

***Burn Your Wish List!***  
***How to Stop Hoping for the Best***  
***and Start Planning for Success***

by Valerie Taloni

**Introduction**

**How to Use This eBook**

Chapter 1

**Why Bother to Set Goals?**

*There's only one reason, but it's HUGE!*

Goal Setting Urban Legends

Chapter 2

**What's a Goal?**

*A goal is not a dream, a wish, or an intention*

Definition of a Goal

Goals versus Intentions

Goals versus Outcomes

Goals versus Objectives

Goals versus Responsibilities

Goals versus New Year's Resolutions

Chapter 3

**Why Most People Don't Set Goals**

*Sorry, no excuses allowed*

Chapter 4

**Begin With the End in Mind**

*If you don't know where you're going, you might get lost*

Chapter 5

**How to Get Started**

*For newbies and for veterans*

Chapter 6

**Down and Dirty Goal Setting**

*If you're a first-time goal setting, this one's for you*

Three simple steps to down and dirty goal setting

## Chapter 7

### **Step Zero**

*Most people fall off the goal setting wagon right here*

What is step zero?

The Six Human Passions

Two Ways to Create Your Future Vision

Life Assessment

Wheel of Life

Work Life Assessment

Your Future Vision

## Chapter 8

### **Step Zero, Part II**

*For the sake of what?*

## Chapter 9

### **Your Vision and the Law of Attraction**

*Put it to work*

## Chapter 10

### **Types of Goals**

*What you absolutely need to know*

Result Goals

Process Goals

Performance Goals

Destination Goals

A good plan includes all types of goals

## Chapter 11

### **Start With High Level Goals**

*This step is simple*

How to Create Your High Level Goals

A Word About Optimism Versus Realism

Whittle Your Goals List

## Chapter 12

### **Polish Your Goals List**

*Two steps to making them shine*

Positive Goals

SMART Goals

Chapter 13

**Chunking Down Your Goals**

*Inch by inch, life's a cinch*

Chapter 14

**Five Simple Steps to Creating Your Plan**

*If you fail to plan, then plan to fail*

Chapter 15

**Work Backwards in Six Steps**

*You're in the army now!*

Chapter 16

**Twenty-five Tips to Help You Achieve Your Goals**

*Goal achievement secrets from successful people*

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*Read this chapter to avoid these pitfalls*

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**212°**

*Steam can power a locomotive*

Chapter 19

**Learn and Grow**

*Or get whacked upside the head*

Chapter 21

**Wrap Up**

*Here's to your goal setting journey*

**Meet the Author**

