

SIMPLE STEPS
TO AN
Incredible
YEAR

A FREE ONLINE COURSE
WITH *Mel* ROBBINS

Video 3



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In Video 3, you learned about the right way to use the power of visualization to achieve your dreams:

Instead of focusing on the outcome, focus on visualizing the nitty gritty, tough, HARD tasks that will move you towards the goal.

Let's go back to your goals and dreams for each of the major areas of your life and now let's create a list of things to visualize for each:

1. HEALTH

My E.A.S.Y Dreams:

My H.A.R.D Goals:

What are the hard things you need to do along the way to get to your goal?

Each day, I want you to visualize yourself doing these little things and really imagine how proud you feel to have done these hard tasks.

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2. WORK

My E.A.S.Y Dreams:

My H.A.R.D Goals:

What are the hard things you need to do along the way to get to your goal?

Each day, I want you to visualize yourself doing these little things and really imagine how proud you feel to have done these hard tasks.

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3. MONEY

My E.A.S.Y Dreams:

My H.A.R.D Goals:

What are the hard things you need to do along the way to get to your goal?

Each day, I want you to visualize yourself doing these little things and really imagine how proud you feel to have done these hard tasks.



4. LOVE AND RELATIONSHIPS

My E.A.S.Y Dreams:

My H.A.R.D Goals:

What are the hard things you need to do along the way to get to your goal?

Each day, I want you to visualize yourself doing these little things and really imagine how proud you feel to have done these hard tasks.



5. SELF WORTH, MENTAL WELLNESS, AND HAPPINESS

My E.A.S.Y Dreams:

My H.A.R.D Goals:

What are the hard things you need to do along the way to get to your goal?

Each day, I want you to visualize yourself doing these little things and really imagine how proud you feel to have done these hard tasks.

Once you complete this exercise, share your biggest insight in the course comments for this video. And, I would love to cheer for you on social media, so take a picture with the cover and tag me, @MelRobbins

