

If you FAIL to PLAN, you PLAN to FAIL!
Start your NEW YEAR off RIGHT with this FREE GOAL SETTING CLASS from GSC!

The attached Goal Setting Class is a *powerful* tool to help you truly PLAN for the new year. This class is normally taught online so just skip past the sign up instructions and get straight to the heart of the matter.

Please DO read each portion of the class as many of us, as creators, are self-sabotaging by nature.

LEARN WHY we often make the choices we make!
LEARN HOW to overcome these self-sabotaging habits!
PLAN for YOUR success!

We Believe in YOU!

Your GSC Team!

THREE QUICK WAYS TO START YOUR NEW YEAR OFF RIGHT!

1. **“I AM A MAGNET FOR GREAT OPPORTUNITIES!”** - Print these words and put them on your computer and in several DIFFERENT locations in your life where you will see them every day. Speak this out loud as often as you can no matter how you may be feeling and no matter what you may be experiencing.
2. **LISTEN IN** – to at least ONE POP Event a month. Those who are doing so are growing, learning, connecting AND 101 members had in person publisher meetings through this event last year.
3. **Career Mentoring Session** – schedule a one on one mentoring session and help lay out your 2016 year and get a checklist started on what to do NEXT! We recommend that you plan and prepare to do FOUR mentoring sessions a year.



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ONLINE EVENTS

"Procrastination Meet Preparation"

with Sheree' Spoltore'

Welcome and Opening Comments

Sheree' Spoltore'

President, Global Songwriters Connection, LLC



Simple Techniques Equipping Personal Success

Instructor: Sheree' Spoltore'



“Procrastination Meet Preparation”

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Disclaimer

This class and its materials are presented to you as ***samples only*** of materials needed to be successful in the music business. **GSC is not liable** for any legal issues that may arise from your choice to use these materials. **GSC** recommends that you consult with and have an attorney to review any contracts that you are considering using on a consistent basis in your music business or in the process of reaching your goals.



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“If you fail to Plan...you plan to fail.”

By nature, creative personalities are usually challenged in the area of FOCUS when it comes to big picture planning especially in the areas of business. This is the MUSIC BUSINESS and to become a music industry professional, you WILL NEED a plan of action to reach your goals OR this industry will have a plan for YOU!

My intention with this class is to assist you in getting started and to equip you with tools that will truly help you see a CLEAR VISION of your future and help you create the STEPS to get there! This is a process not a 5 minute fix!



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What is a Goal?

“I am learning to write better songs”

“I’m going to get a cut”

“I am increasing my gigs in 20XX”

“I am replacing my current income with income from my music.”

“I am recording a new CD”

“I am getting signed to a record deal ”

“I am getting film/TV placements”

“I am developing great industry relationships”

“I am on the road and eating healthier “

“I am finding co-writers”

- A goal is something you WANT and you are willing to work for it!
- Goals contain cross purposes, risks, odds and outcomes.
- Goals come in the form of Short, Medium and Long term goals



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Why Should I Set Goals and Does This Really Work?

Research shows that in 90% of all business studies and in almost 80% of sport studies that goal setting enhanced performance success, normally in 6 weeks or less! Goals give your eyes a focus, your mind a target, and gives your energy and enthusiasm purpose. Here are some great reasons to set goals:

1. **Focus!** - What gets your attention, GETS YOU! - Goal setting focuses you on what you want to achieve.
2. **Confidence!** - Your confidence increases as you begin to see results and measure your success.
3. **Clarity!** - You are no longer confused about what action to take and can start your day with a check list.
4. **Prioritize!** - You are able to prioritize your time.
5. **Hope!** - You can see hope for fulfilling your purpose.
6. **Possibilities!** - You can see possibilities and opportunities you never saw before
7. **Accomplish!** - You are able to accomplish more in a few short years than most people do in lifetime.



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What Are the Reasons Why We Procrastinate?

1. Fear of failure/success.
2. The end results seem overwhelming and too hard to reach.
3. I don’t know how to get started.
4. I feel I don’t have the money, support, time, the “fill in the blank_____” that I need to achieve my goal.



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Questions to Ask Yourself While Setting Your Goals

1. What is my “big picture?”
2. What do I want to accomplish in 20XX?
3. Why is this goal important to me?
4. What does it represent in my life?
5. What is at cross purpose or in the WAY of my achieving this goal?
6. How can I remove that road block?
7. What are the risks if I do not accomplish this goal?
8. What do I need to do to achieve that goal?
9. What STEPS do I need to take to start towards that goal?
10. What are the odds of my achieving this goal?
11. How can I get CLOSER to my dream?
12. How can I eliminate time wasters and increase productivity.



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Speaking Your Goals Everyday

“Be careful how you are talking to yourself because you are listening!”

As a Man THINKS in his heart...so is he.

What we THINK about

What we THANK about

We BRING about!

1. Place Your Goals in three visible places in your life

- A. Private
- B. Work
- C. Public

2. Input – Output

- A. Knowledge is input – Wisdom is output

3. The Power of Repetition

- A. A new groove and focus



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How Can You Change Your Thinking
(Creating your own Personal Goal Affirmations)

- What is an affirmation?
- What does an affirmation do?
- Put your Goals in the “ I AM” format.



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Be Indiana Jones

- **STEP OUT** - Just get started! How can you start today?
- **PERFECTION PARALYZES** - You don’t have to have everything PERFECT to begin seeing and experiencing results!
- **THE WHOLE PICTURE** – You learn what works and what doesn’t as you go.



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Don’t Look Back – We Are Not Going That Direction!

- Maybe you haven’t made the progress you wanted in the past.
- Maybe you feel you made some big mistakes in the past.
- Maybe you have regrets, missed opportunities, filled with coulda, shoulda and woulda’s.

This is a NEW YEAR and you are a NEW YOU with a NEW FUTURE and there is no such thing as failure!



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Effects of Fear

Credit - Jim Frease

- Fear puts you into inaction or feels paralyzing.
- Fear leads to procrastination.
- Fear torments the mind.
- Fear prevents you from taking advantage of opportunity .
- Fear causes you to look for the worst.
- Fear leads to depression.
- Fear brings sickness.
- Fear steals courage and self confidence.
- Fear hinders relationships.
- Fear leads to irrational thought patterns .
- Fear attracts negative people and repels positive people.
- Fear causes prejudice .
- Fear leads to poverty .
- Fear leads to family conflict.



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I trust this information will encourage you to set clear goals and objectives for the new year and empower you to reach every one of them!

Thank you for joining us this evening. We hope you enjoyed the event and will join us again soon!

You, Your Music, Your Membership Matters!



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Pick a goal that
you’d like to
achieve a year
from now.

Odds of
Happening? _____
(from 1 to 100)

My goal is
Because
By what date and time
To reach this goal, I need to
During the next year, I need to
During the next three months, I need to
This month, I will
This week, I will
Tomorrow, I will
Today, I will

Pick a goal that you'd like to achieve a year from now...Odds of Happening?_____ (from 1 to 100)

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