



**KICK
START
2021**

HOW TO RESET, REVIEW & REFOCUS ON YOUR MOST IMPORTANT GOAL.

Masterclass
with
Keith Abraham CSP

Saturday 13th February 2021

Name:

KEITHABRAHAM.COM

How to prepare yourself for what's next.

DOING WHAT'S MOST IMPORTANT FOR YOU.

01



CLARITY

02



CONFIDENCE

03



CERTAINTY

04



CONSISTENCY

What's most important to you **RIGHT NOW?**



RESET

REVIEW

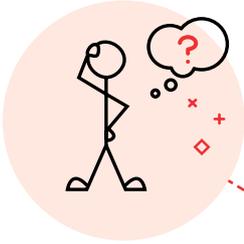
REFOCUS

What could you do if every cell in your body believed your **IMPOSSIBLE** goal, was **POSSIBLE?**



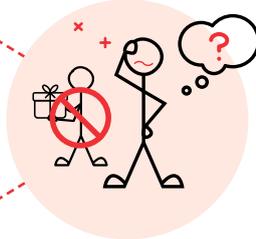
6 emotions of achievement.

THE LOST



SOLUTION:

THE FRUSTRATED



SOLUTION:

THE CONFUSED



SOLUTION:

THE UNCLEAR



SOLUTION:

THE UNSATISFIED



SOLUTION:

THE CERTAIN



SOLUTION:

6 QUESTIONS TO CREATE GREATER CERTAINTY IN YOUR LIFE ...

1. THE LOST

What decisions do you need to make in your life right now to move forward?

2. THE FRUSTRATED

What are 1-2 things you *don't* want in your life; and 1-2 things you *do* want in your life?

3. THE CONFUSED

What plans do you need to create now to move you closer to your goals?

4. THE UNCLEAR

What would you need to do or achieve that will make your heart sing, give you joy and energy?

5. THE UNSATISFIED

What is your big reason *WHY* and what legacy do you want to leave for others?

6. THE CERTAIN

What do you need to focus on in your life right now so you can achieve your potential?

When the **WHY** becomes clear, the **HOW** becomes easy.



**WHEN THE
WHY BECOMES
CLEAR, THE
HOW BECOMES
EASY.**



WHY IS YOUR:

- PURPOSE
- REASON
- MOTIVATION
- DESIRE
- GOAL
- VISION
- PASSION
- OBJECTIVE
- INTENTION
- BIG PICTURE

HOW IS YOUR:

- PLAN
- METHOD
- STRATEGY
- MEANS
- PROCESS
- MILESTONES
- COURSE OF ACTION
- MECHANISM
- BLUEPRINT
- FORMULA

Pursuing your passion creates momentum.



Twenty goals for the next 12 weeks.

05

01/

FAMILY ACTIVITY



02/

ACTIVITY WITH YOUR PARTNER



03/

HOLIDAY TO HAVE



04/

PLACE TO VISIT



05/

GOAL IN YOUR ROLE



06/

GREAT WEEKEND GOAL



07/

SPORTING EVENT TO WATCH



08/

SPORTING ACTIVITY TO PLAY



09/

AN ACTIVITY WITH FRIENDS



10/

SOMETHING TO PURCHASE



11/

FINANCIAL MILESTONE



12/

PERSONAL DEVELOPMENT ACTIVITY



13/

HEALTH GOAL



14/

FOOD EXPERIENCE



15/

A FUN ACTIVITY



16/

EXTENDED FAMILY ACTIVITY



17/

COMMUNITY GOAL



18/

A HOBBY TO PURSUE



19/

A PLACE TO SEE



20/

SOMETHING TO TRY ONCE



Your imagination is the cornerstone of achievement.



Your key goals for the next 12 months.



PROFESSIONAL



role
leader
career



PERSONAL



family
fun
adventure



PHYSICAL



health
strength
fitness



PROFITABLE



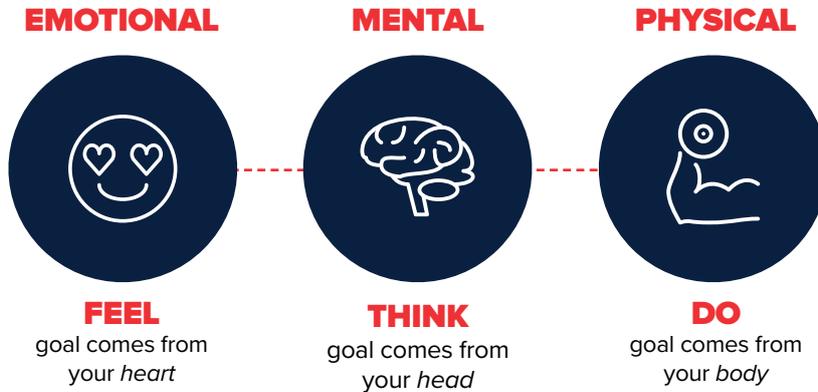
financial
savings
purchases

**Certainty comes from confidence. Confidence comes from achievement.
Achievement comes from action!**



Gaining clarity.

ALIGNING ALL 3 TO CREATE TRUE PERSONAL CONNECTION



MOST PEOPLE STRUGGLE TO STAY FOCUSED ON THEIR GOALS

Setting the goal is easy, remaining focused is the hard part. But if you wrote the goal down it must have been important, so why are you not pursuing it at full pace? The key is that **you have not truly connected** to the goal using the three key elements ...



EMOTIONAL CONNECTION

This is where your passion comes from. How do you want to feel? What is your heart telling you to do? Why do you want to achieve that goal? If you don't have an emotional connection with your goal you will feel uninspired.



MENTAL CONNECTION

This is where your plan comes from. What do you need to achieve? What is your head telling you to do? What action steps do you need to take? When you don't have a mental connection with your goal you will feel lost that you don't have a plan to move forward.



PHYSICAL CONNECTION

This is where progress comes from. How are you going to make it happen? What do you have to create using your body/ the physical activity? What do you need to do now? When you don't have a physical connection with your goal you will feel frustrated that you are not taking action.

Confidence comes with progress.



The 8 GoalDrivers.

08

SUCCESSFUL

Your drive is to be successful, whatever that may mean to you. It could relate to status, position, financial or the type of person you want to be for family and community. You want to play a key part in influencing your results. Overall you want to be the best version of you that you can possibly be. You want to excel and achieve your true potential as you strive to explore the possibilities of what life and business has to offer. You are often described as strong, persistent and decisive as a person who hates to fail and someone who never wants to live with regret.

1

PURPOSEFUL

Your drive is to have meaning in your life, in the work you do, to do what matters and makes a difference whether it is to a few, to many or to the masses. You want to accomplish greatness in a number of areas of your life and explore what life has to offer. You know there is a bigger picture, reason and why for you to push yourself further. You have determination to achieve what is important to you and you have the resolve to see it through to your preferred result.

2

INSPIRED

Your drive is to be inspired and to be inspiring. You seek out opportunities, causes, circumstances and situations where you can either inspire other people or be inspired by those around you or the environments you are in at the time. You want to feel empowered, optimistic and energised and seek out goals to achieve, not just for the sense of achieving it, but also for the feeling you gain from it. You are a curious adventurer, so the journey is more important than the destination.

3

HAPPY

Who doesn't want to be happy, however for you this driver sits on top of your priority list. If it is not going to make you happy, you don't want to know about it. It is your measure for everything you do and you seek out the right circumstances and places that will make you happy or even happier. This emotional driver is made up of many parts, the desire to have joy in your life, to be loved, valued, appreciated are really important to you and influence your mindset, motives and moods.

4

ORGANISED

Your drive is to get it right or make it right. You love it when a plan comes together and particularly if it was your plan to start with. You like to be in control of what can be controlled. The more organised you are, the more calm you become, and more focused you are, the more consistent you become. You are careful, precise and logical in your approach to projects, roles and life. You like to take your time, to create space for you to implement your ideas and know that when you do this everything will work out for the best.

5

RESPECTED

Your drive is to be shown respect as a result of what you have achieved, how far you have come, what knowledge you have been given or the recognition that has been bestowed upon you. You appreciate being acknowledged and being held in high regard. You don't seek it, however you do appreciate it. You work towards growing and developing your skills and knowledge as that is your super power when it comes to you achieving your personal and professional goals.

6

CONFIDENT

Your drive is to be confident in your ability, capable in your skills and contented in what you have achieved. You fully understand that if you have confidence you can conquer most challenges and circumstances. Your confidence inspires others to emulate you, it gives hope to those around you and it continues to encourage you to pursue your dreams and goals. You are comfortable in what you do, how you do it and who you have become in the process.

7

RELAXED

For you it is important that whatever you achieve will not upset the lifestyle you have created for yourself and your family. You want your goals to complement your life, not detract from your life. You like to have time and space around you to just be, to connect with people and to create a balance between achievement and awareness. You fully appreciate the people in your world who get you and the pace you like to travel at to achieve your key goals.

8

Your GoalDrivers will drive you, motivate you and connect you to your goal.



My GoalDriver Blueprint.

09

1 MY KEY GOALDRIVER™



SUCCESSFUL PURPOSEFUL INSPIRED HAPPY ORGANISED RESPECTED CONFIDENT RELAXED

2 MY GOAL



3 MY AMPLIFIED ATTITUDE

What **ATTITUDE** do I need to achieve my goal?

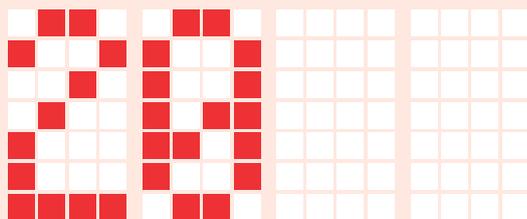


4 MY TIMEFRAME

DAY

DATE

MONTH



5 MY WHY

Five reasons **WHY** I want to achieve this goal.

ONE

TWO

THREE

FOUR

FIVE

Great acts are made up of small deeds. Lao Tzu



My GoalDriver Blueprint.

10

6 MY DEVELOPMENT
What do I need to do **DIFFERENTLY?**

START DOING 

 **STOP DOING**

7 MY 3 KEY MILESTONES



8 MY 30 DAY ACTION PLAN

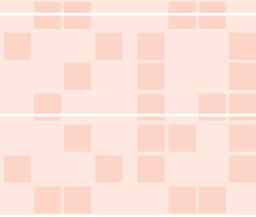
1. _____

2. _____

3. _____

4. _____

5. _____



9 MY DAILY RITUALS

How I want to **FEEL:** _____

	M	T	W	T	F	S	S

All of us know in our heart of hearts what we need to start doing in our lives and what we need to stop doing in our lives.



Creating the best you, you can be.

RITUALS

Rituals are those activities you can do to generate the feelings you want to experience each and every day. These rituals, when performed on a regular basis edge you closer and closer to your goals.

Rituals are the platform that every goal is built upon. Think of those individuals who are achieving—they all have a ritual they complete on a regular basis that creates a consistency in their life.

PEOPLE CREATE RITUALS.

RITUALS FORM FUTURES.

HOW OFTEN ARE YOU CONSISTENTLY INCONSISTENT?

STEP 1
Decide how you want to feel.

STEP 2
Determine what you need to do in order to generate that feeling in your life.

STEP 3
Define whether you need to do it each day, every second day or a couple of times a week.

STEP 4
Start! Test it out. Do you feel better? Are you edging closer to your goals?

My Daily Rituals YEAR

HOW I WANT TO FEEL	CONFIDENT	POSITIVE	ENERGISED				
RITUAL	MON	TUE	WED	THU	FRI	SAT	SUN
1. EXERCISE FOR 30 MINUTES							
2. COMPLETE MY 3 OBJECTIVES							
3. DRINK 2 LITRES OF WATER							

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People form rituals, rituals form futures.



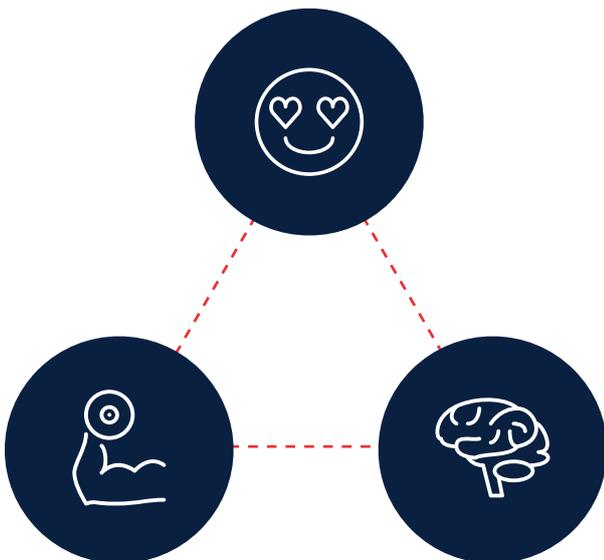
Rituals.

12

63 DAY CHALLENGE



CREATING YOUR RITUAL



EMOTIONAL RITUALS

1. Visualise yourself achieving your goals
2. Review your goal journal
3. Create a vision board of your key goals
4. Listen to intuition

MENTAL RITUALS

1. Meditate for 15-30 minutes daily
2. Read books that inspire, inform, or give great insights
3. Listen to positive audio
4. Start the day with a plan

PHYSICAL RITUALS

1. Exercise on a regular basis
2. Eat the right foods for your body
3. Network with positive people
4. Drink two litres of water daily

**Discover your passion. Define your purpose. Design your life.
Do your very best, but don't delay.**



GoalDriver goals for the next 30 days.

13

WHAT GOALS DO YOU NEED TO ACHIEVE IN THE NEXT 30 DAYS FOR YOU TO FEEL EACH ONE OF THESE GOALDRIVERS?

SUCCESSFUL

1

PURPOSEFUL

2

INSPIRED

3

HAPPY

4

ORGANISED

5

RESPECTED

6

CONFIDENT

7

RELAXED

8

What will you be known for? Your purpose, passion or untapped potential?



Creating momentum.

PICK YOUR PERSONAL GROWTH STRATEGY.

 LEARNING	 LISTENING	 COACHING
 EXPERIENCING	 REFLECTING	 READING

GET STARTED NOW TO CREATE MOMENTUM

TIMEFRAME	ACTION TO TAKE	WHO
1 HOUR		
1 DAY		
1 WEEK		
1 MONTH		

Discover your passion. Define your purpose. Design your life
Do your very best, but don't delay.



A portrait of Keith Abraham, a middle-aged man with short, light-colored hair, smiling broadly. He is wearing a bright blue blazer over a light blue and white checkered shirt. His arms are crossed, and he is wearing a watch on his left wrist. The background is a plain, light color.

Keith Abraham: Multi-Award Winning Keynote Speaker and Best-Selling Author

With over 24 years as a professional speaker, delivering to over 387 clients in 33 countries, Keith Abraham has been the recipient of multiple awards throughout his career. In 1999, Keith became a Certified Speaking Professional (CSP), which makes him in the **top 7% of all professional speakers in the world**. In 2002 he received the highest award given to a professional speaker—the *Nevin Award*, then in 2012 he was named *Keynote Speaker of the Year* and in 2019 was named *Educator of the Year*. Adding to his already impressive CV, Keith is a best-selling author of five books published in 12 languages covering the areas of passion, goals, customer loyalty and focus.

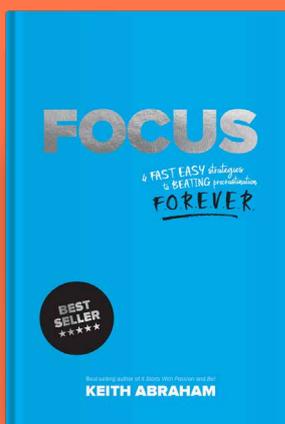
“Keith is a terrific professional speaker. He is passionate, energetic, highly engaging with the audience and most importantly, his message resonates and drives positive behaviour. I wouldn't hesitate to recommend him for any business or group looking for some great inspiration!

Phil McNutt—President, Sunglasses Hut Asia Pacific



KEY RESOURCES FOR YOU.

To purchase Keith's best-selling **Focus** in book or audio format visit keithabraham.com/store



FOCUS: 4 fast easy strategies to beating procrastination forever.

Is this book right for you? Only if you want to beat procrastination, remove the roadblocks and have a focus to propel you towards everything you want! If it's time for you to focus on what's important, what matters and what makes a difference, head straight to Chapter 1 for two express solutions.



"It will transform how you complete tasks, and you will get so much more done." **FAZ**



Passionate
PERFORMANCE

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