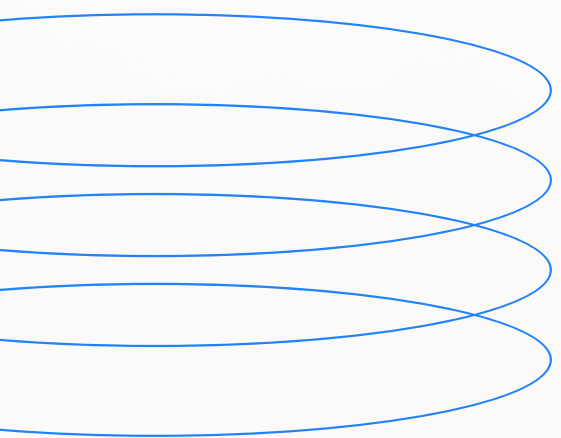
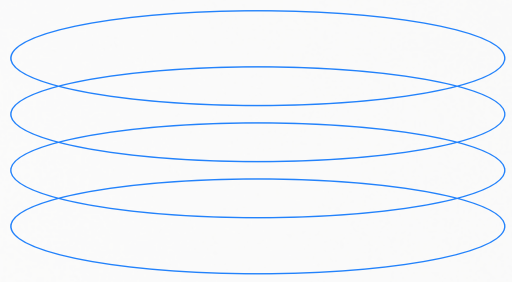


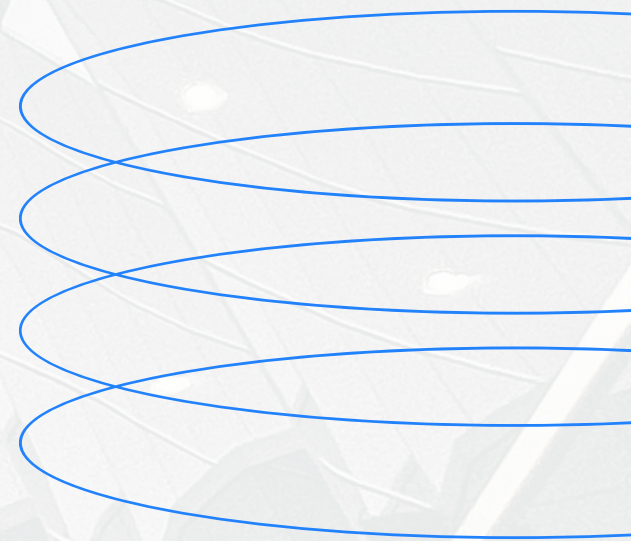
HARNESS YOUR POWER
TRUE GOAL
into Achievable Wins

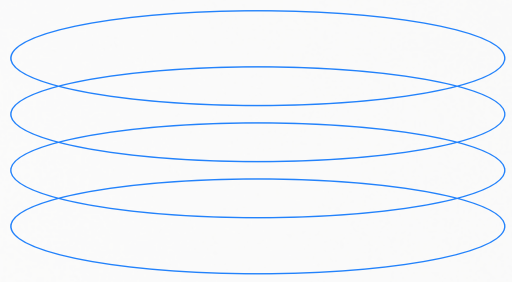




TURNING AMBITION INTO ACTION

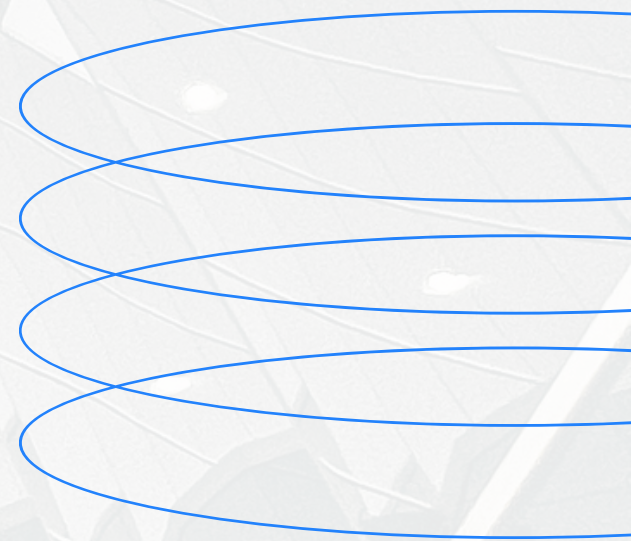
One Task at a Time



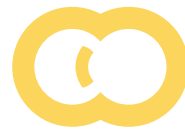


WELCOME TO LIFE HACK NO. 1

One Task at a Time



WHY TRUE GOALS MATTER

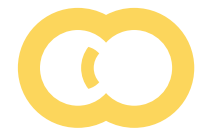


When you know what you want, the whole universe conspires in helping you to achieve it.

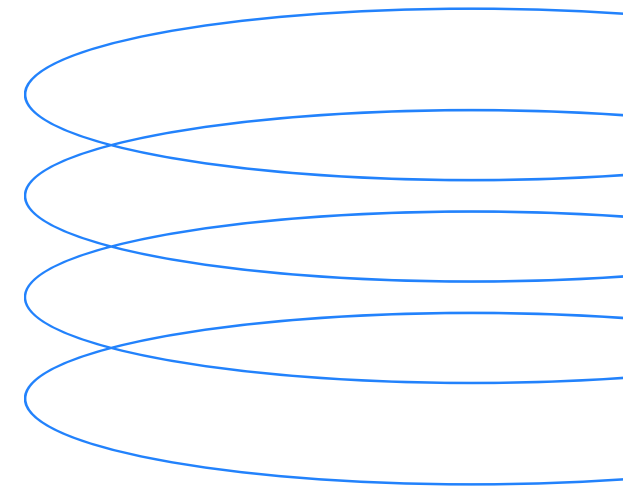
- True goals align with your core values and passions.
- They bring clarity, confidence, and consistency.



WHAT IS A TRUE GOAL?



It's not just what you want it's why you want it. Rooted in purpose, not pressure. Motivates you even on hard days.



Step #1

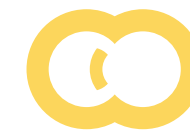
THE FALSE GOAL TRAP

Goals set by:

- **Society**
- **Family**
- **Social media**

These lead to:

- **Burnout**
- **Frustration**
- **Lack of direction**

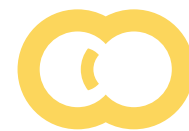


Step #2

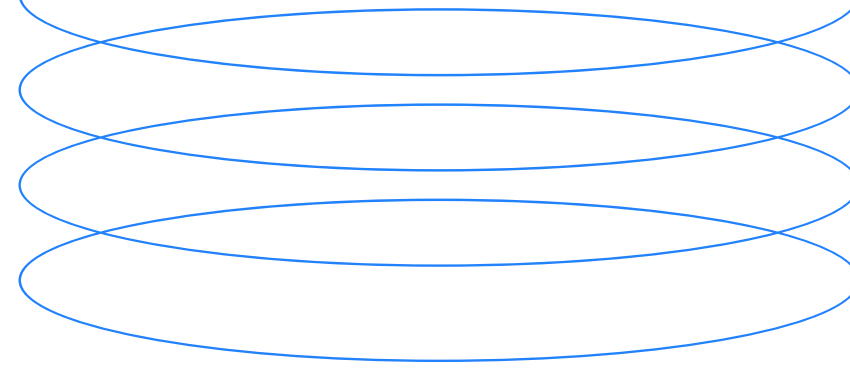
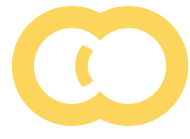
HOW TO FIND YOUR TRUE GOAL?



Think big, act small. Divide your large goal into major milestones, or phases.



- Reflect: What excites you naturally?
- Journal: When do you feel most alive?
- Ask: What would you do if you could not fail?
- Visualize: Your ideal life in 5 years.



Step #4

REAL-LIFE EXAMPLES

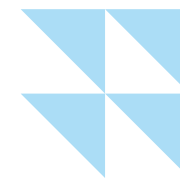
*True goals often require
courage, but bring deep
joy.*

01

***Example 1: A doctor who shifted to
wellness coaching to serve deeply.***

02

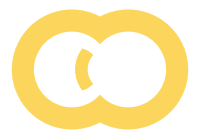
***Example 2: An engineer who become
yoga teacher to align with her passion.***





Step #5

HARNESSING YOUR INNER POWER

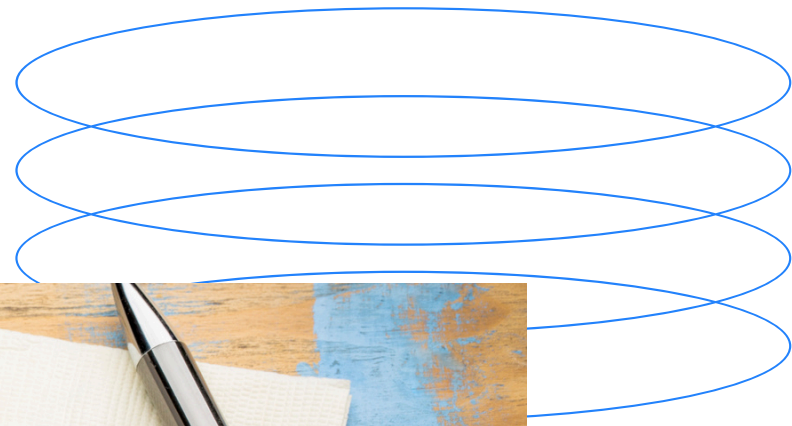
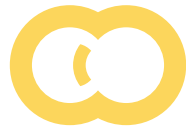


**Break your goal into
micro-steps**

**Stay consistent with
small daily actions**

**Build rituals:
affirmations, meditation,
breathwork**

**Use a goal tracker or
accountability
partner**



Step #6

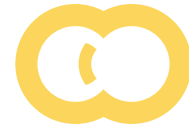
TOOLS FOR DAILY ALIGNMENT



- Daily Affirmations: "I am on the path of purpose."
- Mindful Morning Routine: Yoga, journaling, silence
- Weekly Goal Review: Reflect + Reset



Staying organized helps you stay on track and keep moving forward.



CONCLUSION

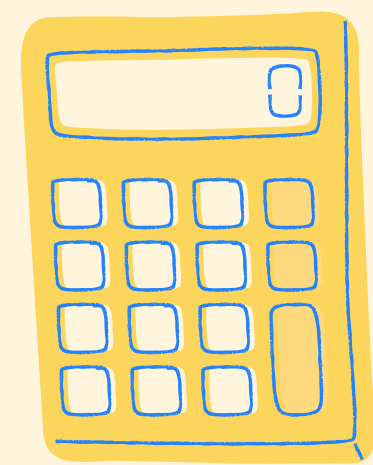
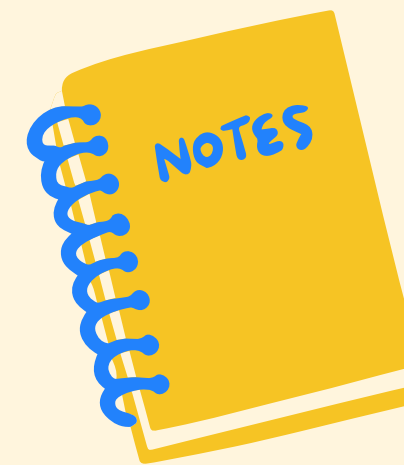
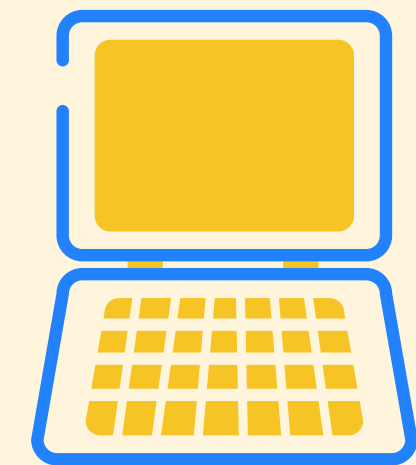
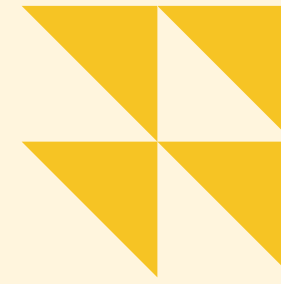
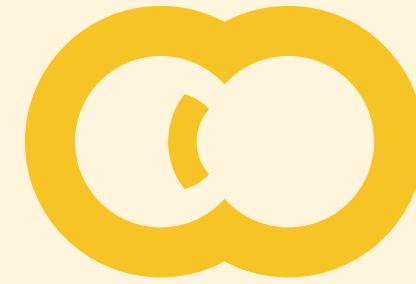
Breaking down large goals into manageable tasks makes progress easier to track and lessens the feeling of being overwhelmed.

By clarifying your goals, setting milestones, prioritizing tasks, and staying organized, you'll steadily progress toward achieving even the most ambitious objectives. It's all about making big goals feel small and achieving them one step at a time.



- ***True goals are rooted in purpose, not pressure.***
- ***Self-reflection reveals your path.***
- ***Daily action keeps you aligned.***

I am guided by purpose. I act with clarity and courage.



YOUR TURN!

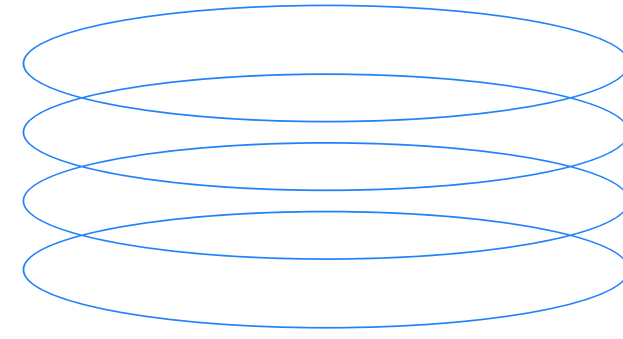


What is one goal that truly excites you?

***DON'T ASK WHAT
THE WORLD NEEDS.
ASK WHAT MAKES
YOU COME ALIVE.***



THANK YOU & STAY CONNECTED!



- Website: www.swasthyabykinjal.com
- Phone: +91 93216 09715
- Follow Us: @swasthyabykinjal on Instagram & YouTube

Harness Your Power

