

CREATING

UNSTOPPABLE VELOCITY

Defining what drives you and what inspires you to achieve your most important goals.

WITH *Keith* ABRAHAM

→ +61 411 648 080
KA@KEITHABRAHAM.COM.AU

KEITHABRAHAM.COM

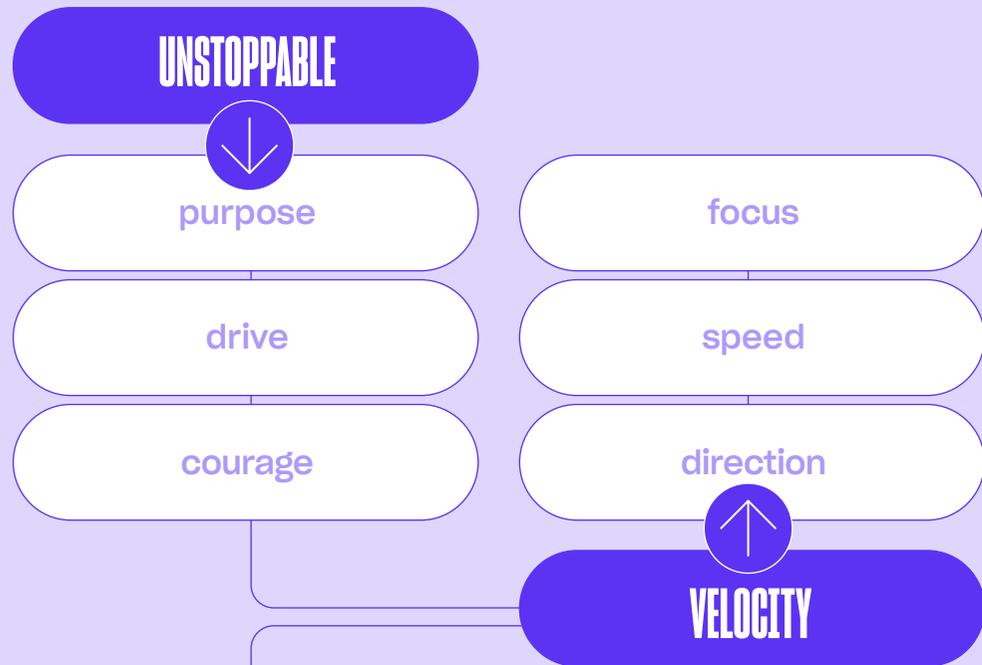
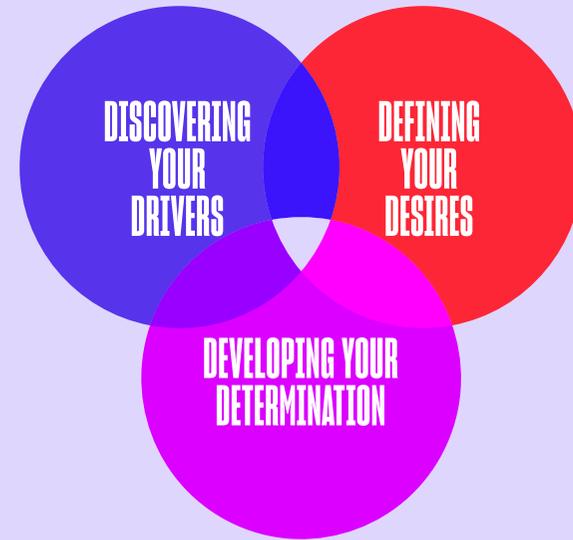
NAME

DATE

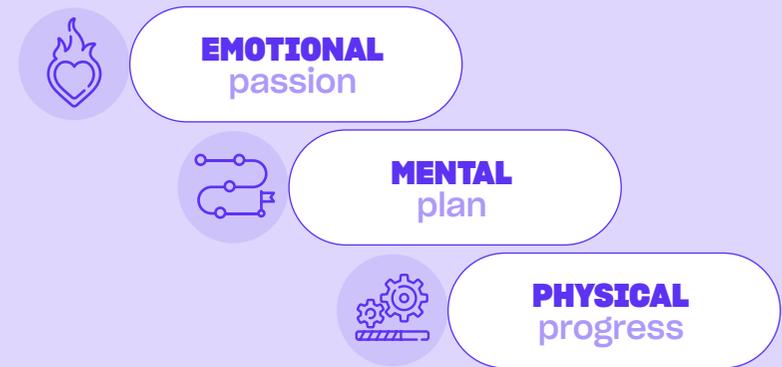
// //



START WITH HOW, TO ACHIEVE YOUR MOST IMPORTANT GOALS ...



3 ELEMENTS FOR YOU TO BE COMMITTED, COMPELLED & CONNECTED TO YOUR GOALS:



VELOCITY ACCELERATORS



MY GOAL ACHIEVEMENT BLUEPRINT.

Which area of your life does this goal apply to?



PERSONAL



PROFESSIONAL



PHYSICAL



PROFITABLE

01. HOW

How do you want to feel about that area of your life? (Personal, Professional, Physical or Profitable)



SUCCESSFUL



PURPOSEFUL



INSPIRED



HAPPY



RELAXED



CONFIDENT



RESPECTED



ORGANISED



02. WHAT

What do you want to achieve to feel that GoalDriver emotion?

MY GOAL:

.....
.....
.....
.....

BY WHEN

/ /



03. WHY

Why is this goal so important for you to achieve?

.....
.....
.....
.....
.....
.....



04. WHO

Who can assist you in the achievement of your goal?

.....
.....
.....
.....
.....



WATCHING



READING



LISTENING



MENTORING

DEVELOP YOUR DETERMINATION.



momentum mindsets



mono focus



micro wins

THE NEXT STEPS FOR YOU TO CREATE MOMENTUM ...

momentum mindsets

mono focus

micro wins

What work are you avoiding?

What do you need to let go of to starve your distractions?

01

02

What mindset do you need to do the work you are avoiding?

What do you need to focus on that will feed your focus?

03

1st Minute ...

1st Hour ...

1st Day ...

1st Week ...

