



Getting Back on the Horse

How to Make Your
Goals a Reality

www.BrightLightLiving.com

WORKBOOK

This is your one-month guide to
getting back on the horse,
not making excuses,
and turning your goals into reality.

Are you ready?

WHAT DO YOU WANT?



Determine your FOCUS.
Be clear on what you want.
Pick no more than 2 – 3 goals

I WILL Achieve the Following:

A large, empty rectangular box with a dark blue border, intended for writing the first focus goal.

FOCUS GOAL 1

A large, empty rectangular box with a dark blue border, intended for writing the second focus goal.

FOCUS GOAL 2

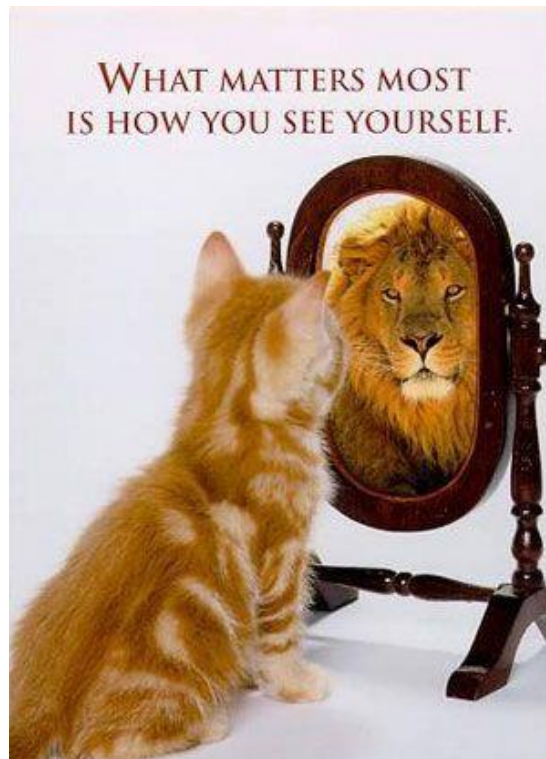
A large, empty rectangular box with a dark blue border, intended for writing the third focus goal.

FOCUS GOAL 3

STEP 2

SEE YOURSELF ACHIEVING YOUR GOALS

Take some time visualizing yourself
having **already** achieved your goals.
Afterall, the ME you see is the ME you will be.





WHAT SPECIFICALLY MUST YOU DO?

What are the steps needed to make it happen?

Do you want it bad enough?

Discipline and commitment are needed—
are you willing to do what it takes?

Focus Goal 1:	
Action Step	
Action Step	
Action Step	
Action Step	
Action Step	
Action Step	
Action Step	

Focus Goal 2:

Action Step	
Action Step	
Action Step	
Action Step	
Action Step	
Action Step	
Action Step	
Action Step	

Focus Goal 3:

Action Step	
Action Step	
Action Step	
Action Step	
Action Step	
Action Step	
Action Step	
Action Step	

STEP 4

SCHEDULE YOUR ACTION STEPS

Using the enclosed calendar (or your planner)
SCHEDULE *ALL* the tasks—and stick to your schedule.
Most goals involve daily and consistent activities
(along with major milestones);
schedule those as well using a Daily Planner.

AND CHECK OFF your completed tasks!

**Use THIS
MONTH
to make it
happen!**

Stay the Course!

Month: _____

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHEN ARE YOU DOING THE WORK?

Month: _____

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY ACTIVITIES

Block in activities and schedule your entire day as much as possible. This stringent and disciplined exercise, helps you stick to the steps that will lead to your success.

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“You will never change your life until you change something you do daily. The secret of your success is found in your daily routine.”

- John C. Maxwell

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“Success is the sum of small efforts
repeated day in and day out.”

- Robert Collier

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“What I do every day matters more than what I do every once in a while.”

- Gretchen Rubin

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“Act as if what you do makes a difference. It does.”

- William James

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“Never give up on something that you can’t go a day without thinking about.”

- Winston Churchill

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“The number one skill in life is not giving up.”

- Bryant McGill

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“I have not failed. I have just found 10,000 ways that have not worked.”

- Thomas Edison

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“Our greatest glory is not in never failing,
but in rising every time we fall.”

- Confucius

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

**“I never lose.
I either win or learn.”**

- Nelson Mandela

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left and could say, ‘I used everything you gave me’.”

- Erma Bombeck

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

**“In the end, everything will be okay.
If it is not okay, it is not the end.”**

- Fernando Sabino

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“What you lack in talent can be made up with desire, hustle, and giving 110% all the time.”

- Don Zimmer

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“Strength and growth come only through continuous effort and struggle.”

- Napoleon Hill

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

**“Nothing is impossible.
The word itself says I’m possible.”**

- Audrey Hepburn

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

**“Never retreat. Never explain. Never apologize.
Get Things Down and Let Them Howl.”**

- Nellie McClung

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

**“If you really want to do something, you will find a way.
If you don’t, you will find excuses.”**

- Jim Rohn

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

**“Do not fear failure
but rather fear not trying.”**

- Roy T. Bennett

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

**“Obstacles are those frightful things you see
when you take your eyes off the goal.”**

- Henry Ford

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“The greatest danger for most of us isn’t that our aim is too high and miss it, but that it is too low and we reach it.”

- Michelangelo

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“The first one through the wall always gets bloody.”

- From the movie, *Moneyball*, quoting John Henry, the owner of the Boston Red Sox

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“My goal is not to be better than anyone else,
but to be better than I used to be.”

- Wayne Dyer

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“A goal without a plan is just a wish.”

- Antoine de Saint-Exupéry

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“Nobody can go back and start a new beginning, but anyone can start today and start a new ending.”

- Maria Robinson

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

**“Today is the first day
of the rest of your life.”**

- Unknown

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

“Vision is the spectacular that inspires us
to carry out the mundane.”

- Chris Widener

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

**“If you dream it,
you can do it.”**

- Walt Disney

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

**“Today I should behave as if this is the day
I will be remembered.”**

- Dr. Seuss

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

**“Never be the brightest person in the room;
then you can’t learn anything.”**

- James Watson

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

**“When you reach the end of the rope,
tie a knot and hand on.”**

- Franklin D. Roosevelt

Day/Date:	
7 a.m.	
8 a.m.	
9 a.m.	
10 a.m.	
11 a.m.	
NOON	
1 p.m.	
2 p.m.	
3 p.m.	
4 p.m.	
5 p.m.	
6 p.m.	
7 p.m.	
8 p.m.	

YOUR ACCOUNTABILITY INSURANCE



Commit Yourself and Your Goals:

Tell at least two – three people your goals and have them serve as your support system. By telling someone (and not just keeping your goals to yourself), you are more likely to STICK to them and STAY THE COURSE.

I HAVE COMMITTED MY GOALS TO THE FOLLOWING PEOPLE:

- (1) _____
- (2) _____
- (3) _____

You Can Do It!