

**100% of
Reaching Your
Goals**

is

Between Your Ears

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Welcome

Thank you for downloading the eCourse,
"100% of Reaching Your Goals is Between Your Ears"

You are now on the path of obtaining what you want out of life.

The secret to this is really quite simple.

You have the power to make your dreams come true by using the thoughts in your head. It's not a no brainer! :)

Your attitude, motivation, passion, drive etc. are the primary source that allows you to reach a goal.

The more thoughts you have that are directly related to what you want in life, the faster you can make it a reality.

This sounds way too easy, right?. We challenge you to spend the next 10 days getting serious about what you want out of life and use this ebook to get you started.

Enjoy the next ten days and may all your dreams become a reality.

Day 1 - What are goals anyway?

Welcome to Day 1.

Today, you are going to learn some insight into what goals are.

At the end of today's lesson as well as each of the 10 day lessons, you will complete an exercise to enable you to make each lesson specific to your own situation.

Ultimately, these lessons can help get that much closer to achieving what you want in life.

Let's get started.

What are goals anyway?

Goal:

The purpose toward which an endeavor is directed; an objective

Goals enter into a variety of areas in our life such as our education, careers, relationships, health, family, and community.

Have you ever been told by someone that you need to have goals? You may have been told by your parents, a teacher or maybe a manager at work.

Did anyone ever offer to explain to you what a goal really is?

Here is a story about a boy in grade eight and his experience with learning about goals.

I attended a junior high school assembly a few weeks after the first day of school. The principal walked up to the podium and talked all about the upcoming school year. He first his speech by saying, "Go for the Gold!" It turned out that he said this at every school assembly for the rest of the year.

I remember thinking to myself, What is he talking about? Is he telling us to start panning for gold in the river near our town? or is he telling us we should be become involved in sports so we can become Olympic athletes?

The sports perspective probably made the most sense to students in sports, but what about the students that didn't have an interest in sports?

My junior high school principal had a great idea. He was trying to help us all achieve our goals and dreams. The problem was he provided us with an end result that not everyone could relate to. Plus, we were given this end result without fully understanding how to get there. I believe that you can, "Go for the Gold" in your life. You get to define what "Go for the Gold" means to you. Ultimately, this means going for what you are passionate about. Your gold could be teaching, traveling, owning a business, raising a family etc.

Let's review how you can achieve your goals.

Goals come in all shapes and sizes. There are goals that are the same for most people and then there are goals that are unique to the individual.

Some goals get us through the day like getting out of bed, brushing our teeth, eating breakfast or having a shower.

The majority of these types of goals have become so routine that we do them without even thinking about them. They become our daily habits.

Other goals may be based on dreams or aspirations that we want to accomplish in the future such as going to college or university, owning own a business, writing a book, buying a house or maybe traveling the world.

All goals no matter how big or small, can be broken down into mini goals or short term goals.

A short-term goal such as going to the gym on Wednesday morning could involve mini goals that include scheduling it in your calendar, putting all your gym clothes together the night before and even making sure your alarm is set.

The big goal or long term goal in the above example could be that you want to exercise four times a week for the next ninety days.

What is important to recognize is that actually achieving it involves little and big steps along the way.

Here is a fun way to look at this.

A lot of us love to have pizza delivered. It is an easy thing to accomplish. You phone the pizza place, give them your order and in 30-60 minutes a person comes to your door with pizza. Yum Yum! 😊

Do you know how many things need to happen before that pizza makes it to your door?

Call your local pizza place and find out.

You might find out there are a lot of things that need to happen in a short period of time to get the pizza to your front door.

This is very true when you set a goal you want to achieve. If you want to get an “A” on a math test, you have to complete a series of study sessions to properly prepare for the test.

Day 1 Exercise:

What are your goals?

1. Get out a piece of paper or open a document on your computer.
2. Write out a wish list of, as many goals as you can that you want to achieve.
3. Keep the list handy to review on Day 2.

To keep focused, you might want to set an alarm for twenty minutes and keep writing until the alarm goes off.

Write anything that comes to mind no matter how impossible it may seem to achieve.

Day 2 - The importance of a plan

How did yesterday's exercise go?
How many goals were you able to write down?

Here is the reality of yesterday's exercise.

If you at least attempted to complete it, this proves that you are seriously committed to making your dreams come true.

Even if you only wrote down one goal, you put the time and effort into focusing on what you want in your life.

If you haven't completed your list yet, you need to start it today before moving on to this lesson.

It is important to be willing and ready to focus on your goals to get the most out of this eBook.

Today, we are going to focus on planning.

The most important thing to consider when having goals is a plan.

When you have a plan it increases your chance of achieving your goals.

When you go on a trip to somewhere new, you tend use a map (or at least it is recommended) to know where you are going.

If you want to reach your goals, a map or plan is great way to reach your destination.

When you first start a plan, it is a good idea to keep things simple.

This is especially important if you have a really big goal that you want to accomplish that may take a number of days. weeks, months or years to achieve.

In the book, "The Success PrinciplesTM: How to Get from Where You Are to Where You Want to Be" by Jack Canfield and Janet Switzer, the third success principle reviews breaking your goals into seven key areas of your life.

Here are the 7 key areas in no particular order:

- 1. Financial**
- 2. Career**
- 3. Recreation and free time**
- 4. Physical fitness and health**
- 5. Relationships with family and friends**
- 6. Personal goals (learning, spiritual growth, achievements)**
- 7. Community service, contribution, legacy**

To keep things simple, you can take your list from yesterday and sort your goals into the above areas. This will give you idea as to what areas you have goals in already and perhaps areas that you may want to consider creating goals for.

For example, if you want to exercise 3 times a week this would be a goal for Physical Fitness and Health. If you want to buy a car on your 16th birthday, this would fall under Financial. And if you want to go to a specific University when your graduate high school, this goal would fall under Personal Goals.

Once you have your goals separated by category, you can focus on what you can realistically achieve within the next thirty days and work up from there.

Perhaps, you really want to exercise three times a week because you haven't been exercising at all for the past six months.

For the next thirty days, you may want to set a goal to exercise once a week to set yourself up for success.

The number one reason why people fail to achieve their New Years resolutions is because they set out to immediately achieve a big goal in an unrealistic amount of time. Thus, no plan.

Research has shown that it takes up to thirty days to create a new habit. By knowing this, you can have a realistic expectation on how long it can take to make real change in your life.

In month two, you could increase to twice a week and by month three you will be achieving your goal of three times a week.

Plus, in month three you can add another short-term goal from another one of the areas listed above such as personal goals or family and friends.

If you are having challenges with getting started with today's or yesterday's exercise, there are four questions that Jack Canfield mentions in his book that can get your mind thinking about what you really want in life.

Four questions:

- 1. If we were meeting three years from today, what has to have happened during that three year period for you to feel happy about your progress?**
- 2. What are the biggest dangers you'll have to face and deal with in order to achieve that progress?**
- 3. What are the biggest opportunities that you have that you would need to focus on and capture to achieve those things?**
- 4. What strengths will you need to reinforce and maximize and what skills and resources will you need to develop that you don't currently have in order to capture those opportunities?**

Another thing to recognize is that your goals may change as your life changes. As you get older, some goals may become not as important and new goals arise.

Keep in mind that your plan may evolve over time. It could look completely different in a year or two from now due to your regular review of your goals.

Reviewing your overall goals daily can help keep you focused on achieving what you want. Plus, you can cause your mind to find ways to help you achieve them.

The more focus you have on your goals and the more open you are to believing they can be achieved, the greater the chance they will be real.

Day 2 Exercise:

1. Answer the four questions from this lesson.
2. Review your list from Day 1 and pick a goal that you believe you can accomplish in 12 months.

Now write down what things you will do in the:
next 7 days, next 15 days, next 30 days, next 60 days, next 90 days to
make it come true.

Don't worry if you are unsure exactly what you need to do in 90
days. It will eventually come to as you get through 7 days, 15
days etc.

Day 3 - Recording your goals

Now that you have a big goal broken down into short-term goals,
let's look at ways to continue to keep focused on completely the
small goals to make the big goal a reality.

Everyone learns and retentions information in different ways.

- Some people learn best with images such as pictures or videos.
- Others learn by hearing about a topic, which could involve hearing a lecture, listening to music or playing an audio book.
- And some prefer to carry out physical activities to reinforce their learning such as taking notes.
- For a lot of people, it can be a combination of some or all of these.

Even the way you record your goals could be different from
someone else.

You may find that a combination of images, listening and active
learning works best for you. You know yourself better than
anyone else so you can determine how you prefer learn.

You may want to read this lesson out loud to yourself if hearing
about a topic works best for you. Or maybe you can draw a
picture or flowchart to remind you about today's lesson and each
of the ten day lessons.

A lot of people use a vision board to help them keep on track with their goals. They find images of things that they want in their life such as a house, a car, a spouse, a child, a dog, a business etc. They may cut them out of magazines, newspapers or maybe find them online. They take these images and make a collage on a poster board. They place the completed collage in a place where they can view it everyday.

You could record your goals on your cell phone or MP3 player and listen to them everyday. Some cell phone allows you to post a welcome message when I turn it on. You could write a motivational message as reminder of your goals and see it every time you turn on your cell phone.

Day 3 Exercise:

What way do you learn best?

- Do you prefer to learn things visually?
 - Do you learn best by listening?
 - Or are you the type of person that likes to do an activity to learn?
 - Maybe you prefer combination of one or more of these.
1. Sit somewhere quiet and think about how you learn best. Try to remember some experiences you have had where you remembered a topic really well.
 - **Are you good at remembering books you are read?**
 - **Can you recall specific things about movies you have watched?**
 - **How are you at doing puzzles and games?**
 - **Can you remember the lyrics and/or notes from songs easily?**
 2. Once you have an idea know what is your preferred method of learning, review your list from Day 1.
 3. Now pick three goals on your list that you absolutely want to achieve in the near future. Now figure out a way to record these goals based on your preferred method of learning. You could create a vision board, or record them on your cell phone and make it your ring tone or plan an activity that will help you achieve them.

Way to go, you have successfully recorded your future. It may not be possible to predict the future, but a plan can sure help you get to where you want to be.

Day 4 - Create a Goal Day

What was your learning preference from the last exercise?
How will be aware of this help you with your goals?

Today, we want to share with you a way to continue to keep focused on your goals that you wrote down yesterday.

A great way to keep on top of your goals is to set aside one day a month to review where you are at in achieving your goals. We call this "Goal Day".

There are days in our lives that could be consider goal days, we just call them something else.

They include:

- Birthdays
- Holidays
- Weddings
- Graduations
- Anniversaries
- First day of school
- First day of a new job

We tend to plan our lives around these types of days to make sure we are making them the best day possible.

So why not have a day where all we do is create, review; revise the overall goals you have in your life.
Thus, enabling you to live the best life possible.

Goal Day could be on a weekend or maybe it is your favorite number (ex. the 14th of every month).

Do you say "white rabbit" on the 1st day of the month for good luck? - perhaps Goal Day could be this same day.

It is important that your Goal Day stays consistent and you hold yourself accountable to spending a portion of the day reviewing your goals.

By having a Goal Day, you may find your goals become real that much faster.

Day 4 Exercise:

Schedule a Goal Day for next month.

You can do this on your own or with a friend or family member.

Start the first Goal Day with a basic review session of what goals you would like to achieve short and long term. You have a whole list of goals to choose from the exercise you completed on Day 1.

Every month you can go into further detail and assess how much closer you are at achieving your goals. The goal here is to do this at least once a month.

Check this out...

If you do 5 goal related tasks every day, you will complete 150 things a month.

In a year, you will accomplish over 1,800 tasks.

In a five-year period, you will complete 9,125 tasks.

Imagine what you can accomplish by following this plan. It all starts with a few things every day.

Day 5 - Bad days don't happen

We have all experienced days where things don't go according to plan.

A bad day could involve a driver yelling at you for supposedly cutting them off. Your boss's bad mood could come across as a personal vendetta towards you. An injury may seem like the end of your sport playing days.

These "bad days" can have a huge impact on whether or not you continue to remain positive and believe in your abilities.

Ultimately, you can be affected to the point of losing interest in pursuing your goals. However, it is your own attitude that will allow us to be realistic about a situation and keep your goal planning on track.

It is all Between Your Ears!

To help put things into perspective you could ask yourself some important questions about the bad experience or bad day.

- 1. What are the long-term implications of this event?**
- 2. Is it realistic to believe that things will always happen smoothly?**
- 3. What are the positive things that happened on your so called "bad day"?**

There is a great perspective in Jack Canfield's book, "The Success Principles".

He uses an equation. $E + R = O$.

E represents an Event.

R is your response.

O is the outcome.

Event + Response = Outcome

Jack talks in his book how most people respond by blaming the event for a particular outcome. He stresses the importance of working on our responses to an event in order to obtain the outcome we desire.

A person stuck in traffic for two hours can either get mad at the cars in front of them or they could put on music and enjoy the free time. They could be proactive and have audio books and/or a variety of music selections specifically for traffic jams in their car at all times. This can help them arrive to their destination relaxed and calm rather than stressed and anxious.

If you recognize that uncontrollable events will arise while pursuing your goals, you will be more prepared to overcome challenges and continue on your way.

Day 5 Exercise:

The next time you feel that you have had a "bad day", ask yourself the questions.

- 1. What are the long-term implications of this event?**
- 2. Is it realistic to believe that things will always happen smoothly?**
- 3. What are the positive things that happened on your so called "bad day"?**

Write down your answers and review them.

Use Jack's equation to determine if you are blaming the event? $\text{Event} + \text{Response} = \text{Outcome}$

Are you willing to change your response?

Remember that challenges are a part of life and they can actually help you get to where you want to be.

Day 6 - How to get what you really want

What do you really want?

Today, we are going to jump right into an exercise to help you determine what it is your truly want in life.

Day 6 Exercise:

- 1. Make a list of all the material possessions that you have been dreaming to have.**
- 2. Make a list of all the things that you want people to remember you by.**
- 3. Compare the lists. Which list was the easiest to complete?**

Ask yourself, why this was the case?

This exercise is used to review of the priorities in your life.

How many material possessions in your list do you want people to remember you by?

This all comes back to balance that were mentioned in Day 2 and the seven areas to break your goals into.

Some people spend their entire life believing that what they really want is lots of money, a big house and an expensive car. They are very successful at achieving these things, however, they end up realizing that what they truly want is to be accepted by others for who they are as a person not based on their material possessions.

You may want to review the categories mentioned in Day 2 to help keep your goals balanced in all aspects of your life.

Here are the areas mentioned in Day 2.

1. Financial
2. Career
3. Recreation and free time
4. Physical fitness and health
5. Relationships with family and friends
6. Personal goals (learning, spiritual growth, achievements)
7. Community service, contribution, legacy

Continue Strengthening Your Mental State
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Day 7 - Failing is normal

How many times have you said,
"I should have done this instead" or
"I would have succeeded, but this happened"?

We all make mistakes. Sometimes can worry a lot about making mistakes primarily because we don't want others to see us fail.

Mistakes allow us to grow as individuals and allow us to experience the realities of life.

When someone makes fun of us or says something negative about our mistake their reaction is really about themselves not us.

For some people, it makes them feel good about themselves when they make fun of others. In reality, they are not confident in their own abilities.

An easy way to attempt to feel confident is to comment negatively about others. It is a very selfish thing for someone to do.

A true friend would help the person look at the positive side of the result and help them ensure they succeed next time.

From doing the exercise for Day 6, you might have found that something you truly want is to help others in need live a better life.

Mistakes really are results. When a result happens good or bad, we are in control of how we use that result to better our situation.

Day 7 Exercise:

Think back to your past and write down three "mistakes" that come to mind.

For each "mistake", write down all the things that you have learned from this mistake up and until today.

Reflect on what you have learned from them.

How has this “mistake” positively impact your life?

How will you approach other “mistakes” in the future?

How can you help others who you see make “mistakes”?

Bonus exercise:

Another great exercise you can do is to pick a day and write down all your positive and negative thoughts throughout your day.

Try this for 7 days in a row and write down every positive and negative thought that enters your mind.

Now you have raw footage of what is going on in your head.

Ask yourself the question, are these negative thoughts realistic?

You may find that you had ten positive things happen in one particular day and only one negative thing that in your opinion ruined the whole day.

How important is that negative moment to your overall dreams and goals?

How good did it feel to review all the good things that happened to you that day?

To quote Winston Churchill, "Never, ever, ever, ever, ever, ever, ever, give up. Never give up. Never give up. Never give up."

Day 8 - Tell others about your goals

A great way to make your goals come true is to talk about them with others. This may be tough to do.

Our goals can be quite personal and not something we want to share. This is normal. You may feel that if you say your goals out loud, it will jinx them and they will not come true.

Dreams do not happen unless action takes place. Dreams, goals, passions can be talked about forever, but can only happen if put them into motion. By talking about your goals with others, it makes you accountable to creating this action.

You can share your goals with others that are interested in sharing theirs. People that are passionate about achieving their own goals are a huge asset to help you reach your own. Be aware that when you share your goals others may not react as excited as you are. Remember that everyone has his or her own unique goals and not everyone is striving to achieve the same thing.

Day 8 Exercise:

A great exercise might be to start off with your friends, family or a co-worker at work. Pick people who you know will be positive, encouraging and helpful when you talk about your goals.

Setup a Goal Day meeting that is consistent over the next three months(perhaps once a week, bi-weekly, or monthly). When you meet, you can talk about what you have been doing to reach your goal(s).

What is working?

What isn't working?

What do you need to do in the next 30 days to help achieve your goal?

What help will you need to reach your goal?

By sharing, you may find that they are experiencing similar challenges with achieving their goals. If you continually talk about your goals whether with yourself or others, it has a greater chance of becoming a routine. Once it is a routine, you are on autopilot to achieving it. Way to go!

Continue Strengthening Your Mental State
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Day 9 - Brush your teeth to succeed

We all have routines in our lives that we do practically everyday. They may be having a morning coffee, getting dressed, having a shower, checking email or brushing our teeth.

What would happen if we didn't do them? In the short term, the effects may not be as noticeable, however if you didn't brush your teeth over the long term, you might find you are sitting in the dentist chair more often with a drill in your mouth.

Think about the routines or habits in your life that you do on a regular basis.

The hardest part of a new routine, is getting started - just like the Canadian Tire ad says, "I start with you". You need to start with you.

Yes, your big goals in life at times may seem impossible to achieve.

Start by doing one new thing a week and watch what happens. Next, increase to five daily things that bring you closer to reaching those goals you wrote out from earlier lessons.

Let's say you want to become a millionaire.

You could spend \$8 a month for 30 years to have a one in 13,900,000 chance of winning. (based on the Canadian lottery system so the chance of winning could be even lower in other countries.)

Or

If you invested \$754 per month for 25 years you could have your own \$1,000,000*. All you would need to do is find a way to make \$25 a day and obtain help on how to best invest the money. If you found a job that paid \$10 per hour and you worked 20 hours a week, you would make \$800 per month.

*based on a 10% annual rate of return

When it comes to making money, there are things you can do everyday to increase your savings and reduce your spending.

Today, too many young people are spending more than they make. The long-term result is not being able to have what they want for their entire life.

One of the best things you can do financially is learn as much as you can about how successful people save and grow their money.

Day 9 Exercise:

- 1. How many different routines do you complete in a given day?**
- 2. How many of these routines just happen without you realizing it?**
- 3. Why do these things become a routine to the point where we don't have to think about them?**
- 4. How can you learn from how your current routines to help you with reaching your goals?**
- 5. What new routines or habits can you adopt that will help you achieve your dreams?**

Day 10 - A special gift for you

The last day of this eBook involves a story.

It is based on the experience of a 10 year old and how one day he achieved a goal he never would have thought was possible.

We hope this story will help you relate it to your own life so it can inspire you to reach your own goals, dreams and aspirations.

The story is called “The Race”

The Race

On a sunny day in 1984, a ten-year-old boy ran a race that he will never forget.

On this day, the gym teacher was completing the final testing for track and field.

The last event involved running three laps around the school soccer field. The field had bright orange pylons at each corner of the soccer field to make sure that all the runners stayed on the outside of the racetrack.

The start and finish line was marked at the center of the soccer field about ten feet in from the edge of the field. The class was separated into group of four to five students. Our young boy was put into the last group to run for the day. This group included one the fastest kids in the class.

The young boy liked to run and could run really fast, however he hadn't been successful in running faster than the faster runner in the class. The young boy had one thing going for him, he really wanted to win this race.

This race was not a big deal in the eyes of others. There wasn't hundreds of screaming fans watching. Other than this grade four gym class of twenty students, there was no other students or teachers watching. However, this race meant everything to the young boy.

While the first groups of students were running, the young boy overhead other students observing the strategies of some of the other runners.

Some of the students loved to sprint so they were sprinting as fast as they could right from the start. By the third and final lap their speed had slowed a great deal and they struggled to finish the race.

The young boy noticed that other runners that weren't strong sprinters would run near the end of the pack and patiently waited until half way through the final lap. Then they would sprint the final meters and attempt to pass the lead runners. Some were successful and some were not.

Our young boy had decided he would try this strategy since he knew he couldn't sprint for the entire three laps.

The young boy watched the runners of the second to last race of the day cross the finish line. The gym teacher with stopwatch and clipboard in hand recorded the times of each runner.

The young boy knew that his turn to run was only a minute or so away.

Then the gym teacher called the names of the five runners in the last race of the day.

He heard his name called and his stomach tighten. A whole bunch of "butterflies" entered into his stomach at that moment. He could feel his arms and legs weaken slightly from his nervousness.

The other four runners and the young boy got up from where they were sitting and lined up across from each other at the starting line. The young boy took a couple of deep breaths.

With the stop watch and clipboard in hand, the gym teacher stood in front of the group off to their right. He raised his right hand and shouted out, ON YOUR MARK!...GET SET!...GO!

The race was underway. The young boy started off a lot slower than the other runners. He immediately worked to pace himself near the end of the pack. He noticed that the faster runners were sprinting quite hard right from the start. The fastest runner in the class was sprinting well ahead of everyone.

A moment of worry entered the young boy's mind that his plan wouldn't work, but he remember his plan and kept running.

As he approached the start line to begin the second lap, he thought he heard his gym teacher yelling at him to run faster. His gym teacher didn't know about his plan.

The young boy continued to repeat his plan to himself as he was running.

During the second lap, the young boy ran just behind the second to last runner. The young boy didn't realize it at the time, but he was using an important skill to conserve his energy. He was running directly behind the runner in front of him. One might argue that the effects may have not been all that great, but the young boy sure felt a surge of energy in the final lap.

In the final lap, there were four runners running tightly together. Three of the runners were breathing quite heavily. The young boy could hear them panting. He thought to myself, "I am not having trouble breathing like they were. I feel fine."

With three tired runners and the young boy running together, the faster runner in the gym class was up ahead on their own. Our young boy's moment arrived as he turned the corner of the second pylon, he ran harder and faster than he had ever done before. He passed two of the panting runners with ease. The third panting runner was trying the same plan as the young boy. However, the young boy had conserved his energy so well that by the time they reached the third pylon, the young boy had passed them with no problem.

The sprint to the finish had him and one of the fastest runners in the class side by side. The two boys turned the fourth and final pylon and headed to the finish line.

The young boy had saved just enough of his energy for the final sprint and he was able to pass the fastest runner in the class a few feet before the finish line.

He won the race!

Our young boy's strategy paid off on that sunny day.

An enormous amount of excited and joy filled the young boy. It felt like today was his birthday times ten. He had a big smile across his face after he crossed the finish line. His plan worked. He had watched and listened to the others to find out what options he could use to win the race.

On this day, the young boy was so unbelievably happy.

Remember, this race was not at a track meet or major competition. It was in a gym class of twenty students and a teacher.

There wasn't a large audience yelling and screaming when he crossed the finish line. The young boy doesn't remember the teacher congratulating him for the win. However, to him it was more than a mark on his report card.

He remembers the feeling of accomplishment and how his plan allowed him to win the race.

I will never forget this day for the rest of his life as this young boy was me back in Grade four.

Day 10 Exercise:

- 1. What things did the young boy do to win the race?**
- 2. Why was this race so important to him?**
- 3. What do you think the young boy learned about this race?**
- 4. How would you use this story to help you with your own goals?**
- 5. Write down a goal that you have. Then reread this story about the young boy. Now write down what things the you could do to help you reach your goal.**

Thank you again for your interest in this eBook.

We hope you have found it helpful and something you can continue to use in your life and the lives of people you know.

You may have seen our crazy big goal on our website to get this eBook in the hands of 1 million young adults by 2014 or sooner.

Why are we doing this?

We are tired of the negativity what we are seeing in the media. We are concerned how this will impact the minds of our youth.

Everyday we see advertising telling kids...

- They need to be thin.
- It is important to be cool.
- You can eat fast food and be healthy.
- Money is one of the most important things in life.
- It is good to be famous.
- They need to buy lots of material possessions to feel good.

**We are striving to achieve,
young adults...
Being confident in who they are.**

Focusing on gratitude for what they have.

**Realizing the abundance
that already surrounds them.**

**Using their passion in life to positively
impact the lives of others.**

**Living a joyous and happy life
without the need for material possessions.**

Please send this eBook to young adults you know who could use some help to reach their dreams and make this a fun and loving world for all of us to live in.

Also, send us an email to info@betweencyouears.ca to let us know how many people you were able to send it to. We also welcome your stories and feedback as well.

About Us

We are a non-profit organization focused on strengthening the minds of youth around the world.

The minds of our youth are a tremendous resource and it is important that steps are taken to preserve them.

If we can preserve their minds and make them stronger, we can watch a lot of our worldly challenges go away.

Our mandate is simple:

Strengthen the mental state of youth around the world.

Our goal is laser focused:

1 million youth to receive the eBook, *100% of Reaching Your Goals is Between Your Ears* by 2014 or sooner.

The momentum from this goal will enable us to expand our resources available to young adults, parents, teachers and beyond.

We appreciate any help you can provide to our organization.

Visit, www.BetweenYourEars.ca to learn more.

Other organizations making dreams come true

There are many people and organizations around the world helping young people live their dreams. We wanted to take the opportunity to name a number of them, which we feel are truly making a tremendous difference to the lives of our youth.

In addition to sending this resource to young people you know, please take an opportunity to visit the websites below to find out how these groups are making a difference.

Big Brothers Big Sisters of Canada

www.bigbrothersbigsisters.ca

Do Something

www.dosomething.org

Journal Buddies: A Girl's Journal for Sharing and Celebrating Magnificence and Journal Buddies: A Boys Journal for Discovering and Sharing Excellence.

www.JournalBuddies.com

Vanessa Van Petten

www.radicalparenting.com