

Becoming a Goal Achiever

Session 10 (16)

Get the wheels rolling!

Action carries beauty in it...



"The common denominator for success is work."

~John D. Rockefeller

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Do the thing and you'll get energy to do the thing!

Imagine walking; in reality it is an action of constantly falling forwards. By putting one foot in front of the other, the motion is continued straight forward instead of falling to the ground.

Once you are in motion, it will cost more energy to stop walking, than to continue walking.



Similarly, once you've got a train in full swing, then it is virtually unstoppable. The activity carries an energy that feeds itself, and gives fuel to carry on. My mentor Paul Martinelli use to say: Do the thing and you'll get energy to do the thing!

One difference between successful people and all the rest is that successful people take action."

Bob Proctor, Speaker and Author

Supporting wheels

In order to reach new exciting goals you need to act. If your motivation is high, you can probably do the new things on pure willpower. If the motivation is super-high and nothing else occurs that deviate your attention, then you might be able to concentrate hard enough, long enough, until you have established the new habit.

New exciting goals generally require that you need to do something that is completely new to you, and that you establish one or more new habits.

By working intelligently on Action and Paradigm Shift simultaneously, you will soon feel yourself propelled forwards, in the direction of your goal. Similarly a bike needs two wheels to reach its destination. With both wheels in place, it rolls effectively forwards to any destination the rider has chosen.

Successful goal achievers are successful because they do things, and because they have a direction and purpose with their actions. Furthermore, they have acquired a habit of regularly cleaning away hinders for progress.



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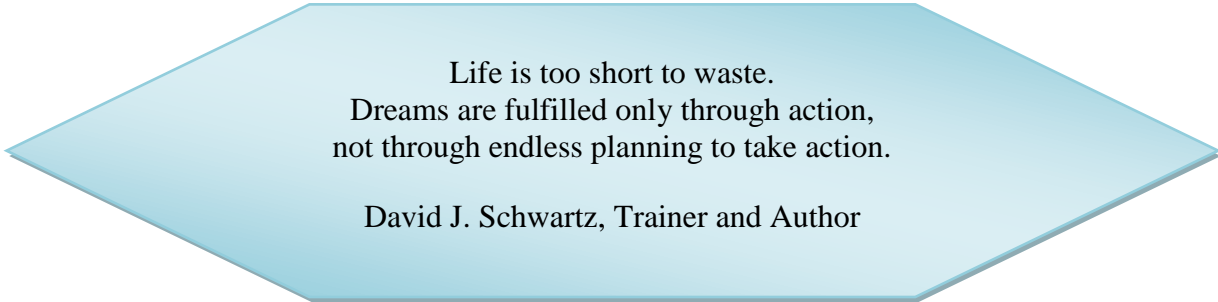
Enabling Resources / Factors

Enabling resources are factors you need to fulfill for example action items on your way to your goal. Often we get caught up in one way of doing it so that we do not see all the alternatives available.

This list is by no means exhaustive, but you can see it as a good start to verify whether you have used all ideas you can to get the most effective solution to your action items.

Resources	Decisions and commitments
Tools	Re-direction, re-allocation and prioritization
Knowledge	Attitude and outlook
Experience	Encouragement and support
Qualifications	Time and space
Reputation	Maturity and wisdom
Contacts	Energy and enthusiasm
Style	Determination and persistence
Skills	Money and other assets
	Mistakes and disasters

Here you can note if you realize you need some new resource to your action list, or a new action altogether. Remember to transfer the information to your action list.



Life is too short to waste.
Dreams are fulfilled only through action,
not through endless planning to take action.

David J. Schwartz, Trainer and Author

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Upgrading yourself by reprogramming your mind

Since the subconscious can not really distinguish between what are real and imagined experiences, this also applies to the body and its brain. Real and imagined experiences are treated equally. If you imagine, and with strong empathy experience something again and again, new neural pathways **will** physically open in your brain. Repetition makes these pathways well trodden and eventually they will become the new highways.

The best way to use visualization and autosuggestion is when your mind is in the best state for reprogramming.

If we would measure the brainwaves in this state we would find that the EEG shows Alpha level brainwaves when we are in the best reprogramming states. An alpha brainwave level is a natural state which we drift into when daydreaming, those types of daydreams when you are completely unaware of what's going on around you. It also occur for example when you are completely fascinated by a movie.

You can also put yourself in, or get help to put yourself in, Alpha brainwave levels:

- during meditation, or
- during hypnotic trance.

Alpha brainwave levels also happen naturally 2 times a day:

- Just as you are falling a sleep and
- when you are waking up.

The most convenient way to use autosuggestion is to record them properly and listen daily just as you are falling asleep. Most often when listening, you are already sleeping by the end of the script, but your subconscious mind will hear every word. Don't worry about that.

Use each script at least 2-3 weeks before changing to something else.

Nowadays there are also techniques built in into Ipods/iphones, mobil phones and alarm clocks that enable you to listen to your chosen audio when you are waking up. Imagine what a difference, to wake up to your chosen ideal state, instead of the doom and gloom of the news. What signal do you want to send into your subconscious when you are most receptive?

*Every worthwhile accomplishment has a price tag attached to it.
The question is always whether you are willing to pay the price to attain it –
in hard work, sacrifice, patience, faith, and endurance.*

John C. Maxwell

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Positive affirmations for new habits

Here you make your own list of affirmations. Preferably you concentrate on positive affirmations that directly support your current actions towards your goal. Which states you want to be in? What resources do you want to be in possession of? How do you feel when you have them?

Look into your action list and select two things that require regular action, action that is new to you or in a frequency that you are not used to. For instance you need to do it more often.

Remember to make the sentences brief, positive and in the present tense. Include the feeling you want to be in when doing it.

Example: I am so happy to get up early every weekday to deliver newspapers. Or: I gladly go to the gym 3 times a week to exercise. I am so excited to read new things about bookkeeping every morning.

Write your affirmations here:

	POSITIVE AFFIRMATIONS FOR NEW HABITS
1	
2	

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Homefun until next time

You maximize your investment in this course by doing the homework in between sessions. This time I encourage you to:

- 1) Finish the exercises in this workbook!
- 2) Make your own goal autosuggestion.
 - a) Get a timer, or a watch you can see the seconds on.
 - b) Prepare and use your autosuggestion script in next chapter
 - c) Record it using e.g. the sound recorder on your computer, your mobile or a dictaphone.
- 3) Listen to it daily when going to bed. Get some comfortable earphones to keep at the bedside.
- 4) Relisten to, or watch, this video again, and again.

"When you paint success pictures in your mind, you initiate an inner process whereby your attitudes, hopes, aspirations, and enthusiasm are elevated in response to an image of a more promising future.

Every person who aspires must first sell themselves hope, the promise of a better life."

U.S. Andersen, 1917-1986, Author of The Magic In Your Mind

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Your autosuggestion script

(Read the below text in a calm, boring voice. The instructions are in italics within brackets, you don't need to record the instructions. See to that you time your recordings, 3 minutes can feel very long!)

Make yourself comfortable in your bed. Imagine you are going down some stairs to a particularly peaceful place. It might be out in the nature somewhere. You are going down the steps, 10, 9, 8, 7, you are going down, 6, 5, 4, 3, 2, and 1. Imagine yourself being there in your peaceful place, right now. What do you hear? What do you see? What do you feel? You are making yourself comfortable here. And you start relaxing at the top. Concentrate on the top of the head. Imagine that you relax the muscles on top of your head. Go on down, concentrate on the temples, the muscles around the eyes. Relax your jaws, you may move around your jaw a bit to really let go of any tension here. Relax your neck, your shoulders, shrug them if you want.

Relax your upper arms, your forearms, your hands and your fingers all the way out to the fingertips. Feel how heavy they are getting as you relax. You want to lift them, but they are sooo heavy.

Then you go up to the shoulders again, relax, down to the chest and abdomen, and slowly back to back down to the lower back. Relax completely.

Relax your hips, your thighs on top and bottom, relax your knees, your shins, your ankles. Feel the relaxation enter your feet, on top of your feet, under the feet and into the toes.

(Read your own affirmations and goal, which you can rewrite here, for your script):

I know what I hear is true and correct. I am sinking deeper and deeper into a lovely relaxed state. I know what I hear is true and correct. I just listen to my voice. I just listen to my voice that will affect me, even though I may be sleeping. I trust my subconscious will hear every word. I do commit to use this audio daily.

*(Repeat affirmation 1 for **3 minutes**. Sound more and more enthusiastic by the time)*

*(Repeat affirmation 2 for **3 minutes**. Sound more and more enthusiastic by the time)*

*(Repeat your goal for **3 minutes**. Sound more and more enthusiastic by the time)*

In a moment, when I count to three, you will take off the earphones. Then you will sleep very well all night. One, two and three.