

**FREE** SUCCESS SYSTEM OF THE  
EMPOWERED MILLIONAIRE INSTITUTE

**DAY  
64**



# '90 DAY CHARGE'

(DECEMBER 3 - S3 MODULE 23)



BASED ON THE  
'MVP'  
MILLIONAIRE  
VALUE PACK

CONCEIVED AND DEVELOPED BY JAMES LEE VALENTINE  
ESPECIALLY FOR YOU AT Great Personal Expense

*(90 DAY CHARGE – ABRIDGED VERSION)*  
S3 EMPOWERED MILLIONAIRE COACHING  
POWERIZER WORKBOOK

MODULE 5.3  
FIVE-YEAR POWER GOALS

Copyright ©  
James Lee Valentine  
All Rights Reserved

All parts of the *Empowered Millionaire Coaching Success System* were conceived & developed exclusively by James Lee Valentine

You may copy or print any pages from this program *S3 Empowered Millionaire Coaching (MVP version)* for personal, non-commercial use, provided you do not remove, add or change any part of them



EMPOWERED MILLIONAIRE SATISFACTION GUARANTEE

If you are in any way dissatisfied with any aspect of the  
*Empowered Millionaire Coaching Success System*  
contact James Lee Valentine via email  
[jlv@empoweredmillionaire.com](mailto:jlv@empoweredmillionaire.com)

Visit this website to view the full range of  
*Empowered Millionaire Success Systems*  
[www.empoweredmillionaire.com](http://www.empoweredmillionaire.com)

# MODULE 5.3

---

## FIVE-YEAR POWER GOALS

*“A person without definite major goals  
is as helpless as a ship without a rudder.”*

NAPOLEON HILL

All the dreams and aspirations in the world will amount to nothing unless action is taken in the achievement process. Action is the vital ingredient. However, goals that inspire, and an extraordinary desire to accomplish these goals, will greatly increase a person’s motivation for taking the first action-steps necessary to overcome inertia in pursuit of a successful outcome. All people can overcome inertia, beat procrastination and come alive to the possibilities of achievement, if they will set fabulous goals that ignite their motivational fires into an inferno of red-hot desire. For maximum success, objectives must be established that generate explosive action. Compelling goals can help an individual do and achieve incredible things, but a person will never know what they can attain until and unless they first establish potentially life-changing targets for themselves.

I do this by dream-building and setting awe-inspiring goals, then taking immediate, enthusiastic action toward the attainment of these goals. Dream-building, goal-setting, action-planning and action-steps are specific exercises I can do today that will lead me along the high road to the grand destination of my choosing. One of the greatest success principles commands that all specific, clearly defined intentions backed by absolute commitment will come to fruition. Basically a specific, clearly defined intention is a *written goal*. Why not ensure my goals are specific and clearly defined by writing them

*It’s Day 64 . . . I’m empowered for life!*

immediately as detailed in the previous module? Goal-setting is an essential action in pursuit of success. In fact, goal-setting is the single most important positive action that a person can take toward the attainment of their aspirations.

Success, as it relates to me, is the progressive achievement of my objectives. But the act of goal-setting must first be carried out before any goals can be realized. Goal-setting is the key to reward and fulfillment. It produces within me a burning desire, intense belief, profound self-confidence and a firm commitment to follow through with persistent action toward the accomplishment of my objectives. A goal that is crystallized focuses my aim and helps me to set my life flowing in a positive direction. Goals that are crystallized seem to attract everything necessary for their achievement. Whether it is the cooperation of people I need, more money, inspired ideas or more time, all the ingredients for success seem to align themselves on the exact timetable to hit my target dates.

## To Be On Fire I Must Have BIG GOALS That Inspire

I must develop compelling reasons for having specific objectives. I need an empowering motive for accomplishing them — a motive that is strong enough to inspire me into action. When the reasons come first, the answers will follow. If I have an inspiring target, I can achieve the most incredible things. A dynamic aim will change my whole direction and focus. I may have plenty of ability, intellect and knowledge, but if I am not yet experiencing success on a grand scale then I need to find more empowering reasons and a motivating purpose for why I want the success I am striving to attain.

The way to manifest BIG success is by being BIG-MINDED. One cannot expect to attain significant rewards by thinking small. Thinking big means keeping matters of greatest importance — such as my *Power Goals* — foremost in my mind at all times. I must not waste my time on unimportant tasks. I shall have immense goals to inspire me and really stretch myself to attain them. I shall associate

*It's Day 64 . . . I'm empowered for life!*

with fellow thinkers who have an inspiring vision. These are the winners who will help give me a focused direction and ignite explosive growth within my life. Success is not found in having just any targets — it is found in the *quality of life* I experience along the road to attaining them. Objectives of magnitude enable me to experience the prize of a greater quality life. The setting of big goals is a powerful attribute to nurture and one that will bring dramatic results to all areas of my life. To establish magnificent aspirations is stimulating and challenging. Immense aims will stretch me to my limits — but my limits are boundless and will continue to expand as long as I am always advancing toward the attainment of my goals.

## Preparation Is Critical For Long-term Success

A well-planned series of big long-range goals will give focus and order to my endeavors. Too many people become caught up in the process of performing tasks that have no real importance instead of designing a life for maximum success. They become so immersed in these aimless labors that they lose sight altogether of the grand vision they once enjoyed for their most golden future. Their tasks become false ends in themselves, rather than spokes in the wheel of long-term success. With skillful preparation of my aims, I will perform to the best of my abilities. There will come to me an ease with which tasks can be accomplished. I will be able to complete my objectives with elevated levels of speed, skill and stamina. A higher *quality* of effort by me will result in a greater *quantity* of performance.

With meticulous preparation, the Empowered Millionaire knows how to perform both complex tasks and unimportant activities simultaneously whilst keeping their mind firmly fixed on the ultimate target. If a person is to achieve significant results, he or she must invest a portion of today's time, thinking and effort into being detailed in their preparation for attaining big goals with significant long-range rewards. This thorough groundwork is what will drive them forward to tomorrow's accomplishment. As Thomas Edison said: "Today's preparation determines tomorrow's achievement."

*It's Day 64 . . . I'm empowered for life!*

## Action-Steps

Tomorrow's achievement begins with the successful completion of mini-goals — action-steps — today. These steps, which can be daily weekly or monthly targets, are the tasks necessary to realize my larger one-year, five-year and lifetime goals.

Here is an example of action-steps for a one-year physical goal:

➤ ONE-YEAR PHYSICAL GOAL:

*Next January 1<sup>st</sup>, I am healthy, strong and full of energy at my ideal weight of 160 lbs and able to jog 10km in 40 minutes.*

➤ ACTION-STEPS:

1. Make an appointment with a healthy doctor to check my current physical condition — *today*.
2. Seek help from my family in achieving the targets for my one-year physical goal — *today*.
3. Schedule daily walking sessions to build my cardiovascular fitness to higher levels — *today*.
4. Buy a good book on healthy-eating habits and draw up a healthy-eating plan — *within three days*.
5. Determine my new healthy low-fat/fresh-food diet and restock the refrigerator — *within three days*.
6. Join a local gym and begin a fitness and aerobics program at least twice a week — *within one week*.
7. Upgrade my daily walking sessions to daily jogging sessions and gradually increase the distance — *after three months*.

*It's Day 64 . . . I'm empowered for life!*

S3: EMPOWERED MILLIONAIRE COACHING  
MODULE 5.3 FIVE-YEAR POWER GOALS

8. Keep my mind positively focused on the end result of being healthy at my ideal weight of 160 lbs — *every day*.
9. Keep my mind positively focused on the end result of being able to jog 10km in 40 minutes — *every day*.
10. Maintain records of my progress to keep my motivational fires burning strong — *every day*.

One of the major consequences of action-steps is that they build increased self-confidence. When goals are broken into smaller pieces, they appear less daunting. As individual steps are accomplished, I will feel personal pride in my achievements and start enjoying the benefits of the success process. With increased confidence comes a higher level of empowerment, which in turn boosts my overall capacity to excel. It is vital for lasting success that all the action-steps are of my own personal choice, not those of someone else. I must not let other people set my targets for me — this is my life, not theirs. I must take charge and try for the attainment of those things most meaningful to me. True success in life is in living it my way. As Frank Sinatra sings: “I did it my way.” Now, go out into the world and do it my way in spectacular fashion.

### *Five-Year Power Goals*

This five-year projection will provide continual long-range guidance for my life — especially when I update these objectives at least once per year. Why not choose the few days around Christmas to revise my *One-Year Power Goals*, *Five-Year Power Goals* and *Lifetime Power Goals*? Why not make this week of celebration my week of planning to get a jump-start on the new year ahead? If I am otherwise busy during the Christmas period, then be happy at any time throughout the year to revise all of my targets as the circumstances of my life change. The important point is to update these aims as my aspirations take on new scope with added dimensions and increased intensity.

*It's Day 64 . . . I'm empowered for life!*

S3: EMPOWERED MILLIONAIRE COACHING  
 MODULE 5.3 FIVE-YEAR POWER GOALS

WHAT ARE MY FIVE-YEAR POWER GOALS?	
<p>➤ <i>These are the mid-range aims in each area of life that I am absolutely committed to attaining within the next five years.</i></p>	
PHYSICAL	Reach the level of Black Belt in Taikwondo
FINANCIAL	Accumulate a net worth of US\$1 million in cash and assets
BUSINESS	The <i>Empowered Millionaire Institute</i> to have 100,000 members worldwide within five years
CAREER	The <i>S1-S2-S3/MVP</i> success systems to have totaled 100,000 sales worldwide within five years
MENTAL	Earn an MBA from a prestigious business school
SOCIAL	Become President of my branch of the Rotary Club
SPIRITUAL	My charitable foundation to annually donate empowering programs valued at \$100,000 to underprivileged children
FAMILY	Meet my ideal mate and be blissfully married
MATERIAL	Be living in my seven-bedroom opulent villa overlooking the crystal clear tropical seas
ADVENTURE	Enjoy sailing in my pristine-condition deluxe 40' catamaran
MY ULTIMATE FIVE-YEAR POWER GOAL	The <i>S1-S2-S3/MVP</i> success systems to have totaled 100,000 sales worldwide within five years

*It's Day 64 . . . I'm empowered for life!*



EMPOWERED MILLIONAIRES  
90 DAY CHARGE  
COPYRIGHT © JAMES LEE VALENTINE  
ALL RIGHTS RESERVED  
[WWW.90DAYCHARGE.COM](http://WWW.90DAYCHARGE.COM)