

THE GOAL PLANNER

**How To Achieve IELTS Success
Through The Power Of Planning
Your Life Goals in 2020.**



IELTS Excellence

Dear valued student,

Thank you for purchasing the IELTS Excellence Goal Planner. You are now one step closer to achieving your dreams.

Did you know, one of the biggest barriers of succeeding in the IELTS is actually the student themselves. They hold back, out of fear of the unknown. They never start their journey to success. They never take INITIAL ACTION. Essentially, they have failed before they have even started.

So on behalf of us all at IELTS Excellence, we would like to congratulate you on taking the first steps to smashing the IELTS.

The road is long, you will have many ups and downs, but it's all worth it. With hard work and determination, 5 years from now you will look back and thank yourself for investing in your future.

What is involved in the goal planner?

Planning your goals is arguably THE MOST IMPORTANT part of your IELTS journey. A goal without a plan is just a wish. We want your goals to actually be a reality - we want your wish to come true.

This planner has been designed to allow you to realise the reasons you really need to successfully pass the IELTS. It identifies your goals, helps you to formulate a plan and makes you accountable for them.

Here's to your success.

Sam, Sarah & the IELTS Excellence team

It all starts with 'Why?'

There is no doubt that sitting the IELTS can be a daunting prospect. It's not exactly 'fun' is it?

So, there is usually a good reason why people actually take the exam.

There are 3 main reasons why students tend to take the IELTS. These are:

1. **To move abroad**
2. **To study at university**
3. **To improve career/job prospects.**

There are many other reasons, but these are by far the most common.

Why does this matter?

Well, it's important to understand that '*Passing the IELTS*' is **not** the goal.

Passing the IELTS is something you must do to **reach your goal**.

See the difference?

Your 'goal' should be something you strive for. Something you really want in your life.

Let me repeat this point...

Passing the IELTS is **NOT** the goal.

The goal comes after the exam. The goal is the future 'you'.

... The goal is where you have moved to Canada to live a healthy and prosperous life, working 4 days per week and spending every weekend having fun with your friends or family.

... The goal is where you are a respected academic Engineering lecturer in the USA, passing on your expert knowledge to your students who love to be taught.

... The goal is where you're saving peoples' lives as a world-renowned doctor, or performing life-saving surgery on patients in the UK.

... The goal is where you take a stroll on the beach every morning in Australia, watching the dolphins jump out of the ocean.

You get what I'm saying?

It's important to develop your 'dream life' because this will give meaning to all of the preparation, stress, worry and elation ahead of you. What are your ambitions? Who do

you want to be? What do you want people to say about you? What is important to you? Who do you want to help?

You need to define this now.

So, let's put pen to paper and write your goals down. This is really important, so don't skip this step. Remember, this is your 'why'.

On the following pages, you will be given everything you need to find out your 'why'.

No cheating. Find somewhere quiet.

Exercise 1: The Cafe Test

The cafe test makes you think about your ideal dreams/goals.

Here's what to do:

1. Determine the 4 most important aspects of your life.

Some examples include 'Family', 'Career', 'Health & Happiness', 'Money', 'Travel', 'Education'.

Don't worry if yours are different to these. This is YOUR life, no-one else's.

Once you have defined the 4 main aspects of your life, write them down on the blank exercise template; one next to each of the coffee beans.

2. Now close your eyes and imagine you are sat in a cafe 5 years from now...

...Your life is truly amazing and you are the happiest you have ever been. You don't have any worries, everything is perfect and you have achieved everything you ever wanted...

...As you are drinking your favourite coffee, an old school friend sits next to you. She asks you how your life is going...

...You both have a 20 minute conversation and discuss why your life is better than you ever imagined possible.

What are the things you talked about?

Be specific. The more detail you can give, the better. REALLY think about this and live the moment as though you are right there. The next page gives you an example of what this may look like.

Then, on the following page, there is a blank sheet for you to print off and write down your own personal Cafe Test ideas. Try and write them in the present tense and remember... BE SPECIFIC.



The CAFE Test

1

Career

- I am committed to being an Engineer.
- My life is completely flexible and I am able to travel when I like.
- I have opened up 2 schools where students learn for free.
- I have earned enough money to buy my own house.
- All my friend and family are impressed with my achievements.

2

Travel

- I have visited over 20 countries including the UK, USA and Australia.
- I have been living in Canada for the past 3 years.
- I plan to move to the UK to study very soon with my best friend.
- I travel with my best friend at least 6 times per year.
- When I travel overseas, I usually fly business class.

3

Education

- I am currently developing a new way for students to learn new languages.
- I often enhance my knowledge by reading new books.
- I travel all over the world, attending conferences to learn new information.
- I am currently studying advanced teaching at Cambridge University.
- I have won several awards during my studies for my achievements.

4

Family

- I have a happy and healthy family.
- Each week, my family and I visit our favourite restaurants at least twice per week.
- Every year, I spend at least 6 weeks on holiday with my family.
- I have provided my family with everything they have ever wanted and they thank me every day.
- We cook together as a family at least 4 evenings per week.





The CAFE Test



Exercise 2: Decide on your 3 BIGGEST goals using the 'SMART' system

By now, you should have really thought about what you want from life and written down lots of different goals on your cafe test sheet. Now comes the difficult part - narrowing them down into your **3 MOST DESIRED** goals and making them fit into a 'SMART' system.

The aim of this part is to really nail down your **true** desires and make yourself accountable for them.

What is the 'SMART' goal system?

'SMART' is an abbreviation often used for goal setting. Here's what each letter stands for and why this matters.

S - Specific

The goal should be **specific**. For example, you want to move to a **specific** country or study a **specific** course.

M - Measurable

Your goal must be able to be **measured**. You must know when you have reached it. For example, you could earn a **specific amount** of money or you have **full control** over your career.

A - Attainable

Your goal must be **realistic**. There's no point setting a goal such as studying at 500 different universities within 5 years. Optimism is good though. You must have optimistic goals - 'Completing a masters degree in Engineering at Cambridge University' for example.

R - Relevant

Keep your goals relevant to **YOU**. There's no point setting goals designed for other people. If you desire education - set an education-related goal. If you desire a good career - set a career-related goal.

T - Timeframe

You should put a **deadline** on your goal, such as 5 years. Don't leave a goal open-ended.

So remember, make your goals 'SMART'. For this reason it is sensible to combine some of your smaller Cafe Test goals into bigger, more specific SMART goals. Writing them down in present tense is a good habit because it makes them feel more real.

For example, take a look at our example on the next page. You can see how to combine smaller goals into bigger ones.



Career

- I am committed to being an Engineer.
- My life is completely flexible and I am able to travel when I like.
- I have opened up 2 schools where students learn for free.
- I have earned enough money to buy my own house.
- All my friend and family are impressed with my achievements.



Travel

- I have visited over 20 countries including the UK, USA and Australia.
- I have been living in Canada for the past 3 years.
- I plan to move to the UK to study very soon with my best friend.
- I travel with my best friend at least 6 times per year.
- When I travel overseas, I usually fly business class.

The goals highlighted in red can be combined into a bigger, more specific SMART goal with a bit of tweaking and elaboration.

In this instance, a SMART goal may be:

'My life is completely flexible. I have enough money to travel and I have planned to move to the UK for 4 years. I will be studying Engineering at Cambridge University with my best friend Sarah in 2021.'

Here's how it fits into the SMART system:

Specific - Moving to the UK for 4 years with Sarah. Studying Engineering at Cambridge University.

Measurable - Cambridge University, studying Engineering.

Attainable - It's an optimistic goal, but certainly achievable.

Relevant - Relevant to the person.

Timeframe - Year 2021

Now it's your turn. Look at your own Cafe Test sheet and choose your 3 MAIN GOALS. You may need to elaborate slightly to be more specific.

You should write them down on the next page:

My 3 Main Goals:

Combine some goals from your Cafe Test Sheet into bigger, more specific goals

1

.....

.....

.....

2

.....

.....

.....

3

.....

.....

.....



Exercise 3: Write down the steps you need to take to achieve each goal

Now you have written down your top 3 SMART life goals, you need to devise a plan about how to achieve them.

This includes the things you **MUST DO** in order to live out each goal, specific action steps and possible enhancements to help you succeed. We provide the template for this on the next 2 pages.

Here's a breakdown of what the template contains:

MUST DO'S

These are the things you **MUST DO** to achieve your goal. For example, if you want to be a pilot, you **MUST** complete pilot training.

ACTION STEPS

This is **how** you are going to do the 'MUST DO'S'. The 'action' you are going to take. For example, you are going to sit down and apply for pilot school.

ENHANCEMENTS

These are **specific things** that will improve your chances of succeeding. An enhancement could be a book, a website, a person, a business etc. For example, volunteering at a pilot school may increase your chance of being accepted onto the course.

Now let's take another look at this example:

'My life is completely flexible. I have enough money to travel and I have planned to move to the UK for 4 years. I will be studying Engineering at Cambridge University with my best friend Sarah in 2021.'

Admittedly this is a very optimistic goal, but it is achievable if you work hard enough.

On the next page you will see how to complete exercise 3 for this example:

Example:

Achieving My Goal

MY GOAL

'My life is completely flexible. I have enough money to travel and I have planned to move to the UK for 4 years. I will be studying Engineering at Cambridge University with my best friend Sarah in 2021.'

MUST DO'S - What Do I Need To Do To Achieve It?

- 1. Achieve band 7 or above in the IELTS in 2020 (to study)*
- 2. Be accepted into Engineering at Cambridge University*
- 3. Find a job which gives me flexibility (e.g. Online)*

ACTION STEPS - How Am I Going To Do It?

*I will invest in IELTS preparation materials and become fluent in English. I will research the admission criteria for Engineering and work hard to be accepted.
I will find an online freelancer job to give me flexibility.*

ENHANCEMENTS - What Will Help Me Do This?

Use the IELTS Excellence eBooks and follow a strict study timetable. Network with current Cambridge Engineering students for advice. Watch YouTube videos about how to become an online freelancer.



Now do this yourself for each of the 3 SMART goals you have written down. Make sure you print off the following page 3 times...

Achieving My Goal

MY GOAL

Blank area for writing the goal.

MUST DO'S - What Do I Need To Do To Achieve It?

Blank area for listing must-do's.

ACTION STEPS - How Am I Going To Do It?

Blank area for listing action steps.

ENHANCEMENTS - What Will Help Me Do This?

Blank area for listing enhancements.



That's it! Your road to success is all mapped out! With dedication, all of your goals will come true. Trust us, we have been through it, and now we're living our dream life in Australia, helping other people to realise their dreams! :-)

NEXT: Put all of your goal planning notes somewhere you can read them every day.

Commonly this would be on a fridge, bathroom mirror or your bedroom wall. Wherever you decide to place them, make sure they are easily readable **EVERY SINGLE DAY**.

Your SMART goals represent your dream life. We all have them, but only the most successful students actually write them down and read them daily.

SMART goals are the driving force behind your IELTS preparation. They are your 'Why'.

Every time you feel stressed, scared, frustrated, make sure you read these goals and they will help motivate you to push through and smash the IELTS.

One more thing...

There is one last exercise for you...

The next page is a 'Certificate of Commitment'. This is a commitment to yourself that you are going to do this. You will achieve your dream, you will make your friends & family proud.

Print it off, write your name, sign and date it, and then stick it on your wall with the other goal planning notes...

Good luck with the preparation and remember, if you have any questions about any of the information inside our eBooks, reach out and ask us!

Sam, Sarah & the IELTS Excellence team



Certificate of Commitment

THIS CERTIFICATE REPRESENTS THE
COMMITMENT OF

.....

TO ACHIEVING THEIR LIFE GOALS AFTER
ATTAINING THEIR DESIRED SCORE IN THE
IELTS EXAM.

.....

DATE

.....

SIGNATURE



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