



VIVID™ Goal-Setting Blueprint

Plan Your Goals, Achieve Success, and Track Progress Effectively

Unlock your potential with the **VIVID Goal-Setting Technique**, a holistic approach that bridges the mental and physical aspects of goal achievement. VIVID, an empowering acronym, guides you through a step-by-step process to turn dreams into actionable realities, ensuring every goal aligns with your purpose and vision.

The VIVID Framework

1. Visualization & Ideation

Purpose: Define your goals with clarity.

- **Define Specific Outcomes:** Articulate your goal and envision the desired result.
- **Imagination:** List dreams and ideas, letting creativity flow.
- **Categorization:** Organize goals into short, medium, and long-term priorities.
- **Prioritize:** Rank ideas and focus on the most promising ones.

2. Igniting Motivation

Purpose: Fuel your drive with rewards and purpose.

- **Identify rewards for success and consequences of inaction.**
- **Acknowledge obstacles and strategize solutions.**
- **Build connections** for support and track progress using defined success criteria.

3. Validation & Affirmation

Purpose: Align your vision with action.

- **Use positive affirmations to transform ideas into goals.**
- **Write a visionary goal statement** to inspire and guide you.

4. Implementation & Action

Purpose: Act decisively.

- **Set deadlines for accountability.**
- **Introduce new habits** to support your goal.
- Break goals into **actionable steps** and celebrate milestones.

5. Daily Reinforcement & Reflection

Purpose: Sustain focus and momentum.

- Practice daily visualization and affirmations.
- Reflect, rewrite, and reinforce goals nightly for 28 days to embed them into your subconscious.

RECAP

V = Visualization & Ideation

I = Igniting Motivation

V = Validation & Affirmation

I = Implementation & Action

D = Daily Reinforcement & Reflection

Download your free VIVID™ Goal-Setting Blueprint

Start your journey to success today.

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