

The Final Face-to-Face

How to measure Your legacy?

*The “final face-to-face” is a statement, followed by introspective questions to help you measure progress on your future legacy.
It is followed by five keys to effective goal setting to help reset your heading and priorities to ensure that you live life at your best.*

Statement:

I have given you very special skills, talents, and abilities...
I have also given you the decision-making power to know right from wrong...
I have given you everything it takes to bless this world and to make a significant difference, in your life, as well as those who come in contact with you....
You have all it takes to positively impact your life as well as those around you...

Question:

What have you done with all that I have given you?
How have you positively impacted the world?
What will they say about you when you are gone?
How will the world be better because you lived?
What is your legacy?

Tell me about your life and the impact you made in this world that I have given you.

Please talk to Me, I will listen....

FIVE KEYS TO GOAL SETTING

by Dr. Charles A. Macias

Five Keys to Goal Setting

- 1. Identify exactly, and in detail, what you want to accomplish.**
- 2. Know your "why." Your "why" will keep you going.**
- 3. Associate with people who can help you achieve your goals.**
- 4. Create the blueprint for your goals (action plan).**
- 5. Take action.**

Key #1

Identify clearly what you want to happen in your life. Write down in great detail exactly what you want. You have to be able to see it in your mind's eye. Visualize it even before you physically possess it, but think and act as if you already possess it.

Key #2

Identify your "**why.**" Be able to withstand the test of time and life's test. Your "why" must be so big that when the world tells you to stop, your "why" will keep you moving forward. Your "why" is your burning desire; not anyone else's why, but "your why." Life will toss obstacles in your life's journey of goal setting and accomplishments, be ready for them with a very strong "why."

Key #3

Associate with people who can help you achieve your goals and dreams in life. Your associations are key factors in life. Surround yourself with people who will encourage and support your goals and dreams. Where you will be five years from today will depend on the books you read, the people you associate with, the decisions you make, and the

action you take every day. Have mentors in your life who take an interest in your overall success.

Key #4

Design your blueprint for the goals and dreams you want to accomplish in life. Your blueprint of life's goals must contain the different "hats" you wear in life in order to design a balanced life. (Examples of typical hats one might wear in life: A husband, a wife, a son or daughter, a brother or sister, a business person, an employee, a volunteer, etc.) You also have other aspects of your life such as spiritual, social, rest, entertainment, etc. In other words, how do invest your time? Where do you waste time? When it comes to goal setting, include every aspect of your life and design a blueprint that will satisfy you and what you want to accomplish in your life. Don't live your life through someone else's life. You only live once, and tomorrow is not guaranteed to anyone, so live each day with passion, purpose, and meaning.

Key #5

Take action! Take action on your goals. Do not procrastinate. All is lost without action. A one-thousand-mile journey begins with the first action step.

Visualize Your Goals

Visualization of your goals, positive affirmations, and how you will manage your life are also very important in helping you work towards your life goals. You must claim your victory ahead of time. You must speak your way toward your success. You must mentally and physically behave as if you are in possession of what you want in life. You must mentally see yourself having it before you actually take possession of it.

A Positive Mental Attitude

Everything in life starts with a positive mental attitude. You must learn to identify the positive aspects of life. You must transmit and attract positive attitudes. You are in control of your attitude at all times. Don't ever let anyone steal your dreams and bring your attitude down to their negative level. There are dream stealers in life. Maintain a positive can-do mental attitude at all cost. Your life depends on it.