

Week 1: Goal Setting

- What are goals? Difference between a goal & a target
- It's OK to have lots of goals but focus on one at a time
- If you need to come up with a list, brainstorm on paper; rate them later
- From your ratings, pick one goal. If you've not done this much before, pick something fairly easy that you can complete in a month
- Bigger goals - split them up into chunks. I like to have a mix of goals - short, medium, long term. I also like to have some things that have a fixed deadline to complete
- Realistic or massive goals?
- Write out your goal in lots of detail - what you'll see, feel, hear, smell, touch. How you'll feel.
- If that's a struggle, write out the worst case scenario (often easier) and then flip it through 180 degrees.
- Set a date for your goal
- Write some affirmations - include the words "at least" & if you're not totally sure, "I allow myself"
- Write a letter to yourself from your future self, seal it in an envelope with an "open date" like a time capsule
- Release on the goal - Sedona method questions "Could I let this go?" "Would I let this go?" "When?"
- Alternative releasing system is EFT (tapping)
- Create a goal pyramid - boxes for the steps along the way, blank boxes for the things you don't know you need yet
- Go public with your goal. Ask friends and colleagues to keep you on track.
- Work on your goal every day - it takes time to bring your conscious & subconscious mind on board
- Stay with your goal for long enough to work out whether it's working but don't flog a dead horse. If you need to change course - for whatever reason- do so
- Expect the unexpected. Not everything goes to plan. Adapt, change course, go round or through obstacles as appropriate
- Reward yourself when you reach your goal - or even at staging points on your way to it.
- When you reach your goal, start work on the next one
- Homework: go through the exercises. Brainstorm, score the items, pick one, write out in detail what it will be like, set a date for it, write some affirmations, write a letter from your future self, release on the goal, make a pyramid or blueprint, go public, work on it every day