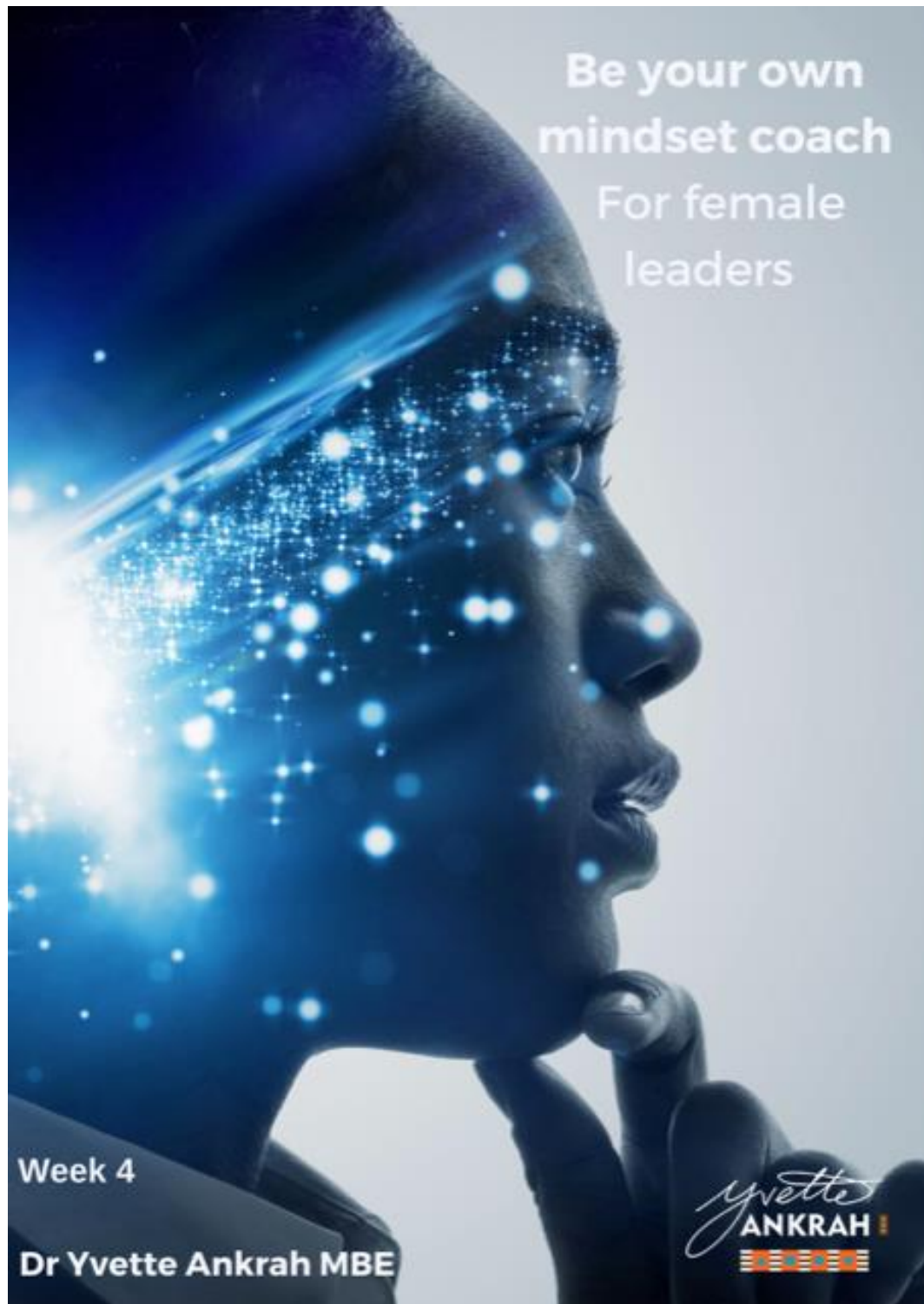




Week 4

Moving forward



Be Your Own Mindset Coach

Week Four

Moving forward

This week is all about creating deep goals to help you achieve the vision you created.

In week three we looked at your strengths expressing your vision, embodying the person you saw in the future and you started to set goals.

You outlined some of your goals last week and now it's time to set two deep goals and these will be what you will be working on as part of your 90-day plan. You will also have some tools to ensure their success.

By the end of this section, you will have created in detail two clear SMART goals and understood what you need to do to make them happen.



DEEP GOAL SETTING

People often set goals and never achieve them and are not sure why. For example, every year people set New Year's resolutions and just 8% of people who make New Year's Resolutions are successful in keeping them!

In the past, you may have set goals and not succeeded in all of them. By following the instructions and the success tips you will become part of 8% and be able to continue to set goals that you will achieve in the future!

Goals are powerful!

Why?

- Studies have shown that goals increase your motivation – just actually setting a goal makes you want to succeed
- You do achieve more – studies have also shown a 30% increase in achievement in those that set goals and, importantly, put systems in place to achieve them.
- Goals exist to make sure your vision happens.
- Your goals provide the roadmap for your business/career or life. Once you have these goals in mind you can create a step-by-step plan that will help you to achieve them.
- They are also a planning tool, they help you to identify gaps e.g. skills or qualifications needed

There are lots of different ways to set goals and you can set your goals just using the SMART system that you learnt in Week three. However, by using a deep goal setting method you will be more likely to realise your goals.

Instructions

You will be creating two deep goals only. If you are unsure what to areas to focus on, think back to your vision and what you want to be, do and have - which two things, if you work to them now, would have the most impact in your world?

Goals need to be stated specifically using SMART (see week 3.)

Start by stating the goal – question A:

Example: By the end of 2020 I will consistently be bringing in £2k per month through my work

Then state where you are now regarding your goal (question B), continue to answer the questions.



Questions

- a. What specifically do you want?
- b. Where are you now regarding this goal?
- c. What will you see, hear, feel etc... when you have it?
- d. How will you know when you have it?
- e. What will this outcome get for you or allow you to do?
- f. Is it only for you? i.e. Is it self-initiated and self-maintained?
- g. Where, when, how and with whom do you want it?
- h. What resources do you have now and what resources do you need to achieve your outcome?
- i. Have you ever had or done this before?
- j. For what purpose do you want this?
- k. What will you lose or gain if you have it?

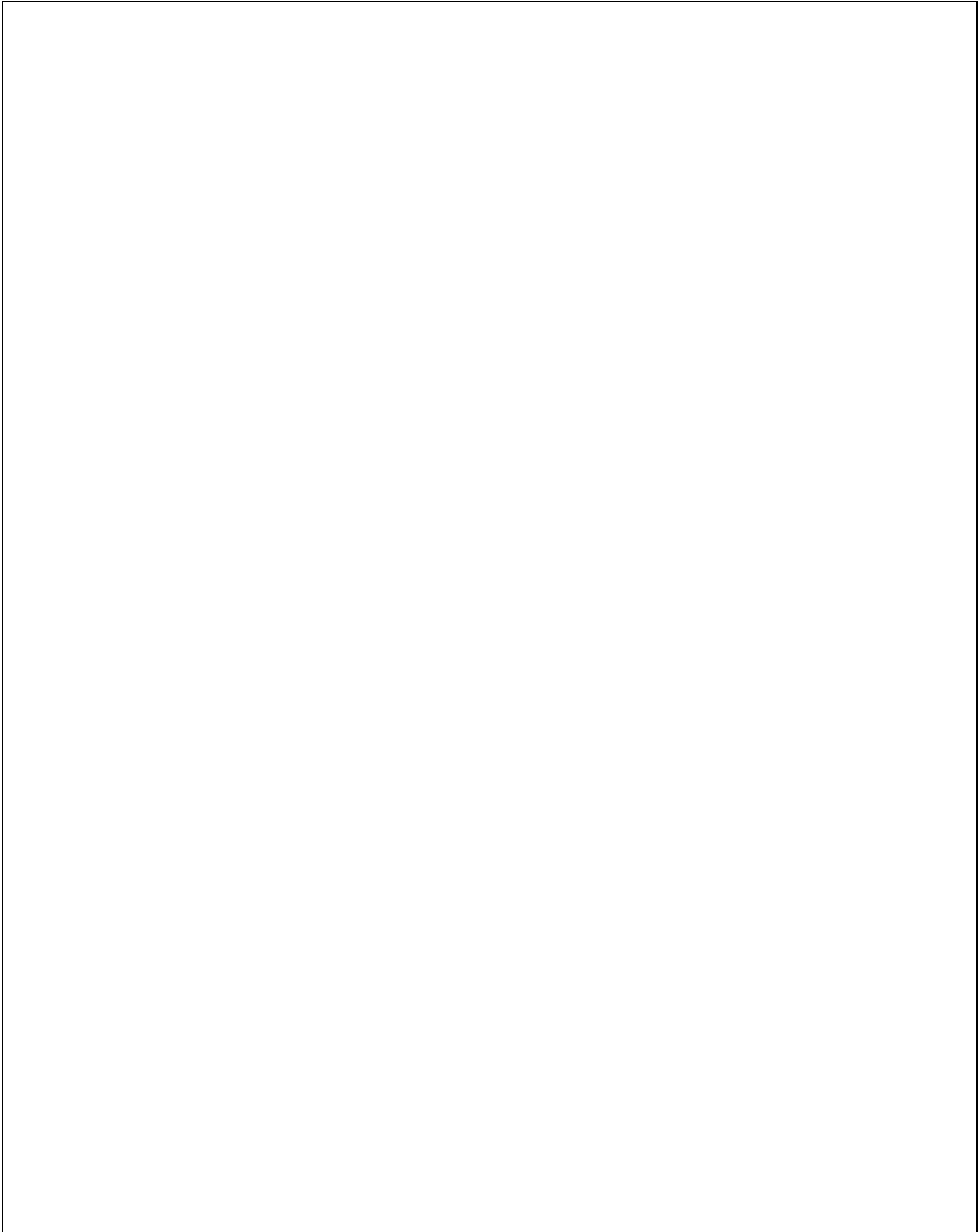
Success tips:

- Set aside time to do this – around 30 minutes per goal
- Please write these out by hand if possible. It had been proven that those who write down their goals are more likely to achieve them! Writing them down triggers a different part of your brain called the reticular activating system (RAS), this tells your brain to pay attention to what you are writing. Therefore, writing it down makes you more likely to achieve your goal. Feel free to type them up later.
- Creating a SMART goal enables you to have clarity
- Focus on the language you use with yourself and get connected to the vision and the life you will be living when you have it, what kind of interactions will you have, what choices will you be able to make by achieving your goal. Use the work from week 3 to support you.
- Set a goal that excites you and gives you the life you want to head towards.
- Get emotionally connected to the goal so that your deeper mind knows what it is like to live that life and you are showing your mind the map so that it takes the right route.
- Remember the power of visualisation - by visualising yourself achieving your goal you can make it easier to achieve. When we do this, we are activating the left side of the prefrontal cortex of our brain and the planning and envisioning part of our brain gets stronger
- Next week we will be creating a 90-day plan - creating a plan for your goals is important to move them from dream to reality.
- Commit to your goals – you are passionate about them and want them to happen, are committed to doing the work you will see the results.



Goal 1

- a) What specifically do you want? - **State SMART goal e.g.:** *By the end of December 2020 I will consistently be bringing in £5k per month through my products*
- b) Where are you now regarding this goal?
- c) What will you see, hear, feel etc... when you have it?
- d) How will you know when you have it?
- e) What will this outcome get for you or allow you to do?
- f) Is it only for you? i.e. Is it self-initiated and self-maintained?
- g) Where, when, how and with whom do you want it?
- h) What resources do you have now and what resources do you need to achieve your outcome?
- i) Have you ever had or done this before?
- j) For what purpose do you want this?
- k) What will you lose or gain if you have it?





Goal 2

- a) What specifically do you want? - **State SMART goal e.g.:** *By the end of December 2020 I will consistently be bringing in £5k per month through my products*
- b) Where are you now regarding this goal?
- c) What will you see, hear, feel etc... when you have it?
- d) How will you know when you have it?
- e) What will this outcome get for you or allow you to do?
- f) Is it only for you? i.e. Is it self-initiated and self-maintained?
- g) Where, when, how and with whom do you want it?
- h) What resources do you have now and what resources do you need to achieve your outcome?
- i) Have you ever had or done this before?
- j) For what purpose do you want this?
- k) What will you lose or gain if you have it?

