



# THE 10-DAY GOAL SETTING CHALLENGE

**SUCCESS IS AS  
PREDICTABLE AS THE  
SUN RISING IN THE  
EAST AND SETTING IN  
THE WEST.**

**SEEMA CHOUDHRI INTERNATIONAL**

**Is this challenge for you?**

**This challenge is for ambitious people. Those who want to get ahead faster.  
If this is the way you think and feel this challenge is definitely for you.**

**How will I gain from this?**

**By simply following one day after another you can transform your life from frustration to achievement and satisfaction. You get clear, what you really want in your life.**

**How to make use of this challenge?**

**Follow each day guide as it comes ,  
don't miss out even one day ,  
tick mark a day as you complete it ,  
if you get stuck mail me at [mygoalsmysuccess@gmail.com](mailto:mygoalsmysuccess@gmail.com),  
join my Facebook group ' 10-Day Goal Setting Challenge'.**



**DAY 1**



## **THINK WITH INK**

REFLECT UPON YOUR LIFE  
RIGHT NOW. WHAT ARE  
YOUR FIVE BIGGEST WORRIES  
AND WHAT ARE THE FIVE  
MOST IMPORTANT THINGS  
TO YOU TODAY?

**DAY 2**



## **MY GIFT TO YOU**

TAKE THE MAGIC LAMP  
AND MAKE YOUR LIFE  
PERFECT IN EACH AREA.  
WHAT DOES YOUR LIFE  
LOOK LIKE NOW?

**DAY 3**



**INK WHAT YOU THINK**

WRITE DOWN IN  
DETAIL WHAT  
YOU WANT AND  
DESCRIBE CLEARLY  
YOUR EACH GOAL.

**DAY 4**



**FIND YOUR LIFE  
PURPOSE**

WHAT IS THAT ONE  
GOAL, IF YOU  
COULD GET TODAY  
COMPLETELY  
CHANGED YOUR  
LIFE?



**DAY 5**



**APPLY THE HALF A  
DOZEN FORMULA**

**DWDLQA**

DECIDE  
WRITE  
DEADLINE  
LIST  
ORGANIZE  
ACTION

**DAY 6**



**YOUR SKILLS AND  
YOUR OBSTACLES**

WHAT ONE SKILL  
CAN MOVE YOU  
TOWARDS YOUR  
MOST IMPORTANT  
GOAL FASTEST.

**DAY 7**



## **YOUR SUPPORT SYSTEM**

LIST down every person you will need to achieve your goal.

**DAY 8**



## **ANNOUNCE**

DISCUSS YOUR GOALS WITH YOUR FRIENDS AND FAMILY .



**DAY 9**



## **PICTURIZE**

RUN in your mind a movie that plays your goals and the results of your actions. Make sure it is clear, vivid, exciting, and emotional.

**DAY 10**



## **GET STARTED**

Pick the first task needed for your goal.  
Simply start.  
Don't wait to be ready.  
You will never be fully ready so start where you are right now.

Now while you are implementing this day after day do share with me the bottlenecks that you faced, where you have felt stuck , where you have enjoyed the moments, which day was life changing for you, make me a part of your progress and make me a part of your achievement.

To your success.

Wishing you lots of progress,  
success and happiness

**SEEMA CHOUDHRI**  
SUCCESS EXPERT



