

## Powerful GOAL Setting Formula

- C** – Clear and concise
- R** – Realistic
- E** – Ecological
- A** – As if Now
- T** – Time Oriented
- E** – Evidence

### The CREATE Formula\*

Here's a simple formula that meets all the criteria for a powerful outcome:

"It is now \_\_\_\_\_ (future date).

I am/ I have \_\_\_\_\_  
\_\_\_\_\_.

I know this because \_\_\_\_\_ (evidence)."

*'Your conscious mind is the goal setter and the unconscious mind is the goal getter. So make sure when you set yourself goals they resonate deeply within you because you're more likely to attain them.'*

*Anders Soman Nilsson*

\*Based on The Christopher Howard™ Companies