie the following phrase was created, "If you build it, they will come."

In order for the character of the movie to get what he wanted, he had to first build it. The movie starts of with a dream, then the steps taken to transform that dream to reality. Once the character built it in his mind the dream became real.

This is the purpose of step 4. Now you have goals with powerful reasons why along with action steps and a goal friend to keep you accountable. To expedite achieving the goal you have to visualize yourself enjoying the goal. You must see and feel yourself enjoying every part of your goal, the smell, the touch, the noise, the energy, the environment and your emotion.

How?

Here's how.

- A. Create a notebook. Get a three-ring notebook and 8 dividers.
- B. Label the dividers with the following titles.
  - a. Affirmation



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- b. Outflow
  - c. Success
  - d. Appreciation
  - e. Self-Esteem
  - f. Self-Appreciation
  - g. Healing & Assistance
  - h. Fantasies & Creative Ideas
- C. Create a list of your favorite affirmations and place the list in the Affirmations section of your notebook.
- a. Examples
    - i. Every day in every way (your name) getting better, better, and better.
    - ii. (Your name) relationship with \_\_\_\_\_ is growing happier and more fulfilling every day.
    - iii. God is rich and there's plenty for all of us.
    - iv. (Your name) have a wonderful business with wonderful pay. (Your name) do a wonderful service in a wonderful way.
    - v. Every day (your name) is growing more financially prosperous.
    - vi. Everything is coming to (your name) easily and effortlessly.
    - vii. (Your name) now desire to eat only those things that are best for (him/her) at any given time.
  - b. Tips
    - i. Always use in the present tense.
    - ii. Always be positive. (Example, I now wake up on time and full of energy. Versus, I no longer oversleep in the morning.) Avoid negative words such as Don't, Not and No.
    - iii. Keep affirmations short and simple.
    - iv. Use affirmations that feel right for you and make you feel positive, happy, encouraged, and full of energy.

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- v. When doubt occurs, address it by rearranging your affirmation or create another affirmation to address that doubt. Addressing doubt gets you closer to achieving your goal.

D. Create a visual map of your 12 goals in Step 1.

A Visual Map is a picture of your desired reality.

In this step you are going to draw a picture of yourself having and enjoying your goal. You can cut out pictures from magazines, personal photos, and or draw pictures. Stick figures work well too.

The visual map should include the following.

- A. Picture of yourself. A photo is perfect.
- B. Picture of yourself enjoying the goal. Benefits of having the goal. Using certain features of the goal, etc.
- C. Use lots of colors
- D. Add a picture of something that reminds you of God and his abundant power.
- E. Add an affirmation along with "This or something better now manifests for me for totally satisfying and harmonious ways for all concerned."<sup>[1]</sup>
- F. Visual map can be any size.

E. Create an outflow list.

Make a list of ways to give. Include ways to give money, time, love and affection, appreciation, friendship and sharing your special talents and abilities.

Why?

Sharing and giving make a way for new things to come into your life.

How?



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Start with this list.

- a. Tithe your income. Do it consistently. The percentage is up to you. But keeping it up, until you decide to tithe more. Your tithing is an agreement between God and yourself.
- b. Express more appreciation to others. Make a list of people each week to express your love and appreciation.
- c. Give away something that you do not use often. Give it to someone you know that might appreciate it more.
- d. Faith in God's abundance. Buck up your prosperity affirmations by giving, in addition to your tithe. Give to charity; buy a friend a cup of coffee. Give someone an extra dollar. Pay a little more for a better product, etc. Remember God is rich and wants to share his riches with you, so don't hoard it.

F. Create a success list

Make a list of all your successes. Start with your resume. Continue to add to this list as you think of things you did that you are proud of even if others did not give you praise for it.

Why?

Success is like a snowball. You start off with a small snowball, the size of your hand. As you roll the ball you continue to pick up more snow (successes). Before you know it, you have a big snowball (list of successes).

Success builds on Successes.

G. Create an appreciation list

Make a list of people, places, things, events, etc. that you are thankful for.

Why?



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Gratitude is the best way to give praise to God for what he has given you. He will give you more because you show appreciation to what he has given you thus far.

No father will cut their child off from good things when they know; the child will appreciate the gift.

H. Create a self-esteem list

Make a list of all the things you like about yourself. List all of your positive qualities.

Why?

To become more loving and happier, because the happier you feel about yourself, the greater your contribution will become to your community.

I. Create a self-appreciation list

Make a list of things you can do for yourself for your own pleasure and satisfaction. They can be small and big. Your list should include at least one small satisfaction you can do every day.

Why?

Doing daily small things with an occasional big thing in your life will increase your happiness. In turn, you will be a greater contributor to your community.

J. Create a healing and assistance list

Make a list of people you know that need healing or financial assistance. Write down special affirmations for them. You do not need to tell them, it may be best that you don't.



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Why?

It's a part of giving. In order to receive you must give.

K. Create a fantasies and creative idea list

Make a list of any ideas, plans, dreams for the future, creative ideas, etc.

Why?

To stimulate your imagination and creativity. These ideas and plans are potential answers to your problem. Don't dismiss them even if farfetched.

Congratulations! You have completed step 4. Now it is a matter of time. Continue to review your goals by reading, writing and listening to your affirmations. Look at your Visual map twice a day. Think about it for 5 minutes. Then take action to make it happen.

### Step 5: Weekly Progress Report

How was your conversation with your friend? Completing step 3 of the goal setting worksheet proves your commitment to achieving your goals by a certain time.

So what have you done this week to get closer to that goal? Email your progress every week to your supportive friend.

### Step 6: Celebrate

You did it!! You achieved your goal. Celebrate. Complete something big on your self-appreciation list.



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## Goal Setting Templates

### Step 1A: How do I want to be remembered?

## How Do I Want To Be Remembered?

[illegible]

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## How Do I Want To Be Remembered?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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## How Do I Want To Be Remembered?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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### Step 1B - E: 100 Goals

Goal Number	Goal Description	Goal Area	Time Period
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			



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Goal Number	Goal Description	Goal Area	Time Period
24			
25			
26			
27			
28			
29			
30			
31			
32			
33			
34			
35			
36			
37			
38			
39			
40			
41			
42			
43			
44			
45			
46			
47			



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Goal Number	Goal Description	Goal Area	Time Period
48			
49			
50			
51			
52			
53			
54			
55			
56			
57			
58			
59			
60			
61			
62			
63			
64			
65			
66			
67			
68			
69			
70			
71			



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Goal Number	Goal Description	Goal Area	Time Period
72			
73			
74			
75			
76			
77			
78			
79			
80			
81			
82			
83			
84			
85			
86			
87			
88			
89			
90			
91			
92			
93			
94			
95			



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Goal Number	Goal Description	Goal Area	Time Period
96			
97			
98			
99			
100			

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### Step 1F - 2: Goal Statement & Action Plan

Top Goal #1 Description	
Goal Statement	
Reason Why	

#### Action Plan

Action Number	Action Item	% Complete



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Top Goal #2 Description	
Goal Statement	
Reason Why	

#### Action Plan

Action Number	Action Item	% Complete



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Top Goal #3 Description	
Goal Statement	
Reason Why	

#### Action Plan

Action Number	Action Item	% Complete

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Top Goal #4 Description	
Goal Statement	
Reason Why	

#### Action Plan

Action Number	Action Item	% Complete

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Top Goal #5 Description	
Goal Statement	
Reason Why	

#### Action Plan

Action Number	Action Item	% Complete

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Top Goal #6 Description	
Goal Statement	
Reason Why	

#### Action Plan

Action Number	Action Item	% Complete

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Top Goal #7 Description	
Goal Statement	
Reason Why	

#### Action Plan

Action Number	Action Item	% Complete



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Top Goal #8 Description	
Goal Statement	
Reason Why	

#### Action Plan

Action Number	Action Item	% Complete

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Top Goal #9 Description	
Goal Statement	
Reason Why	

#### Action Plan

Action Number	Action Item	% Complete

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Top Goal #10 Description	
Goal Statement	
Reason Why	

#### Action Plan

Action Number	Action Item	% Complete



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Top Goal #11 Description	
Goal Statement	
Reason Why	

#### Action Plan

Action Number	Action Item	% Complete

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Top Goal #12 Description	
Goal Statement	
Reason Why	

#### Action Plan

Action Number	Action Item	% Complete



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### Step 3: Goal Friend

Pick a friend and or family member that is going to be supportive. Share your goal and immediate action plan with them.

Goal Friend	
My Goal Friend:	
Phone Number:	
Email:	

If you cannot decide on a friend then use us at Entrepreneur-Starter-Kit (eStarterkit). Contact us @ [facebook.com/eStarterkit](https://facebook.com/eStarterkit) or [twitter.com/eStarterkit](https://twitter.com/eStarterkit). Type on our wall or send a direct message, “I need a supportive friend to help me achieve my goals.” A member of the goal setting team will email you with instructions.



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#### Step 4: Creative Visualization

Affirmation List	
1	
2	
3	



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[illegible]

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Outflow List	
1	
2	
3	



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Outflow List	

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Success List	
1	
2	
3	

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Success List	

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Appreciation List	
1	
2	
3	



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Appreciation List	

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Self-Esteem List	
1	
2	
3	



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Self-Esteem List	

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Self-Appreciation List	
1	
2	
3	



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Self-Appreciation List	

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Healing & Assistance List	
1	
2	
3	



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Healing & Assistance List	



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Fantasies & Creative Ideas List	
1	
2	
3	

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Fantasies & Creative Ideas List	

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### Step 5: Weekly Progress Report

The weekly progress report you send to your supportive friend or our goal team member at eStarterkit, must answer the following question.

**What have you accomplished this week to get closer to your goals?**

Goal Friend Progress Tracking Report			
My Goal Friend:			
Phone Number:			
Email:			
	Date Sent		Date Sent
Week 1		Week 27	
Week 2		Week 28	
Week 3		Week 29	
Week 4		Week 30	
Week 5		Week 31	
Week 6		Week 32	
Week 7		Week 33	
Week 8		Week 34	
Week 9		Week 35	
Week 10		Week 36	
Week 11		Week 37	
Week 12		Week 38	
Week 13		Week 39	
Week 14		Week 40	
Week 15		Week 41	
Week 16		Week 42	



Give your kids a fighting chance – 6 steps to give your kids a better life by improving yours.

Goal Friend Progress Tracking Report			
	Date Sent		Date Sent
Week 17		Week 43	
Week 18		Week 44	
Week 19		Week 45	
Week 20		Week 46	
Week 21		Week 47	
Week 22		Week 48	
Week 23		Week 49	
Week 24		Week 50	
Week 25		Week 51	
Week 26		Week 52	

List the 12 goals with action items that have been completed. Send the worksheets in step 1F - 2.

### Step 6: Celebrate

Write down achieving this goal in your Success list. Thank God and everyone that helped you. Enjoy it! Complete something big on your Self-Appreciation list. Be safe and dance!

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## Educational Tools

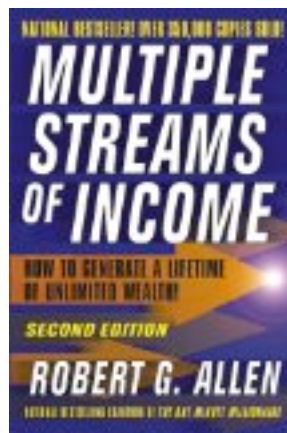
**“Child, follow your dreams and get the necessary education to achieve it and grow it.”**

Do you think I would leave you with a dream, but with no direction on how to achieve it. Please think again. Your success is my success! Let me share with you one of my favorite affirmations.

*I do a wonderful service in a wonderful way!  
I have a wonderful business with a wonderful pay!*

You come first.

## Free Gifts



National BestSeller. How to generate a lifetime of wealth!  
312 pg. book - [Tells you 10 Secrets to Greater Wealth](#)

- ✓ 11 Powerful Ways to Earn 20 Percent or More on Your Money
- ✓ Huge Profits by Paying Other People's Taxes
- ✓ Licensing - Intellectual Property at Warp Speed
- ✓ And More



*You're Going to Love This*



[Free 90 Day Internet Business Training!](#) Internet Marketing - The Ultimate Money Machine

- ✓ How to build a website and get ranked on the first page of Google without pay-per-click (ppc).
- ✓ Step by Step blueprint to your first \$100 in affiliate marketing.
- ✓ How to create your own product in 4 hours.



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Free 3-Day Success Summit!  
A \$3,995 value.

Enlightened Wealth Institute is providing this valuable education at no cost to help Americans regain control of their finances and turn this economy around.

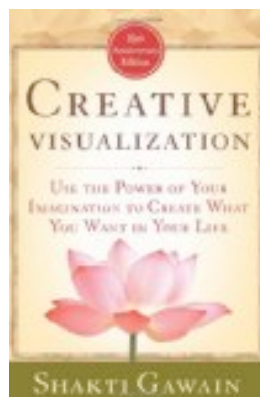


Find a [summit location near your home](#).

I'm able to offer these products to you because I am a student of Robert Allen's Enlightened Wealth Institute. I paid for these products, but you will get them for free unless Robert Allen decides America is back on their feet. So take action now! You may have to pay for them tomorrow.

## Valuable Resources

The following books will help you with any questions you may have with the goal setting process. This eBook contains how to do it. The following resources will give you the detailed why. You can always contact us @ [facebook.com/eStarterkit](https://www.facebook.com/eStarterkit) or [twitter.com/eStarterkit](https://twitter.com/eStarterkit) for questions.



For a deeper knowledge and understanding of Step 4: Creative Visualization, read this book.

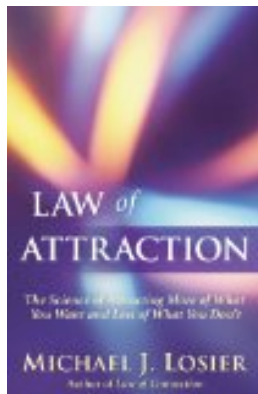
★★★★★ (118 customer reviews)

This book received 97-5 Stars and 9 - 4 Stars from readers that bought this book on [Amazon.com](https://www.amazon.com).

You will find over 50 Affirmations to use for health, beauty, self-esteem, relationships and prosperity.



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Need more help with coming up with 100 goals or a list of affirmations? This is a great book.

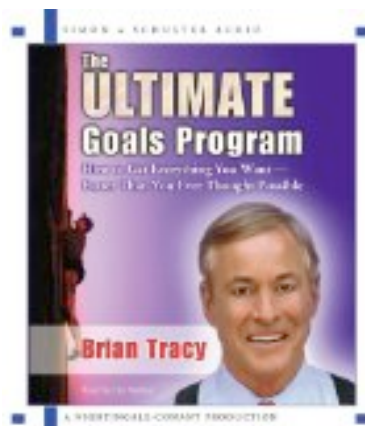
- ✓ How to identify your desires
- ✓ Avoid affirmation writing mistakes. Learn how to write your affirmations to make them feel better.
- ✓ Taking 5 minutes a day to capture your success, gratitude, and appreciation can accomplish your goals faster. Learn why.

★★★★☆ ☒ ([373 customer reviews](#))

[230 readers that bought this book](#) on Amazon.com gave it a 5 star rating and 63 gave it 4 star rating.

### Motivational and Educational Audio Books

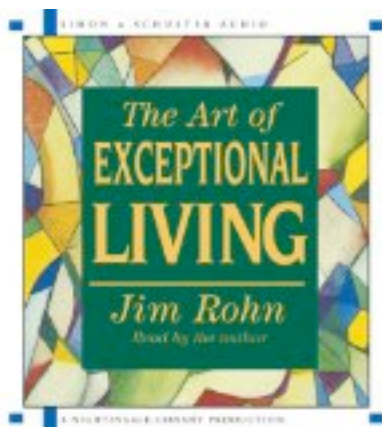
These audio books are great to keep you mind focused and motivated to follow through with the goal setting program. Stack success in your favor. The audio books are perfect for the car. Listen to and from work, picking up your kids from school.



How to get everything you want faster than you thought possible - [The Ultimate Goals Program](#).

- ✓ A 15 minute method twice a day can multiply and reinforce every goal-setting principle.
- ✓ Five steps to fast and effective problem solving.
- ✓ How to intensify your belief and increase your confidence in yourself and your ability.

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Five abilities for true success - [The Art of Exceptional Living](#)

- ✓ The ability to absorb
- ✓ Learn to respond
- ✓ The ability to reflect
- ✓ Becoming better than you are
- ✓ The ability to act

### Customer Reward

Thank you for buying this product. As a token of my appreciation you will get 25% of my next product. Getting Started In Affiliate Marketing.

To get your Discount Coupon write on our facebook wall @ [facebook.com/eStarterkit](https://www.facebook.com/eStarterkit),

***"I loved it! Give Your Kids A Fighting Chance - 6 Steps To Give Your Kids A Better Life by Improving Yours. Please send me my 25% off Discount Coupon Code for Getting Started in Affiliate Marketing."***

### Works Cited

- 1) "Parenting Statistics Shows Us Trends In Modern Parenting" <http://www.preteen-thru-teenage-parenting-action-guide.com/parenting-statistics.html> 22 Dec. 2010
- 2) "Study Backs up Strategies for Achieving Goals" <http://www.dominican.edu/dominicannews/study-backs-up-strategies-for-achieving-goals.html> 20 Dec. 2007

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