



Amanda Steadman
Connect to Success
Author | Speaker | Mentor



Work Less. Live More. Be Happier Every Day.

H.E.A.R.T ♥ Goals System – Short Written Example:

“I am so happy and grateful that it is December 2018. I am the best sales person in the team and reach the £1,750,000 team target [PRESENT TENSE, EXCITING & ETHICAL, TIME-RELATED]. I ensure that I complete 30 sales calls per day that result in at least 12 sales per month [ACTION ORIENTATED, TIME-RELATED AND REASONED]. I am excited about this goal as I prove myself within my new company and with the extra sales commission. I read one book per two months on Sales Experts and talk to the current Top Sales Team leader, which increases my knowledge and skills [ACTION ORIENTATED, TIME-RELATED & REASONED]. I donate 10% of my earnings to UNICEF, which makes me feel good and changes the world for the better [PRESENT TENSE, REASONED & ETHICAL]. I spend every weekend with my family sailing, swimming and dining out. I am now in Disney World with my family for two weeks [PRESENT TENSE, EXCITING AND ETHICAL].

I am happy, healthy, fulfilled and I am very grateful for everything [PRESENT TENSE, REASONED & ETHICAL]”