Eat That Frog! : TASK 1

Take a clean sheet of paper right now and make out a list of ten goals you want to accomplish in the next year. Write your goals as though a year has already passed and they are now a reality. Use the present tense, positive and personal case so that they are immediately accepted by your subconscious mind. For example, you would write. “I earn X number of dollars per year.” Or “I weigh X number of pounds.” Or “I drive such and such a car.” Then, go back over your list of ten goals and select the one goal that, if you achieved it, would have the greatest positive impact on your life. Whatever that goal is, write it on a separate sheet of paper, set a deadline, make a plan, take action on your plan and then do something every single day that moves you toward that goal. This exercise alone could change your life!

1. I earn more than R 15000 a Month.
2. I own Successful Ecommerce Businesses.
3. I do not Smoke any inhalants.
4. I am a Qualified Software Engineer.
5. I am a Computer Scientist in training.
6. I am Responsible for my family and the role I need to play in my family.
7. I have made a tombstone for Umama.
8. I have grown and I am growing as an individual
9. I have beautiful and healthy children
10. I am Smart, Strong, Reliable, disciplined, persistent and successful
11. I own a house
12. I own a Car
13. I am a Web Developer
14. I am An Android Developer
15. I am Valuable.
16. I am effective
17. I have Influence