

Manifesting Your Goals

In The Energy of BEE-ing



**By Jan H. Stringer
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Inc. Co-Authors of BEE-ing
Attraction

Strategic Attraction™ Certification And Training
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Excerpt from - Wizard Wisdom Wednesday training call
30 min Recording - Manifesting Your Goals In The Energy of BEE-ing



<http://www.byoaudio.com/play/W7v2nYBT>

3 Session Virtual Goal Setting Retreat - Session One - Getting Started



<http://www.byoaudio.com/play/W2Qr7MKW>



<http://perfectlove.byoaudio.com/files/media/88be6fa5-e0b5-ef45-50c5-fd3e5e6ee84b.mp3>

Session Two - The Purpose of Goals:



<http://www.byoaudio.com/play/W8BH36SW>



<http://perfectlove.byoaudio.com/files/media/af0ad785-4f5a-2923-7391-bf77aa1be33b.mp3>

Session Three - Let's Take This into Your Current Situation



<http://www.byoaudio.com/play/WPyJjXWW>



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About PerfectCustomers, Inc.



Jan formed Perfect Customers after an extensive background in Corporate America in the area of Sales and Marketing ranging from Sales Executive to VP of Sales. Asked what her specialty is, Jan would say: "Being a Zen Master of Closing Sales." Additionally, Jan has a Visionary perspective of what it takes to grow a business from taking an idea for a product and service all the way to the creation of a sustainable business doing what you love fulfilling on your purpose while making a profit.

Author Global Best Seller Attracting Perfect Customers: The Power of Strategic Synchronicity Jan started an evolution of businesses being created from the inside out. She has worked with a global audience of entrepreneurs and companies to achieve more success using her proprietary methodology. Her legendary message was launched in the book Attracting Perfect Customers: The Power of Strategic Synchronicity. Following her success, she and her husband Co-Authored a book that is known as a fresh angle for doing business in the new economy called BEE-ing Attraction: What Love Has To Do With Business and Marketing. Additionally, she is the creator of the Attracting 5 New Customers in 5 Weeks program, The 28 Day Entrepreneurs Challenge, and the Perfect Customers Mastery training, for successful entrepreneurs who want more perfect customers and a deeper connection within themselves, and their business and a sales and marketing success tool to use with their clients.



Alan became a partner in PerfectCustomers, Inc., after a series of synchronistic turns and opportunities. Initially attracted to the Perfect Customers training programs and the Attracting Perfect Customers book, Alan proved that it worked in the real world of corporate sales and marketing. He applied the training in the company where he was Director of Sales and Marketing. His results were immediately noticed company-wide where he was able to decrease the cost per lead-to-closed sales ratio by 4 to 1. He made a career decision to join PerfectCustomers in 2004 and has been a major contributing partner since that time.

Alan is known as "The World's Best Cheerleader", Relationship Intuitive, and Catalyst for Spiritual Growth. He is a renaissance man with a varied experience; earning a Bachelor of Science Degree in Landscape Architecture from The Pennsylvania State University, successfully selling Kirby vacuum cleaners door to door, a cash market oil broker in Houston, TX., a candidate for The United States Congress, studying the flora of the rain forest in Peru, and 30 years researching consciousness, and teaching meditation.

In the Perfect Customers coaching and training programs, Alan is an example of how to be an elevated being. He is showing people how use the Strategic

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Attraction™ Planning process to go from, being ego based, survival oriented in their business, to being a higher consciousness, soul-based being, and that it is a constant, energetic check-in and process of mindfulness. He says, "Our programs are more than 'just another good business training'. We are going to personally evolve your consciousness to a higher level of functioning. It's about personal evolution, which will be reflected in your professional experience."

PerfectCustomers, Inc., programs include; a Complimentary 30-Minute Business Discovery Session, Speaking, Private Coaching, Group Coaching & Trainings, VIP Strategy Sessions & On-line study programs. PerfectCustomers' Mastery Program includes a Certification training track for the Perfect Customers proprietary Strategic Attraction™ Planning Process.

Jan and Alan are marriage and business partners residing in Santa Fe, NM.



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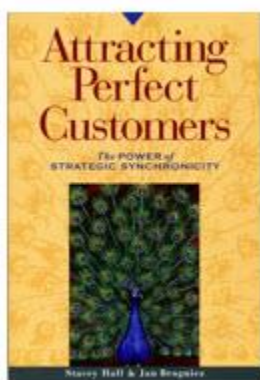
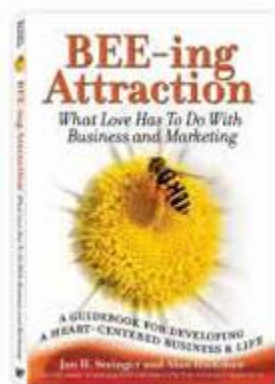
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Attracting Perfect Customers: The Power of Strategic Synchronicity
<http://bit.ly/PerfectCustomersBook>

BEE-ing Attraction: What Love Has To Do With Business and Marketing.
<http://bit.ly/Bee-ingAttractionBook>

Start attracting customers who are a perfect fit for you. Learn the basics of how to attract the perfect customers for your business.

"Your BEE-ing combined with action will set into motion your ability to attract."

When you set goals while immersed in your created BEE-ing statements and declarations, the actions you take will come as natural next steps. So you can start with this important step first: a quick review of the BEE-ing Attraction Plan.

At the end of the process, you will have shifted your BEE-ing so that you are ready to start **Manifesting Your Goals in The Energy of BEE-ing**.

The Strategic Attraction™ planning process:

DESCRIBE - The Qualities, Characteristics, and Attributes Of My Perfect _____ (That Are A "Perfect Fit" For Me.)

IDENTIFY - What makes ME and MY perfect _____ tick?

SPECIFY - What I want MY perfect _____ to expect of ME.

DECLARE - Who you get to BEE to attract what you say you want, and give this BEE-ing a title.



Included in this Guidebook

- A Five Step Manifesting Your Goals Process
- The purpose of goals
- Step by step instructions how to create your goals strategy
- BEE-ing Awake and Aware – Real Life Stories of Goal Manifestation

You will be learning new tools to set goals in an effective, fun, inspiring way. You will gain clarity about goal-setting, and how this process combines with your Strategic Attraction™ Plan. Our intention is to assist you in having success in all areas of your business and life.

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Most importantly of all, this guidebook will give you examples of how to establish your BEE-ing first before setting your goals to get a result that comes from who you are BEE-ing as a creation.

Your BEE-ing + writing your goal + knowing the background + writing your actions, and measuring your progress, produces an energy that expedites your success.

The Five Steps For Setting Goals in The Energy of BEE-ing Process:

1. Establish your BEE-ing - I am BEE-ing: _____
2. Write your Goal - My goal is: _____
3. Write a little Background: _____
4. Actions I could take as I see it now: _____
5. Measuring Progress: _____

Consider your goals are like turning on your inner GPS Navigation System:

First you enter the exact address of where you are.

Then you enter the exact address of where you would like to go

The GPS guides you in the best route to get there. If you take a wrong turn or miss your exit, the system then 'recalibrates' a new way for you to reach your destination from where you are now.



The GPS Navigation System is clear, to the point and without editorial comments. When you start to work with this Guidebook and implement the tools below, you will soon realize that it is like partnering with your own personal GPS - (Goal Planning Strategy).

"Recalibrating":

"It is never too late to be who you might have been." ~ George Eliot

The key is knowing specifically where you are and where you want to go!

Consistently using this process requires a little bit of work on your part. You need to follow the five steps starting with establishing your BEE-ing, then reach for the Energy of Your BEE-ing by taking attractive actions to achieve your goals.

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- ❖ What percent of your goals are 'BEE-ing activated'?
- ❖ Do you set goals hourly, daily, weekly, monthly, yearly?
- ❖ Are your goals interrupted by dazzling distractions?
- ❖ How do you navigate toward your goals?
- ❖ Do you "recalibrate" when taking a wrong turn?
- ❖ Who is holding you accountable for reaching your goals?

Below you will find direct ways to help you answer the above questions.

These questions are asked to have you think about what it means to be actively engaged and focusing on your goals. They are intended to get you to see how important it is to have goals set, to reach for your goals, and what it takes to stay focused on your intended destination.

"It is important to be honest with yourself and others about your goals. If you lie to yourself about a goal, your results will be minimal, if any. Other people will be misled if you set goals that are not true for you. So tell the truth before declaring your goals to others." From BEE-ing Attraction: What Love Has To Do With Business And Marketing.

The Energy of BEE-ing is available to everyone, yet it is available only when one can access and reach for it. Having access to it has been considered for thousands or years to be a great gift, a gift that can't be earned or deserved or repaid or for that matter it can't even be found...it finds you.

Living your life the-way-it-has-always-been lived will not promote or maintain a connection to the Energy of BEE-ing, Magic and Miracles in your life or business. Taking actions and doing things differently, in spite of pressures to the contrary, is how this Energy finds you.

Part I - GETTING STARTED EXERCISE

What it looks like when you have no goals set in the Energy of BEE-ing.

(Notice if any of these resonate with who you have been BEE-ing in the past)

- You float along with the current of life in any direction that it takes you.
- You get what you ask for....nothing.
- You have lots of opportunity for editorial comments in your head – all negative!
- You try to justify your no goal lifestyle by saying this is a 'phase' or 'I needed a break' or 'It's the economy' or 'I don't know what I want.'
- You feel like you are treading water.
- You set goals that you never reach.
- You have goals that are unrealistic.
- You do nothing.

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- You get involved with non-income producing activities.
- You go deeper in debt.
- You hang out with people who don't reach or set their goals either.

Okay, you are probably getting the picture.

Now let's transform where you might be now, into a new way of BEE-ing that lights you up and inspires you.

1. This list is who you are BEE-ing right now. Select one or two items from the list above, or write your own statement, that describes who you have been experiencing yourself as before today.

No editing please – leave your negative assessments out. This is not a session where you are supposed to feel badly – remember you are just like a GPS Navigation System in this exercise – an objective observer.

2. Next, recalibrate – just like the GPS – when you've gone off your path and write a new BEE-ing statement that describes who you would like to BEE now about setting new goals, and taking actions.
3. Declare your new BEE-ing statement -- in other words, you have recalibrated who you have BEEN BEE-ing to who you are now BEE-ing about setting goals.

This is the real you that has you taking this class and reading this document.

For example, let's say you resonated with:

I float along with the current of life in any direction that it takes me.

Your newly created BEE-ing statement could say:

- *"Who I am BEE-ing is clear about the goals in my life and focused in the direction of where I want to go."*
- *"Who I am BEE-ing is intentionally writing and creating goals to consciously direct successful outcomes."*
- *"Who I am BEE-ing is someone who is successful in reaching my goals."*

Now, it is your turn to create your new BEE-ing. Write three examples that move and inspire you as a declaration of who you will now be BEE-ing:

1. _____

2. _____

3. _____



GREAT! Congratulations!

**By declaring who you are BEE-ing now, you are ready to begin.
You have just set the stage for going forward with this Goal
Setting Guidebook**

“What you get by achieving your goals is not as important as what you become by achieving your goals.”— Zig Ziglar

“The world needs dreamers and the world needs doers. But above all, the world needs dreamers who do.” ~Sarah Ban Breathnach

“If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them.” ~Henry David Thoreau

“Of course I'm ambitious. What's wrong with that? Otherwise you sleep all day.”
~Ringo Starr

“To think too long about doing a thing often becomes its undoing.” ~Eva Young

“If you want to attract, you must set a goal, act, then measure.” - Alan Hickman

Part II - The Purpose of Goals: It is important to understand why you would want to set goals and define your success. Consider some of these points about the purpose of goals.

- Goals get you out of the drift.
- Goals connect keep you connected to your magical Wizard self.
- Setting Goals directs your focused attention and intention.
- Goals must be written down or they are just ideas.
- Goals are something that you are really interested in and passionate about.
- Goals are something that you are willing to work hard to make happen.
- Goals facilitate momentum being built.
- Goals must be clear in their purpose; they can be grouped into the important categories of your life: personal, business, health, well-being, spiritual, emotional, family, friends, marriage, financial, career, etc.

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- Goals require consistent action every day.
- Goals are the solution to the problems you are having.
- Goals are the answer when you do not know what to do.
- Goals are conceptual or tangible.

"Goals are dreams with deadlines." ~Diana Scharf Hunt

Desires, Wishes and Dreams are not goals

- Desires, wishes and dreams are things you want, or places you want to go, however, you have never set a goal or taken an action to achieve them.
 - Desires, wishes and dreams are all good, however, don't confuse them with your goals. You can transform wishes and dreams into goals by writing the words in the form of goals and be willing to take the actions necessary to fulfill on them.

Goals Strategy – Tracking – Measurement - Accountability

- A goals strategy includes where to start, the middle, and the end result.
- A goals strategy has a timeline.
- A goals strategy is the map or written words that guides you in achieving your goals.
- A goals strategy includes measurable results

Energy of BEE-ing

- Establishing your BEE-ing connects you with the essence of who you are in the world; it is a fun expression; offering less resistance to cause separation from who you really are.
- Establishing your BEE-ing allows the full free flow of Source Energy through you into the world. THAT is what people know you for and it is what you want to be known for.
- Establishing your BEE-ing is about connecting with the part of you that gives you the energy to cross the finish line, weather you want to run a marathon, earn a medical degree, or remain balanced in the face of any obstacle.
- Taking actions in the energy of BEE-ing more effectively and efficiently produces the results that you desire to achieve because your actions are in alignment with your Source and purpose.

Part III Who Are You BEE-ing

Setting Goals in the Energy of BEE-ing is about getting yourself into alignment with what you say you want; it is an active process. That means that you are actively engaged, and it doesn't have to be complicated. It doesn't have to be overwhelming.

Let's take this into your current situation.

- What are the goals you want to use this process for?
- What is your direction for the next year?
- What can you now use this program to create?

How can you best use the rest of this program to set yourself up powerfully to go into what's next (if you want) to your best advantage for even more connection, and success in your business and your life?

You have before you a big opportunity you can use to tremendous advantage for success in all areas of your life. You have awakened to your magical Wizard self. Are you going to take advantage of the opportunity you have in front of you?

PROCESS for Setting Goals in the Energy of BEE-ing

You might want to start with creating goals "**categories**", for example:

- Self Love
- Family
- Career/Business
- Relationship
- Healthy Body
- Fun, and Fabulous Travel and Adventure

Your goals are for you. It's all about knowing what you want and what you want to do. Look into your body, emotions, mind, money, spirit, family, and areas you want to perform better in to find your goals. If you have come up with something additional, add it to your list.

1. **What do you want** in each category?
2. Write or type what you want for yourself, as a start.
3. Then edit by being as clear, concrete and specific as you can.
4. If you don't want something, say that and then say what you do want.

Start by selecting one goal.

Express the goal as specifically as possible. Hone in on what you actually want to happen and say it as concretely as possible. Write what you want for yourself. Try to be as specific as if you were receiving partnership with your Self. (more on that 'partnership' later)

If I were your 'partner', and I have all the contacts, connections, and resources you need to fulfill on your goal, and I was taking your order, how would I want to receive that instruction?

Create a BEE-ing statement in the same way that you created one when working with the BEE-ing Attraction™ Plan in Part 4. Make it a title if you like and be sure it is something that inspires you and makes you giggle with delight! This is who you will be BEE-ing when you are working on your goal.

Next identify the action steps that will accomplish your goal. Write the actions down underneath or next to your goal.

Be specific. Give a timeframe in which you choose to accomplish this action.

Express the goal in a way, which shows your stake in it or commitment to it. **For example**, if I could, I'd like to have my shoulder pain ease up some, vs I will work at getting my shoulder pain to disappear completely by April 30th, 2011. There is more "energy" in the later than the former and less tentativeness too.

"We are kept from our goal not by obstacles but by a clear path to a lesser goal."
~Robert Brault

Specify where and when you want to take actions and write another **"action specific goal"** for each action you are taking. (this is how Setting Goals in The Energy of BEE-ing becomes a consistent, proactive process that you can **"partner with"** to support your success throughout your day)

For example: My goal is to be happy is less concrete than, My goal is to go on a two week vacation in one month for under \$1,500. Ideally, goals have a specific expression and a by when ie a time when you really want it to be completed.

An **"action specific goal"** is a goal I write for the **specific action** I am taking on a goal. In the above example an action I might take is to call my travel agent. An **"action specific goal"** for my phone call could be: "My travel agent answers the phone and he has new fun fabulous two week travel packages to five exotic locations, for under \$1,500 ready for me to choose from."

Be aware of your current status ie background so you can see the gap from where you are to where you want to be, on each goal. If your goal is to make \$200,000 this year, it will make a difference for you to be straight and honest if you have never made more than \$50,000 before and lost your job or that you have a good source of income and made \$100,000 last year.

Format your goals so it is most easy to read them. Using the Goal #, Background, Actions I can take and how I will measure categories for each goal will help you reach your goals. If you have a format you think will work better for you, please use it in this exercise. We are open to innovation.

Using this document as a resource and reading it over one or two more times; the common threads will emerge to make the work go more quickly and easily. Like the Strategic Attraction™ Planning process, this new goal setting strategy will become a

part of your nature. You won't know how you got along without it, and you will want to share it with your perfect customers.

How many goals can I have?

You can have as many goals as you can take continuous and sustainable action on.

This will be different for everyone. The human nervous system is structured to support much higher functioning. When you are *“feeling good and offering no resistance that causes separation from who you really are”*, the answer to the number of goals you can have is “unlimited”.

That said, consistent action on your goals until they are fulfilled is what will work best.

Notice if you are acting continuously on the number of goals you have throughout your day. If not, reduce your list to the number that works for you. You want the action you are applying to remain continuous in your awareness between times when you take action. The idea is to keep the “BEAM of Source Energy flowing” actively on your goals through continuous actions.

Ask yourself what your goal would be if you could only choose one, then two, then three, etc. The number of goals you have is the number which you could put some attention on every single day. It is ok to have the others, but put them in the second “tier”.

If the goal is really big, write sub-goals, markers or “milestones” that you can aim, and take action towards as you move forward. Anything you put down can be adjusted; it is not cast in “stone”. You can also add or change your goals as your BEE-ing shifts and you start to see things differently.

If you are up for it, after successfully writing your goal in a succinct, concrete and unambiguous way, then on the next line, say what the current condition and history is as concretely as you can. If you can determine key words, which express your goals, then put them at the front of the goal and bold them for easy tracking. Try it.

Another idea you can use if it helps you feel more successful writing your goals is to use the VS technique. E.G. “Goal:

Clear thinking and good memory VS. Brain fog and memory loss” - followed by what you mean by clear thinking and good memory, the current situation and a little history.

Measuring or tracking your goals:

Look for the small, the invisible things. They are “signs of land” of something large and positive. By writing about the small as well as larger measurements, you are positioning

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yourself to see what is available to you that has not been available for many years and is just beginning to be revealed.

Take each goal, whether you know how to measure it or not and format it as 1,2,3, starting with these words or words to the effect of:

My goals is.....(to have or be something (like the opposite of angry) e.g. My goal is to be calm and pleasant when x,y,z happens) and or the absence or angry (my goal is not to be angry).

Do that for each goal. Then indent and put any explanation, or narrative or story you want in that section, then, **how I would track my success is....**As another indent. Put these modules with goal, background, how I would know in order of which goal is most important of all of them, which is 1 and 2 of all of them and so forth.

For example:

My #1 goal is to feel calm and flexible when someone confronts me with defiance.

Background: I feel hooked by anger when this happens. At the low end I feel resistant, inflexible, driven, agitated when someone gets defiant at me and at the other end I give it back to him or her. There is never any physical violence.

Actions: I could take as I see it now: I could smile, immediately say that I feel the intensity of their commitment that they would be so passionate, immediately say I am sorry that I may have said something upsetting to you to have you come at me that way, step back, take a deep breath, excuse myself, ask them if they could help me work this out to both our satisfactions etc. I could write a quick goal with my finger in the air..."help me respond to neutralize this confrontation".

Measuring Progress: Count and note the number of reactions of this kind I have daily and note at what stage in one I interrupt it and what successes I have e.g. # of upsets, # of times I take interruptive vs. acting out actions after each one I note, # of successes I have at turning it around before it runs its course anyway. Note: Be prepared for it to see like I have a lot of these issues when I start measuring them. The measurement brings awareness to the unconscious number and it often looks worse right away.

Your goals are a living document. You can work them periodically to edit their different parts . Here are some examples of well-stated goals and note the coaching comments in CAPS which follow some of the parts to help improve what is already good.

Note how easy to read the formatting is with Goal #, Background, Actions I can take and How to measure sections.

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Goal #1: I put at least \$2,500 a month into a savings account. (PUTTING MONEY IN AN ACCOUNT IS MUCH MORE CONCRETE THAN SAYING "SAVING \$2,500 ETC. VERY GOOD WAY TO LANGUAGE THE GOAL TO GET AT WHAT YOU REALLY WANT).

Background: I make good money. I got bigger jobs in the last few months but I see that I still don't have any money saved.

Actions I can take:

1. I can make a budget and spend within it; I can reduce my extracurricular spending. (EXCELLENT, AND YOU CAN ADD TO THIS LIST WHEN YOU ARE WONDERING WHAT YOU CAN DO TO REACH THIS GOAL AND YOU WILL SEE OTHER IDEAS SUCH AS PUT IN MONEY, MAYBE SMALLER AMOUNTS, FIRST AS SOON AS YOU GET A CHECK).

How to measure?

1. The amount of money I have in savings. (YOU COULD ALSO BRAIN STORM TO DO OTHER THINGS, LIKE WAYS TO INCREASE REVENUE TO THE MONEY SAVED WILL BE EASIER TO PUT AWAY, TAX DEDUCTIONS WHICH GIVE YOU MORE NET TO SAVE, MAYBE TAKING MONEY FROM EACH INCOMING TRANSACTION RATHER THAN WAITING TILL THE END OF THE MONTH AS MANY WOULD DO TO PUT THE MONEY AWAY ETC.)

Goal #2: I lose weight quickly and regularly through healthy, conscious eating. (YOU COULD PUT IN HOW MUCH AND HOW QUICKLY).

Background: Food was always associated with being good or bad in my family, so food has always been about more than fuel.

Actions I can take: I have been working on this issue with a therapist and we've uncovered some long-held beliefs about my own worthiness and cleared those out, but there is still a strong habit of wanting to eat what's not healthy for my body. (CALORIE KING IS AN ON LINE PROGRAM WHERE YOU CAN RECORD ALL YOUR INTAKE AND VITAL STATS. IN SPORTS THEY KNOW THAT WHATEVER THEY MEASURE, DRAWS ATTENTION TO IT AND IN OUR CASE BRINGS THE ENERGY TO YOUR GOAL AND MAKES IT EASIER AND MORE EFFECTIVE TO REACH. IT IS FINE DO THE THERAPY BUT THERE MUST BE A LINK YOU INITIATE TO THE DIFFERENT ACTIONS YOU WILL TAKE. EVEN IF YOU CAN'T TAKE THOSE ACTIONS NOW, IDENTIFYING THEM WILL BRING YOU ONE STEP CLOSER TO TAKING ACTIONS. SMALL STEPS.

How to measure? Pounds and inches! :) (FOOD INTAKE: CALORIES, QUANTITY, KINDS ETC ETC)

Goal #3: I find ways to exercise my body that I truly love and enjoy.

Background: I grew up in a family that put no attention on exercise outside hard work. I have a very physical job now, although I don't get my heart rate up as much while I'm working, I am using all the muscles in my body and moving constantly for 5-6 hours a

day. When I get home, I just want to relax and rest my muscles. . . NOT exercise them more.

Actions I can take: I love to dance; my partner and I could take dance classes and make that a regular part of our routine. (EXCELLENT. ALSO, AND THIS MAY SOUND STRANGE, YOU CAN EXERCISE BEFORE YOU GO TO WORK! YES, DOING THAT WILL LOOSTEN UP YOUR MUSCLES AND GIVE YOU THE NEEDED AEROBIC WORK OUT TOO. START SLOWLY, TEN MINUTES AND THEN TRACK HOW YOUR BODY ASKS FOR MORE).

How to measure? When I'm stressed and craving exercise and food, I'll know I've reached that point where it is time to do something which I don't define as work even if it is just swinging my arms. (ALSO, YOU CAN MEASURE HOW MUCH YOUR ENDURANCE IS IMPROVING, HOW YOUR COORDINATION IS IMPROVING SO YOU CAN DO DANCE MOVES WITH MORE GRACEFULLY AND OR DO MORE DIFFICULT MOVES THAN YOU COULD BEFORE.)

Goal #4: I sleep deeply and uninterrupted for at least 7 hours a night.

Background: I have always been a light sleeper; I toss and turn, and often lie awake for an hour or two. Most of the time that's a creative process for me.

Actions I can take: I can develop a bedtime ritual, which includes a hot tub soak, and actually getting into bed as opposed to falling asleep on the couch. I can do this the same time each night so my body gets into the habit of relaxing. (YOU CAN ALSO GET MASSAGES SO YOUR BODY GETS USED TO SOOTHING TOUCH, ALSO USING EAR PLUGS AND A FACE MASK THAT DOES NOT TOUCH YOUR EYE LIDS, SELF ACCUPUNCTURE MASSAGE OF YOUR FOOT AND EAR MARIDIANS ETC)

How to measure? I'll know by the quality of my sleep and the restfulness and alertness I feel in the morning. (YES AND THE WAY TO MEASURE THAT IS TO HAVE A CHART BY YOUR BED AND GIVE A NUMBER TO THE QUALITY AND ALERTNESS COMPONENT. IT WILL BE VERY VALIDATING FOR YOU).

In Summary

The Five Steps For Setting Goals in The Energy of BEE-ing Process:

1. I am BEE-ing: _____
2. My goal is: _____
3. Background: _____

4. **Actions I could take as I see it now:** _____

5. **Measuring Progress:** _____

Should I create my Strategic Attraction™ Plan before or after I write my goals?

Creating a BEE-ing Attraction™ Plan first will give you access to content for your goals, and writing your goals first will give you content for your BEE-ing Attraction™ Plan. The one thing you can count on is that the BEE-ing Attraction™ Planning process will support you in activating your goals. It's the physics of the way this world works.

The physics of this world and the Law of Attraction dictate that when you are in alignment with your unique vibration within that eternal, ever expanding stream of consciousness your goals are supported by that stream of energy flowing naturally toward your purpose in this life.

The Strategic Attraction™ Planning process is your tool for aligning your goals with that stream of Source Energy. Like a perfect partner, it supports you in knowing each day why you're doing what you're doing moment by moment.

It helps you eliminate boredom and answers the question, "Why am I here?"

It is a simple yet powerful tool for efficiently and effectively connecting with that *unique stream of consciousness* flowing eternally from YOUR Source toward YOUR unique purpose in this life, and it naturally aligns your goals with THAT soul purpose.

"A straight path never leads anywhere except to the objective." ~Andre Gide

In the Energy of BEE-ing, however, you could say that the shortest distance between two points, is never a straight line. In fact there is an ancient Chinese symbol that more accurately charts the course of our goal setting process.



The point is that each of us has available to us an eternally expanding vibrational stream of Source Energy already flowing toward the fulfillment of our goals and we want to "partner" with that Source Energy. That "partnership" happens when you reach for it.

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*“Be easy about all of this. You tend to take life so seriously. Life is supposed to be fun, you know...You are Leading-Edge creators, sifting through the wonderful contrast of this Leading Edge environment, and coming to new conclusions that **summon the Life Force forward**. There are not adequate words to explain the value of that which you are.”-*

Abraham – Ask and It Is Given

- The more you write goals the better.
- BEE action oriented, concrete and specific.
- Use language a four year old would understand.
- Ask yourself “What do I really want to manifest?”
- Get a notebook and write goals on the left page and write 5-6 actions on the right page.
- Start a new page every day.
- Practice writing an “air goal”, when you don’t have paper and pencil.
- We live in a culture of entitlement - BEE different from the culture; write your goals
- From a place of BEE-ing deserving. I deserve to be successful in my life and my business.
- Write what you want for yourself.
- Write it as if you are asking me to be your partner to getting what you want, and ask me exactly how you want it to be.
- Be specific about what you want not about how you will get it.
- BEE open for the magic really working when you reach for what you really want.
- Look at the Big Picture, then look at the specifics, and let them come together to make it happen.
- Keep your goals in front of you; easy and handy to get to wherever you are.
- Prioritizing goals - all are equally important, however, some are "time sensitive goals".
- BEE Awake.
- BEE Aware.
- BEE honest.
- BEE straight with yourself.
- Because your goals are awake and aware.
- Zero in on exactly what you want to happen.
- Actions are the fulfillment of your goals.
- Look for progress on your goals after taking actions on them.
- Goals have specific “wins” and results.
- Like “signs of land” acknowledge your wins and results even the smallest.
- Focus on the ‘wins’ not the “what’s not happening”.

- Look for spontaneous internal and external happenings that are positive even if they may seem to be unrelated to your goals. These happenings may seem like coincidences; just notice them.
- Create a “results journal” and write about your results and wins.
- Express the goal in a way you express your commitment to it.
- Express your goal in a way that gets you out of bed in the morning!
- Write your goals like a kid in a candy store.
- Happily, joyfully, and powerfully leap out of bed to use this process and accomplish your most treasured goal.
- Tell your Wizard friends about your goals, wins, and results.
- Write goals for that which you won't be held back to have.

If you relate to this process like it has to prove itself to you or you maintain a skeptical stance, you will for sure be taking actions which are ineffective. Suspend your skepticism and give yourself a chance. There are 100's of opportunities in front of you. If you do your job, this process will do its job.

Think that goal is too big? Think again

The IMAX Goal Story – by Diane Armitage

Alright, my friend. I just want you to know that even I have monster goals that scare the creepers out of me. Apparently, God/The Universe/Angels/Anything else zeroed in on my life doesn't seem to have the same fear factor about my goals.

Case in point . . . and I'm only telling you this about MY life because this will be about YOUR life . . . just pay attention . . .

Last September at my birthday, I decided to get very, very clear on what, exactly I wanted to do as a writer the rest of my life. I've had a phenomenal ride writing for some of the most amazing thought leaders of our time. I love working with every client who comes in the door, too, no matter what the industry or what the idea. But, there's still a yearning to do something even BIGGER . . . find a way to give back even BIGGER through my writing to help shift single minds and planet consciousness.

The honing down process has been something I'd mulled for years, but in September I got very serious about choosing that one thing. Turns out it's IMAX. Not movies FOR IMAX, but movies by THE IMAX founder and his group of earth-changing peeps. It's something about all that research anywhere in the world, and writing, and production and BIG SCREEN on things that actually matter . . . that seems a darn good place to eventually find my way to.

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(Hint #1 on Big Goals: Your well-into-the-future deadline might not be God/The Universe's deadline.)

So, come to find out, the founder AND his company is located right here in my hometown. Seriously, had no idea prior to the meditative search-and-choose mission in September. And we're not talking Chicago or Manhattan hometown, we're talking Laguna Beach, population 22,000.

So, I started in on the formal process - knock on their door, make contact, drop portfolio pieces, bug various people in the company to land an informational interview, etc.

I was getting nowhere.

(Hint #2 and Hint #3: At least do something, take some action you know to do. But don't expect God/The Universe to make you work the hard way. Somehow, a faster, better idea tends to occur if you let it happen.)

So, come to find out, this IMAX founder hangs regularly at a coffee shop I frequent. Gee. Another coincidence. In fact, I go there every Friday with a gal friend to do our own little in-person "mastermind." The locals in this coffee shop are extremely friendly and lovely and they've all been coming here for years.

So, last Friday, she had some buddies come in the door that she introduced me to - we chatted a couple minutes and they found their own table across the way. And somewhere along the line, I mentioned to her - for the first time ever - that I have this IMAX dream. She brightens up and says, "Well, those guys over there know him very, very well - they've been great friends for years."

(Hint #4: When you see the EASY opportunity, for crimony's sake, don't question it - just ACT. You think this is a coincidence?)

So, she whisks me off to their table and in a matter of minutes, we round our way to the IMAX theme.

(Hint #5: You do have to ASK. It might be ALL you're required to do, but you have to at least do that.)

I ended up being semi-interviewed by these guys who see the IMAX founder on a weekly (if not more) basis.

Do you think they dismissed the meet and completely forgot to mention this to him?
Doubt it.

Do you think I'll be strong-armed from ever meeting this man?
Are you kidding?

Will there be a long way to go still?

Maybe. Maybe not. There doesn't, however, seem to be a lot standing in the way now, does there?

Moral of the story:

So, my friend, don't let that Big Goal die. I don't care how big it is or how preposterous it may seem to you or anyone around you. If it's what you truly desire ... if it's something you see yourself doing, and you take time to write about it, think about it, and envision yourself doing every day (I dream about it now, too) ... don't be surprised if it shows up at your local coffee shop.

Still need more help?

At Christmas, I just so happened upon . . . (wow. There's that phrase again, "happened upon") . . . an older book by Wayne Dyer. It's a book that teaches you about believing in and looking for the specific opportunity. It also teaches you about believing in the synchronicity at work in your daily life. It's helped me enormously and, of course, showed up just at the right time. (Gee.)

It's called "You'll See It When You Believe It!" – Dr Wayne Dyer

I know you'll enjoy the book; you can find it at Amazon.

Diane Armitage - www.Armitageinc.com - is a renowned marketing writer, Internet strategist and fixer of lame web sites. When she's not coming to clients' web site rescue, she can be found writing mounds of copy for her popular blog, www.LagunaBeachBest.com and traveling/writing for entities and causes around the world. Contact her at Diane@Armitageinc.com

Are you ready for some bonus points and optional alternative techniques?

Why Are You Attracting What you Are Attracting...Again?

There is an ancient Chinese saying:

"The way out may involve going back through the door you came in through."

It's the physics of the way this world works. The physics of this world dictate that when you "learn that lesson", when you learn how to shift your BEE-ing; your inner vibration in any situation the outer condition stops presenting itself. If you make right choices now, the situation will shift or change. If not, you will get more chances to choose to Shift Your BEE-ing in your best interest.

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What do I do if I don't know where to start?

One easy way to get started focusing on writing clear, well-defined goals is to make a list of what you need right now and then turn your lists into **gold/goals**.

Make a list of what you need right now. Imagine you meet John Beresford Tipton, The Millionaire, and he took out his checkbook, and offered to write you a check for everything you had an immediate need, what would you write on that list?

Do you need your bills paid, car repaired, a new computer, dental work, rent or mortgage payment, write down anything necessary to meet your required commitments right now.

What I need

Rent or Mortgage

Car payment

Insurance (life, car, medical, dental, disability, homeowners, renters, etc.)

Utilities (heat, electric, phone –land and cell, television, sewer, water, etc.)

Food , gasoline, clothes, shoes, (your monthly credit card spending will show this)

Are you noticing any resistance?

Next make a list of everything you WANT, need them or not.

Retirement contribution – desired

College fund contribution – desired

Other debt repayment – desired amount

Saving contribution/investment

Monthly life enjoyment:

Vacation fund

Entertainment – dinner, shows, music, arts

Other new things in your life – a new car, vacation home mortgage

Extra money for random purchases – clothing, TV, furniture, etc.

Donations to causes that are important to you

For example: a trip to Paris, London, and Cairo, a 2010 dark blue Bentley Azure T convertible, a one year retreat to Italy, India, and Bali, an original G. Harvey painting, \$500,000 in cash. Here you are priming your pump. The sky's the limit. The next step will be turning your lists into goals.

Now make a list of personal qualities you need to be successful. Look at Step 3 of your Strategic Attraction™ plan and draw from it a list of personal qualities you need and want.

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For example: Honesty, self-respect, ability to focus, patience, persistence, energy, organization, creativity, balance, decisiveness, ability to finish what I start.

Now here is how to spin each item on your lists into Gold/Goals:

Look at each of your needs, and desires and transform them to meet each test below. Then write it down as a GOAL.

Strategic Attraction™ Goal Manifestation Check List:

Ask yourself, "Do I really want this"?

Be honest and straight with yourself. Is this on your list because you really want it or because you think it would "sound good" if you told someone about it?

Is it "Unrealistic" - is it high enough?

One qualifying factor is "has anyone else ever done it?" Your goal may be to change the size and shape of your body. In People Magazine there is an article about how Jennifer Hudson transformed her body from a size 16 to a size 6. Now that is an example of achieving a goal that is high enough!

In 2004 Jan and I had a goal to offer our process and programs to thousands of people around the world by creating an internet web site where our Perfect Customers could connect, communicate, and collaborate. Six years later the movie Social Network demonstrated how Mark Zuckerberg created facebook, starting (in 2003) from his dorm room at Harvard. Facebook is now a 50 Billion dollar company with almost a billion members worldwide. That is now a "realistic" goal, and we are "recalibrating".

Another example do you have on your list of things you want a 2.5 million dollar house and a \$250,000.00 car with a \$100,000.00 income goal. (the solution-raise your income goal).

Have you expressed it in detail and language that a five year old could understand?

BEE-specific! If you want a new car, describe it in its entire detail as if you were filling out an order form that the dealer will use to manufacture your car from scratch. (feel the "soft Corinthian leather" of its interior.)

Is your goal set high enough or just high enough?

BEE-straight, are you just reaching for the "low hanging fruit"? Check to see that you have to reach out for your goal and "stretch" for it. This is not a time to think about how you are going to achieve your goals, just go for it.

Have you included the BEE-ing factors necessary to achieving your goal?

BEE-ing confident, strong, creative and powerful in the face of any obstacles, BEE-ing happy, joyful, and powerful, leaping out of bed to reach for and connect with this

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process and taking action on your goals, BEE-ing straight, BEE-ing organized, BEE-ing balanced, decisive, mature, composed, BEE-ing interested and connected with other people.

Bonus Points and Optional Techniques

A few years ago I saw a documentary on The Golf Channel about Earl Woods sharing the techniques he used in coaching his son Tiger. One comment stood out to me. Earl said that one day he asked five year old Tiger, “What do you think about when you hit the ball?” Young Tiger replied, with wisdom beyond his years, “Well daddy, I think about where I want it to go”.



Setting Goals in the Energy of BEE-ing is like that.

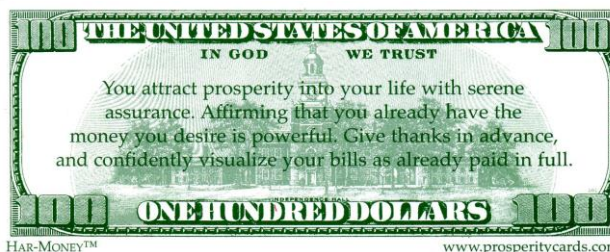
Imagine young Tiger Woods putting technique:

You look at your ball, you look at the cup, then you draw an inner line from the ball to the cup, and you take your stroke in the internal silence of who you are BEE-ing (no inner dialogue) just BEE-ing present to the flow of Source Energy along the line all the way into the cup.

This is a metaphor for creating successful solutions for everything that you want to do in your life and your business. With this goal setting process, you can be creative and win the game.

“If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them.” ~Henry David Thoreau

Here is another optional bonus technique you can try out and see if it fits into your strategy. I am not a scholar of ancient scripture, however, I have ‘stumbled’ over a few interesting verses that have resonated with me over the years, and I am going to take this opportunity to share my insight with you as it relates to Setting Goals in The Energy of BEE-ing.



Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God. - Philippians 4:6

In this 'simple' verse I see three instructions:

1. **Do not fret or have any anxiety** = feel good, and offer no resistance that causes separation from who you really are.
2. **Definite requests** = list every detail as though you had to depend on this description alone to have your 'order' filled by a five year old.
3. **With thanksgiving** = positive, already accomplished, complete.

"The secret of achievement is to hold a picture of a successful outcome in the mind." - Thoreau

"By virtue of creating this plan, you are making a declaration about a new way of operating in your business relationships and in your life." – From BEE-ing Attraction™: What Love Has To Do With Business And Marketing

dec.la.ra.tion (def. - The Oxford English Dictionary):

1. A proclamation or public statement as embodied in a document, instrument, or public act.
2. The action of stating, telling, setting forth, or announcing openly, explicitly, or formally; positive statement or assertion; an assertion, announcement, or proclamation in emphatic, solemn, or legal terms.

The Power of Declaration

A declaration is a powerful statement that announces, avows, proclaims, and manifests into reality that which is said.



Strategic Attraction™ Planning Part Four

DECLARE: Who you get to BEE to attract what you say you want and give this BEE-ing A title.

In Part 4 of your Strategic Attraction™ plan you declare your BEE-ing and give yourself (your BEE-ing) a title. In other words, what would be the BEE-ing of someone who accomplishes everything you have said you really want in each of your goals? You must first step into the BEE-ing of someone who attracts what you have written; it is a declaration first and then taking actions that draws your desires to you! Therefore, your actions, and whatever you have written in your goals, will happen in direct relationship to who you are BEE-ing.

Ask yourself: *"Who do I get to BEE to attract what I say I want? And then give this BEE-ing a title. Here are some examples of real people just like you DECLARING who they are BEE-ing:*

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- I am BEE-ing strong, centered and powerful!
- I am BEE-ing the Queen of Clarity and purpose!
- I am BEE-ing bold, outrageous, and unstoppable!
- I am BEE-ing Cosmic Connector!
- I am BEE-ing Exuberant Marketing Magician!
- I am BEE-ing fun, focused, and fabulous!
- I am BEE-ing bright sweet Juicy and delicious!
- I am BEE-ing A Goal Manifestation Magnet

Take your top five goals and write them in the form of a DECLARATION following the three instructions given above; positive, already accomplished, and complete.

For example: The \$1,250 bill from Verizon is paid in full.

I am happily, joyfully, and powerfully leaping out of bed each morning to connect with the Energy of BEE-ing and take action on my goals. I remain strong, centered and powerful in the face of any obstacles in my life and business.

I own a Bentley Azure T convertible With Retractable Flying 'B' radiator mascot, 6-speed automatic gearbox with semi-automatic and sports function. Adaptive Shift Control, Black on parchment analogue instruments, Top-roll mounted satellite navigation system, Electrically adjustable tilt steering wheel with cruise control switches, and Front massage seat.

The next step is to BEE with each of your **DECLARATIONS DAILY** each morning and evening. First read your list of goals as you have written them in the prescribed form: positive, already accomplished, and complete.

BEE with each of your declarations remembering the putting metaphor, draw a line in your mind, and visualize Source Energy flowing down that line lighting up and activating every detail of your goal. Feel and smell the soft Corinthian leather of your new car, walk through the door of your new home, see the original G. Harvey painting on the wall of your perfect office space, sit at your new desk and play with your new computer, feel happy, strong, connected, and powerful, feel the stack of hundred dollar bills in your hand from your perfect clients, or an out of the blue windfall.

Add any physical ritual you like to activate your senses and emotions. In your mind stamp the bill from Verizon PAID and place it in the paid bills file. If you have the actual bill turn it over on your desk as you visualize.

Finally:

"Energy is the essence of life. Every day you decide how you are going to use it by knowing what you want and what it takes to reach that goal, and by maintaining focus."
- Oprah Winfrey



Taking action on your goals activates the power of commitment:

"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now". - J. W. von Goethe

"The Essence of My Every Desire Can Be Fulfilled... If your time-space reality has the wherewithal to inspire a desire within you, it is our absolute promise to you that your time-space reality has the ability to deliver, in full-manifested form, the reality of the desire it has inspired. Any and all desires can be fulfilled unless you are holding yourself out of alignment with your own desire. The feeling of competition or shortage, or limitation of resources, means you are out of alignment with your own desire." ---
Abraham - Excerpted from the book, The Vortex, Where the Law of Attraction Assembles All Cooperative Relationships

With many calculations, one can win; (close the sale) with few one cannot. How much less chance of victory has one who makes none at all! - Sun Tzu

Part of the issue of achievement is to be able to set realistic goals, but that's one of the hardest things to do because you don't always know exactly where you're going, and you shouldn't. ~George Lucas

The greatest dreams are always unrealistic. ~Will Smith

Out of the strain of the doing,
Into the peace of the done.
~Julia Woodruff, Gone

The only thing that has to be finished by next Tuesday is next Monday. ~Jennifer Yane

All men dream: but not equally. Those who dream by night in the dusty recesses of their minds wake in the day to find that it was vanity: but the dreamers of the day are

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dangerous men, for they may act their dream with open eyes, to make it possible. ~T.E. Lawrence

Map out your future, but do it in pencil. ~Jon Bon Jovi

I don't care how much power, brilliance or energy you have, if you don't harness it and focus it on a specific target, and hold it there you're never going to accomplish as much as your ability warrants. ~Zig Ziglar

If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them. ~Henry David Thoreau

What's Next....



Get Certified

SACAT: Strategic Attraction™ Certification And Training

Certification is a perfect fit for you if you want to produce real results in your life and heart-centered business by tapping into your own unique skills and passions. AND, if you want to produce a sustainable and scalable income augmenting the gifts, talents, and passions of others.

These days, if you seek advice from your fellow business peers or tune into any one of the mass (and massive) medias, you'll find that most want to convince you that:

- Business is tough all around.
- Business is much more of a struggle every day.
- Business is not nearly as rewarding or fun as it used to be.

It's a "changing landscape" out there ... time to take cover and hope to ride out the storm, right?

Wrong, WRONG and WRONG!

You WILL be driven into business extinction if you believe the "truths" of struggling business owners and business "specialists" who are telling you to ...

- Pull back,
- Lower your prices,
- Stay small,

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- Retract and
- Work longer, more tedious hours.

That's no way to live. And it's certainly no way to do business. We don't believe in giving a single day – not even a single hour – to struggle, obstacles and stagnation, especially given the fact that you're not just a business owner – you're a Business Wizard!

**That's right. You are your own Sales and Marketing Genius.
And we're here to bring out the Business Genius in you.**

You have the ability to start right now, right where you are, and build the kind of profitable, rewarding business you wish to have.

So, what's it going to be? Are you going to stay ducked down there with a trashcan lid over your head? Or are you ready to step into the business you really deserve through your own act of wizardry? [Click Here to learn more about the SACAT Savvy I program](#)

<https://zq112.infusionsoft.com/app/orderForms/SACAT-Savvy-I>

Attractively, with LOVE and GRATITUDE,



Jan H. Stringer and Alan Hickman

Co-authors, BEE-ing Attraction™ : What Love Has To Do With Business And Marketing

Give us a call if you have any questions or would like to connect. 505-474-5348

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What makes me and my perfect SACAT TICK is that Strategic

Attraction™ is the foundation to attract a global community of 6 million people who are awakening their divine potential and creating more peaceful, joyful, satisfying relationships in their business and personal life.

The Power of Partnership:

“A dream you dream alone is only a dream.

A dream you dream together is reality.” - John Lennon