

P.R.E.S.S. TOWARDS YOUR G.O.A.L.S.

Who You Need to Be to Get Where you Want to Go

PART 1

JOY MORGAN | JOY MORGAN MOTIVATES





*Achieving Your Goals is
More About Who You Are
Than What You Do*

P.R.E.S.S.

1 PERSEVERANCE

Definition:

Being steadfast in doing something, despite the difficulty or delay in achieving success.

“Perseverance is my motto.”
— **Madame C.J. Walker**



HOW TO PERSEVERE

- **Make sure you set goals and a vision for yourself that are worthy of your perseverance.**
- **Remember the rewards of past persistence.**
- **Take one small step.**
- **Just keep going**

P.R.E.S.S.

2 RESILIENCE

Definition:

***The ability to bounce back
in the face of challenge
and adversity.***

*“I don’t think dreams die –
I think that people give up.”*
– Tyler Perry



BENEFITS OF RESILIENCE

- **Provides the capacity to accept challenges and manage the impact of adversity.**

“You’ll only grow to the threshold of your pain”. Dr. Sam Chand

- **If a resilient person experiences a failure, their confidence in their abilities motivates them to continue to try until they succeed.**
- **The resilient person thinks creatively about some solutions that may not be obvious at first.**

P.R.E.S.S.

3 EXPECTATION

Definition:

A strong belief that something WILL happen or be the case in the future.

*“You don’t become what you
want, you become what
you believe.”*
– Oprah Winfrey



THE POWER OF EXPECTATION

Subconsciously controls your life to finally create self-fulfilling prophecies.

Fills you with energy.

Narrows your choices in life, while providing drive.

Imitative learning, unique self perceptions and social boundaries mold the expectations.

P.R.E.S.S.

4 STRATEGIC

DEFINITION (STRATEGIC THINKING):
Mental or thinking process applied by an individual in the context of achieving a goal or set of goals in a game or other endeavors

*“Whatever decisions I make are
going to be based first on a
strategy...”*

— President Barak Obama





3 Key Questions of Strategic Thinkers:

- **Where are we?**
- **Where are we going?**
- **How will we get there?**

QUALITIES OF STRATEGIC THINKERS

- 1. They're always learning**
- 2. They always seek advice from others**
- 3. They're not afraid to take risks**
- 4. They never forget their purpose.**

P.R.E.S.S.

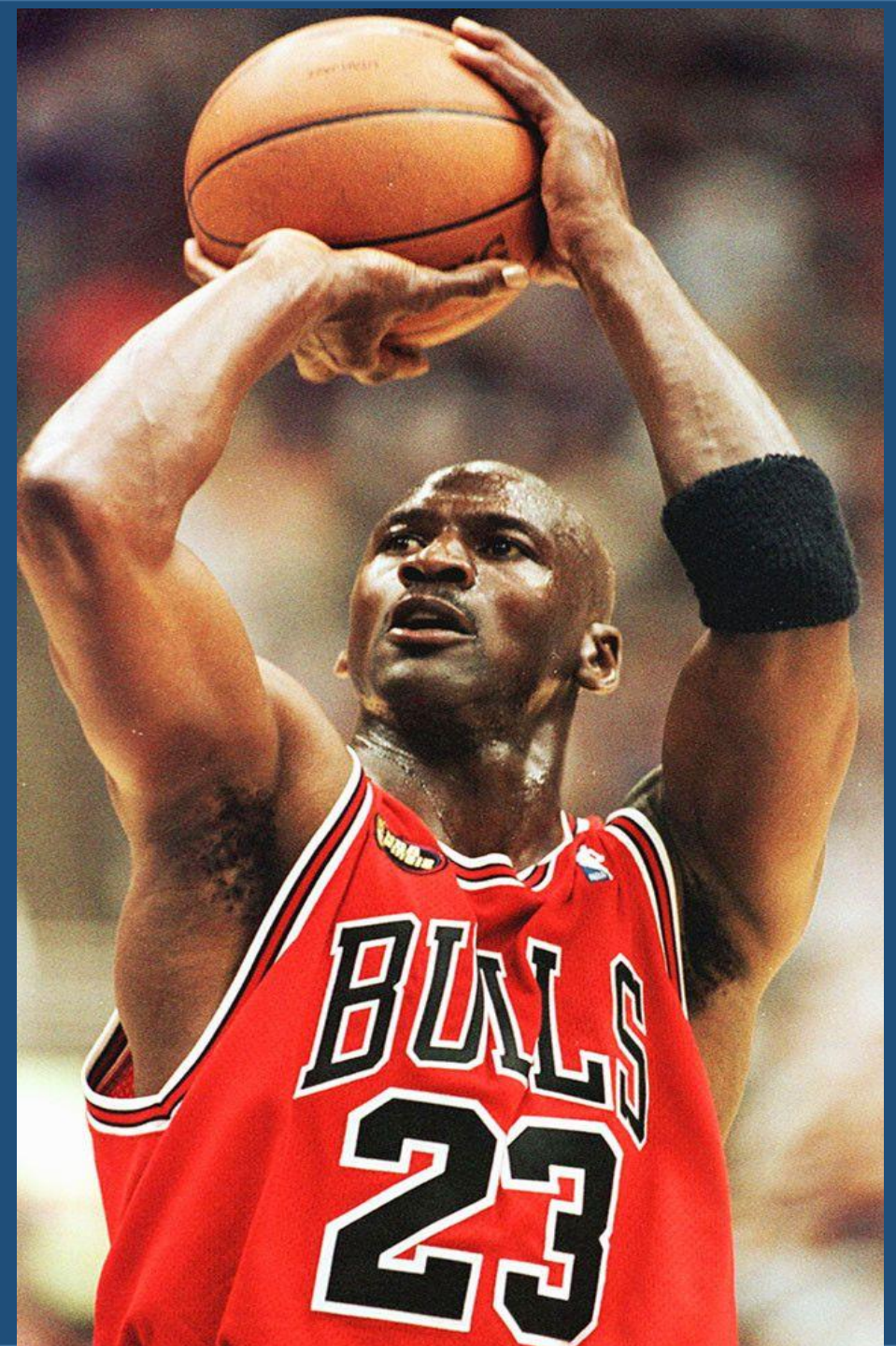
5 STEADFAST

DEFINITION:

***firm in belief, determination,
or adherence***

“If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it..”

– Michael Jordan





STEADFAST = COMMITMENT

To maximize the likelihood of success, you need:

- **A sense of urgency**
- **An "I must do this" attitude.**

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PART 2

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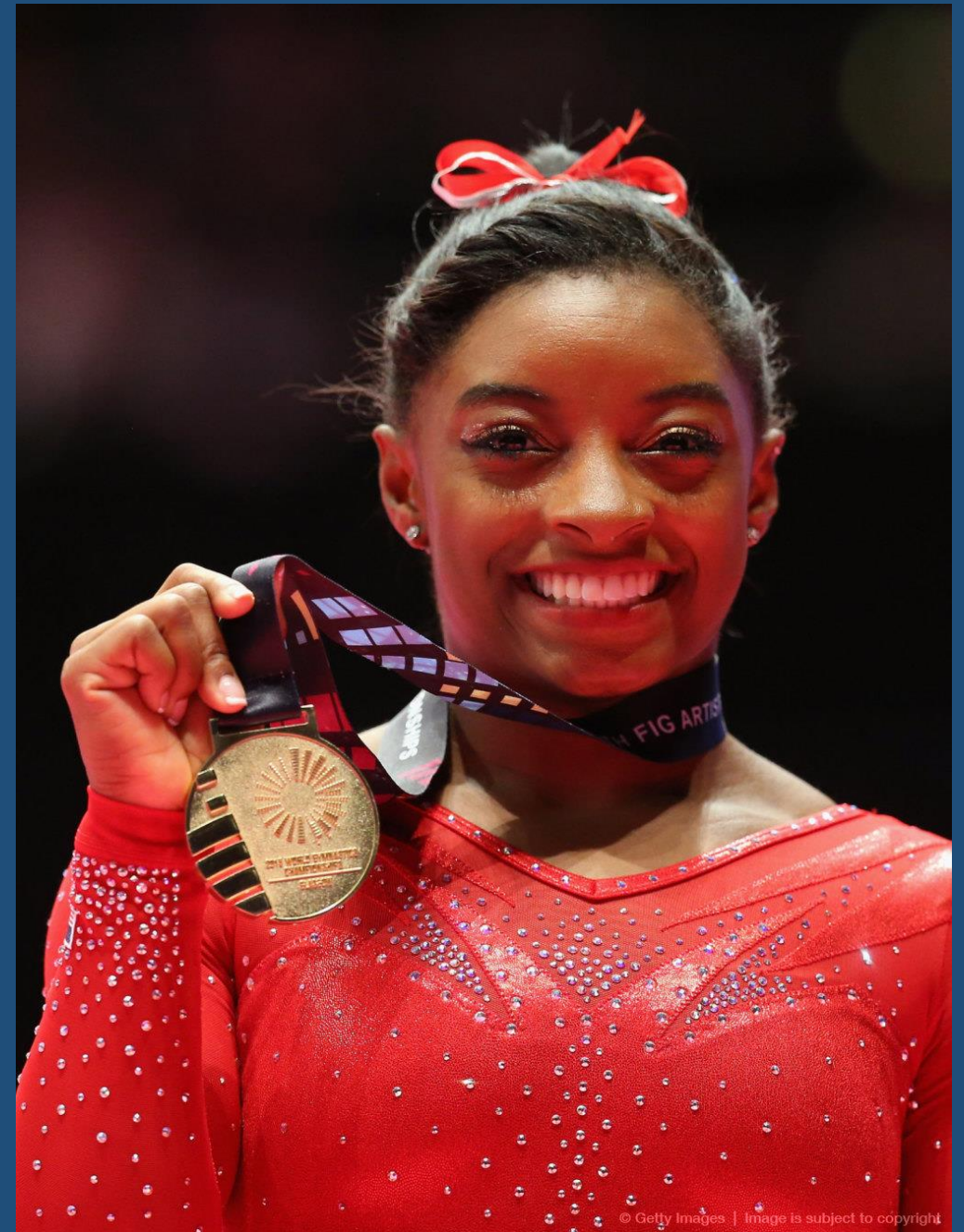
G.O.A.L.S.

1 GOAL - ORIENTED

focused on reaching a specific objective or accomplishing a given task; driven by purpose.

*"It's inspiring to young athletes
that there are more records that
can still be broken."*

— **Simone Biles**





Being goal-oriented means you are focused on completing relevant tasks in order to achieve planned objectives.

Someone who is goal-oriented uses targets to stay motivated in their work.

HOW TO SET GOALS

1. Separate larger goals into smaller actions
2. Plan your time
3. Organize tasks by priority
4. Write everything down
5. Try time-saving strategies
6. Motivate yourself
7. Develop productive habits
8. Regularly track your progress
9. Find an accountability partner
10. Ask for constructive feedback

G.O.A.L.S.

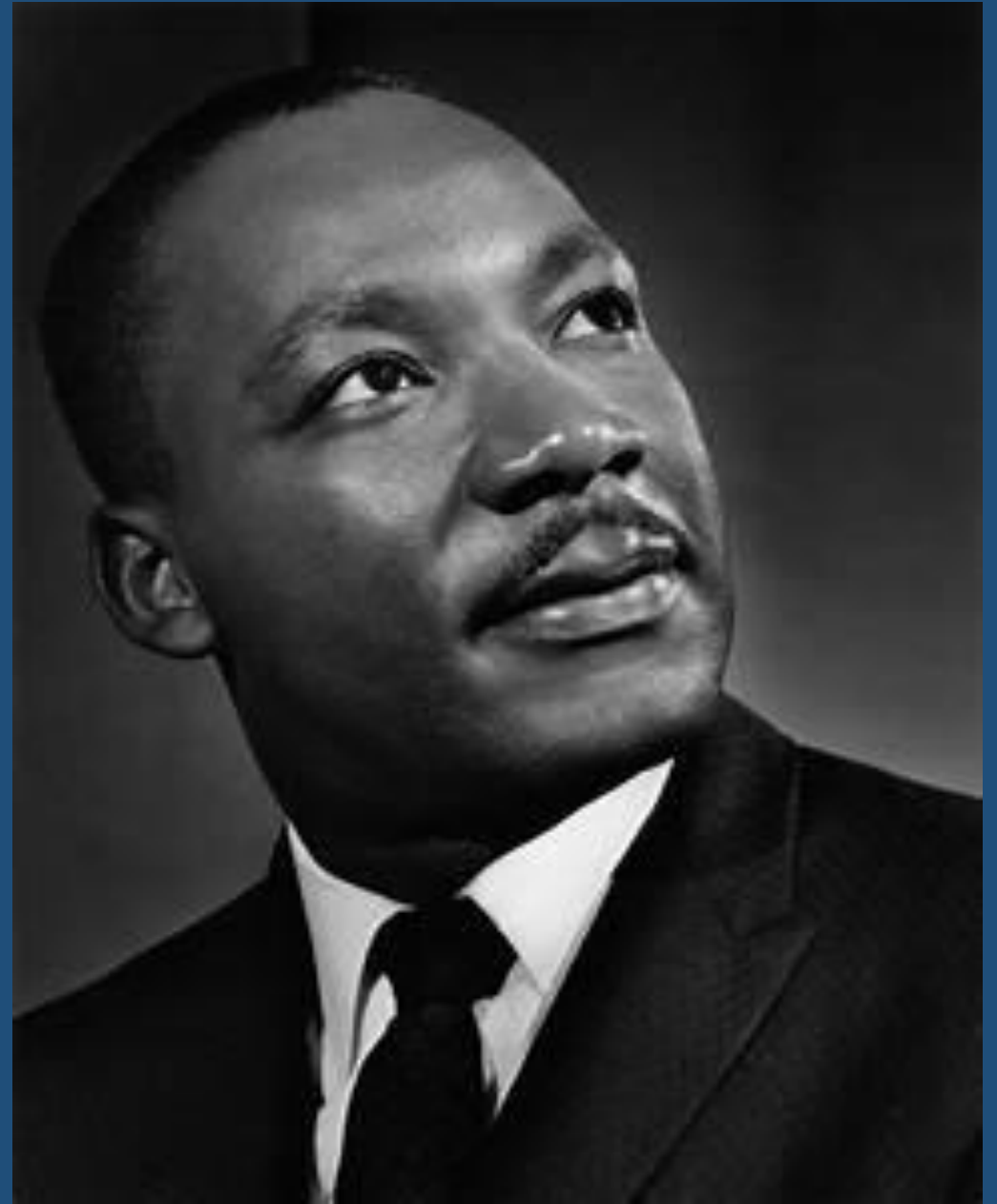
2 OPTIMISM

DEFINITION:

a mindset that enables individuals to view the world, other people and events in the most favorable, positive light possible.

"I have a dream that one day right there in Alabama little black boys and little black girls will be able to join hands with little white boys and white girls as sisters and brothers."

— Rev. Dr. Martin Luther King



HOW TO BE MORE OPTIMISTIC

1. Create some positive mantras.
2. Focus on your success.
3. Get a role model.
4. Focus on the positives.
5. Don't try to predict the future.
6. Surround yourself with positivity.
7. Keep a gratitude diary.
8. Challenge negative thoughts.

G.O.A.L.S.

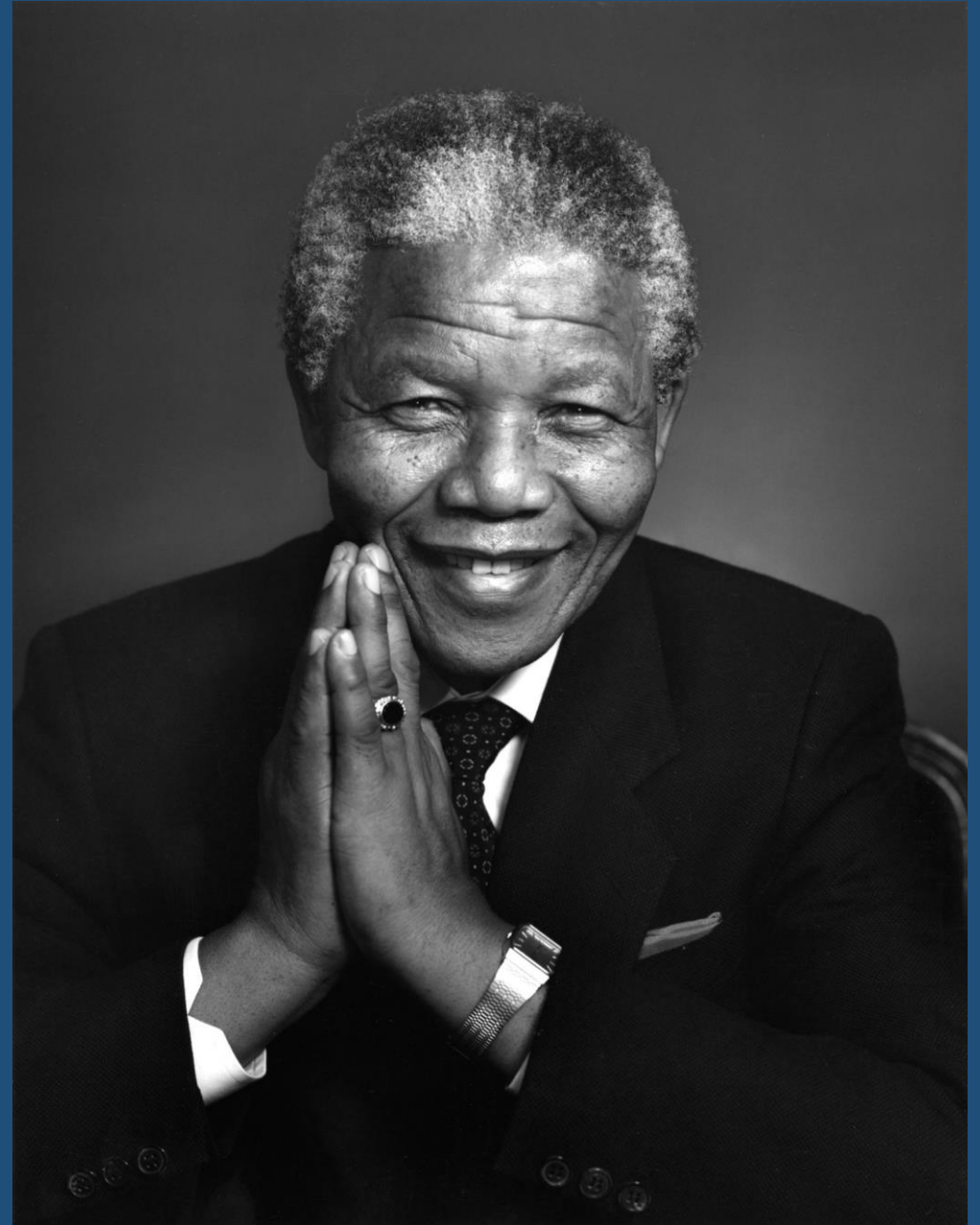
3 ADAPTABILITY

DEFINITION:

the ability of a person to change their actions, course or approach to doing things in order to suit a new situation.

“Prison itself is a tremendous education in the need for patience and perseverance. It is above all a test of one’s commitment.”

— **Nelson Mandela**



CHARACTERISTICS OF ADAPTABILITY

- Adjusts to changes in their environment.
- Responds quickly to changing ideas, responsibilities, expectations, trends, strategies and other processes.
- Effects changes in a course of action with smoothness and timeliness, without any major setbacks.
- Possesses soft skills like interpersonal, communication, creative thinking and problem solving skills.

G.O.A.L.S.

4

LIFE-LONG LEARNER

DEFINITION:

Lifelong learning is the ongoing, voluntary, and self-motivated pursuit of knowledge for either personal or professional reasons.

*“I’m always interested in
learning something new.”*

— **Katherine Johnson**



Habits of Life-Long Learners

- **Reads daily**
- **Attends Various Courses**
- **Actively Seeks Opportunities to Grow**
- **Challenges Themselves w/Specific Goals**
- **Believes It's Never Too Late to Learn**
- **Willing to Learn**
- **Seeks Help From Others When Needed**

G.O.A.L.S.

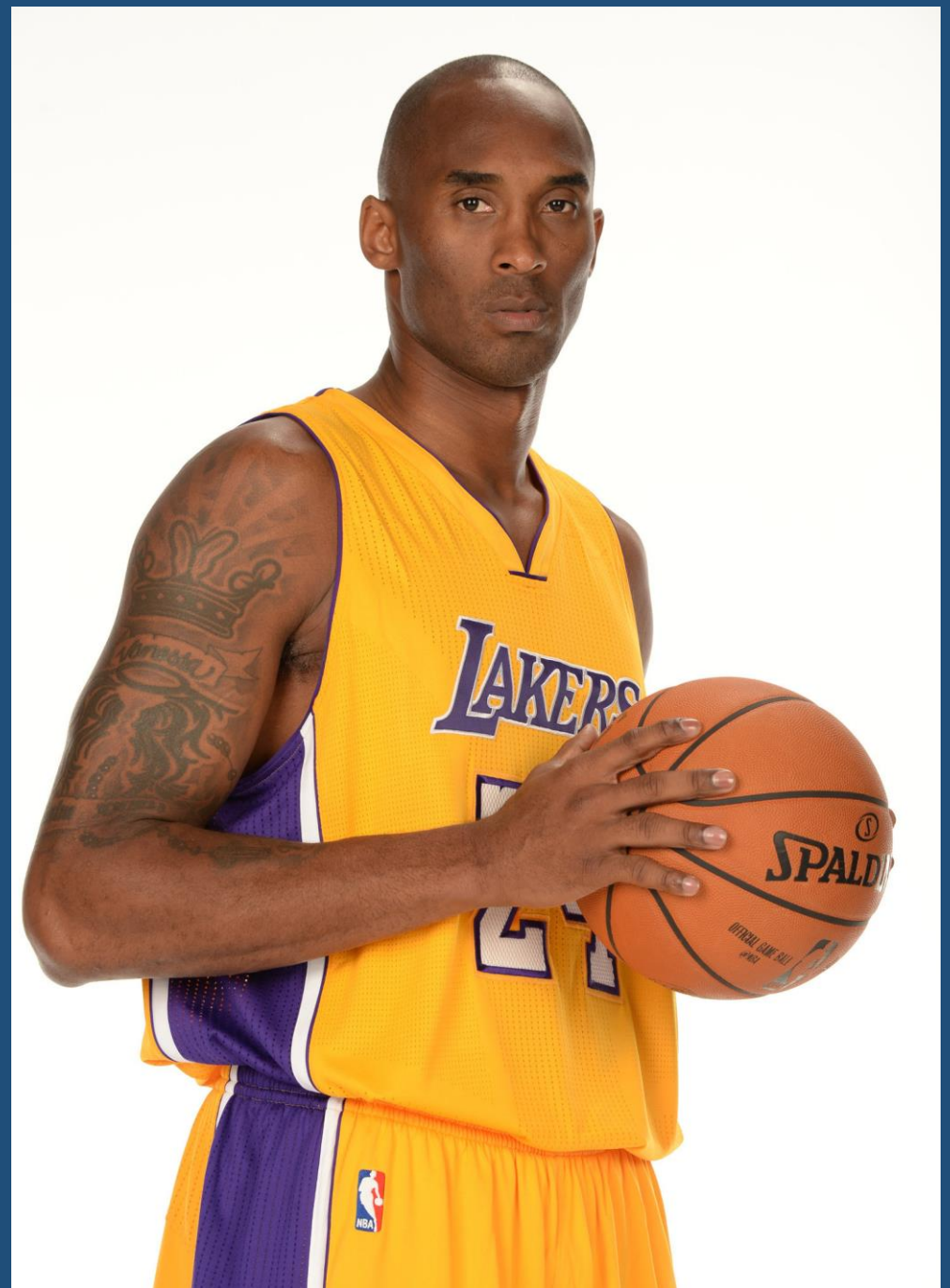
5 SELF-DISCIPLINE

DEFINITION:

the ability to control one's feelings and overcome one's weaknesses; the ability to pursue what one thinks is right despite temptations to abandon it.

"Those times when you get up early and you work hard. Those times you stay up late and you work hard. Those times when you don't feel like working. You're too tired. You don't want to push yourself, but you do it anyway. That is actually the dream."—

Kobe Bryant



HOW TO BE SELF-DISCIPLINED

- 1. Remove temptations.**
- 2. Eat regularly and healthily.**
- 3. Don't wait for it to "feel right."**
- 4. Schedule breaks, treats, and rewards**
- 5. Forgive yourself and move forward.**

TO DOWNLOAD PRESENTATION SLIDES:

bit.ly/presstowardsyourgoals

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GOAL GETTERS STRATEGY SESSION

30 Minute Session Includes (\$49):

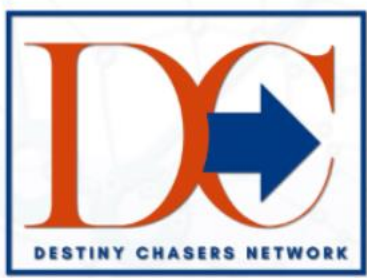
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