

Becoming a Goal Achiever

Session 14 (16)

Transcending Limiting Habits



**Patience and perseverance
have a magical effect before which
difficulties disappear and obstacles vanish.**

John Quincy Adams, 1767-1848
6th President of the United States

Becoming a Goal Achiever – Session 14(16)

In Business or in busy-ness?

Are you in business or do you practice Busy-ness? Are you burning your candle in both ends?

When your thoughts are scattered, your energy has no focal point and no intensity. There is no fire to action, no sense of urgency.

Scattered mental patterns are usually non-productive, whereas concentrated thoughts usually bring about results. Compare with a magnifying glass in sun over a piece of paper. When you focus the sunrays to a single point, the energy in that spot rises, heat goes up and you create fire!

People who are focused, who follow a systematic approach and have a sense of urgency, usually do great work. You rarely see them rush and they are seldom in panic.

History tells us about many great men and women who produce more in a year or two than the majority of people do in a lifetime. They just keep moving forward, even when they have major drawbacks, they shrug it off, focus their intentions and keep pressing on doing great work.

They are competent thinkers. They are systematic and they move with purpose. URGENT purpose. The natural result is great work. This does not mean that they can do great work because they have less tasks. They usually do more in a day or a week than many accomplish in a year or a decade. The only difference lies in their attitude and their action.

Focus your attention and thoughts on great work, and keep moving forwards. Those are the main components of great work: systematic thinking and action with purpose. There is no secret in becoming great or doing great work. You just keep doing little things in a great way, every day.

Exercise: Sense of urgency

A sense of urgency is needed to keep moving ahead in decent pace.

A step in the wrong direction is better than staying on the spot all our life. Once you're moving forward you can correct your course as you go. Your automatic guidance system cannot guide you when you're standing still.

Maxwell Maltz

1. In the left hand column, write down achievements or steps of any kind that have led you in the direction of this goal of yours. Take a few minutes to jot any number of achievements down.
2. In the right hand column, write down at least 1-5 actions steps that you COULD have take on this particular goal, but that didn't schedule into your week or where sidetracked from accomplishing.

Becoming a Goal Achiever – Session 14(16)

| | |
|--|------------------------|
| YOUR GOAL: _____ _____ | |
| Accomplished this previous week | Could have done |
| | |

When you examine this two columns of activity and “projected activity” that never really happened, you know where your sense of urgency is on this particular goal.

- **Imagine if you had an employee with a salary in proportion to the sense of urgency towards this goal, what would you give him or her?** _____
- **What are you earning yourself?** _____

Cause your income should be in relation to your goal achieving projects and your sense of urgency in starting and completing them.

If your income is out of line with your commitment to results, you benefit from recalling the Law of Compensation, which clearly states that the amount of money you earn will always be in direct proportion to:

1. The need for what you do
2. Your ability to do it
3. The difficulty there is in replacing you

You focus on number two - DOING with commitment and the others will take care of themselves.

Becoming a Goal Achiever – Session 14(16)

Spirit of Opulence

Paraphrasing my mentor Mary Morrissey: “Our mind is like a magnet, which draws unto itself its one like, type and kind. For many of us the power of attraction in our mind is too weak to meet the demands. A magnet can only draw to itself in proportion to its own power. Our mental magnet is greatly reduced in strength by our worries, prejudices and our fears, and our inflow of good is slowly closed off or muted. If our mental force becomes too weak, we may even **repel** what little good that is trying to reach us. “

If you tend to use or think some of these very common sayings below or similar, do you really think you will attract money?

- "Money will make me a selfish person“
- "Wanting money is greedy“
- "Rich people are snobs“
- "Money will attract problems“
- "Money is evil“

In reverse, you'll actually attract NOT having money.

Be opulent in thought: Don't "think money". Money is only one form of opulence. Think largely, generously, liberally and thoughts and ideas to generate opulence will follow track.

**The first order question in relation to money should not be:
How much am I going to GET by it?
It should be: How much am I going to DO by it?**

Spirit of Opulence is as life always dependant on circulation, continual flowing around. Focus your attention on giving rather than receiving and remember that you are a center of distribution.

You might argue that you are out of cash: "I can hardly pay the rent and food, not to speak of college fees. What shall I give? “

The answer is simple: **Start where you are**. You can never give what you don't have. If your wealth at present is not abundant on the material plane, you don't need to start there.

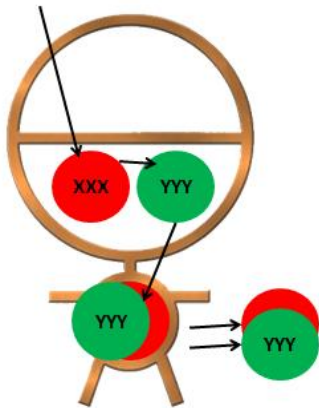
There are other sorts of wealth, still more valuable on the spiritual and intellectual plane and you can start from this point and practice the spirit of opulence, even if your bank balance may be nil.

Once you begin to experience the inflow on a spiritual and intellectual plane, it will extend to the material plane also.

Becoming a Goal Achiever – Session 14(16)

Building a subconscious bridge

Let us say that your default reaction to a certain trigger event is **emotion XXX**. You may get **mad** at the kids for example when they don't behave in the car when you are driving.



This triggers a **tight feeling in the gut**, tight like a knot followed by an **outburst** and you are yelling at the kids with little or no effect more than your own sweat, anger and anxiety.

Perhaps you would really to be able to continue to feel **cool and rational** so that you can find the best way of distracting the kids out of their annoying teasing of each other. Let us call **cool and rational the YYY**, the preferred emotional state.

With the EFT choices method, a bridge can be built in the subconscious between: **XXX**, the default emotion to a certain trigger and **YYY**, the preferred emotion to that trigger.

EFT choices

The tapping with the choices method is just a little bit different. You start out with the same as in the previous module, with tapping on the XXX, and if needed on the remaining XXX. If there is remaining but small disturbance left (SUD= 1,2 or 3), you may choose to build a subconscious bridge to the preferred emotion and thus resulting behavior.

Tapping script:

Tap on the karate chop point on the side of your hand and say, and exchange the XXX for the symptom or feeling in your own set up phrase.

- Even though I STILL have this XXX, I **choose** to feel YYY. (REPEAT 3 times)

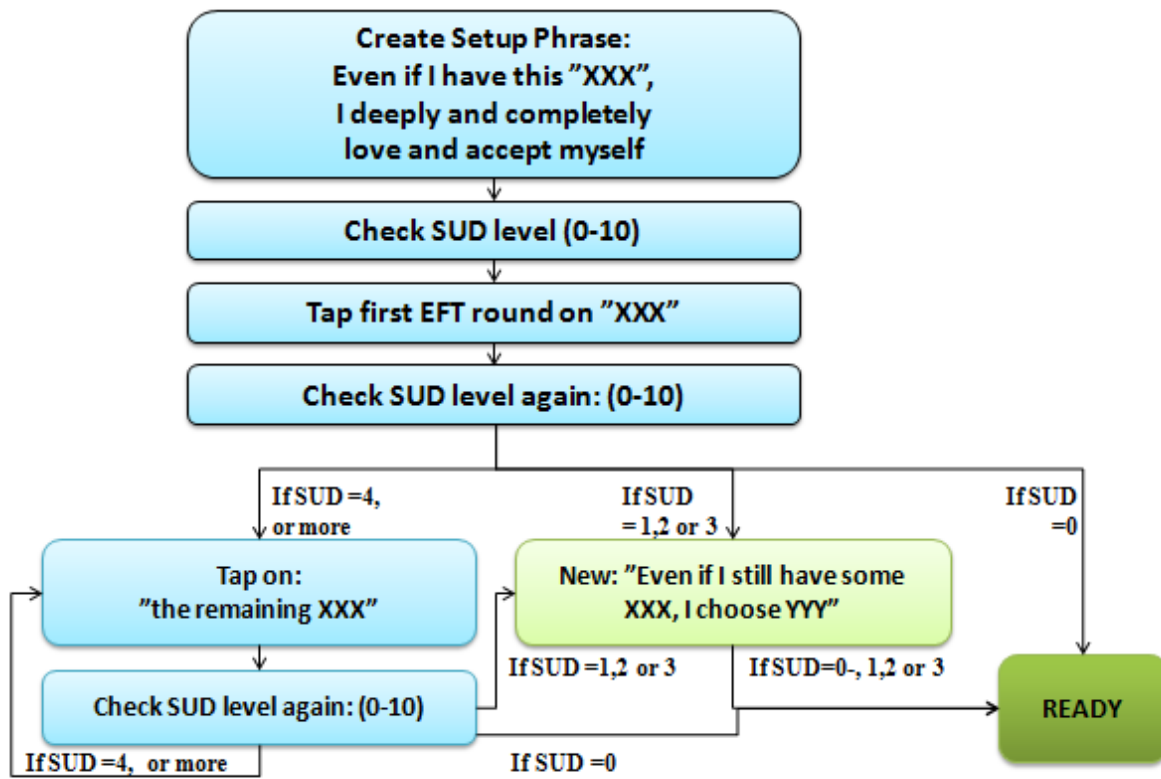
While tapping 7-10 times on the other points, say alternating phrases, e.g.: "XXX" and "YYY"
The order of the points doesn't matter. If you missed one point, take it later.

- On top of your head... " YYY"
- Inside of the eyebrow..."XXX"
- Side of the eye, on the bone at the side of the eye: " YYY"
- Under the eye... "XXX"
- Under the nose... " YYY"
- The chin... "XXX"
- The sore point, or aim at where you would knot your tie and say: " YYY"
- Under your arm ... " XXX"
- On your sleeve... " "YYY"

End by taking a deep breath, **ahhhh! WELL DONE!!!**

Becoming a Goal Achiever – Session 14(16)

EFT choices method flow:



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) Read and finish the exercises in this workbook!
- 2) Tap away your major preventive habits.
- 3) Watch the video or listen to the audio again. Preferably daily.
- 4) 3R:s exercise:
 - a) **Review** the learning points
 - b) **Re-think** action steps
 - c) **Rewrite** your goal if needed for clarification.

Becoming a Goal Achiever – Session 14(16)

Homefun: Limiting habits

Here you fill in a list of what you perceive as limiting habits for reaching your goal. It may be habitual thinking, habitual actions, habitual default reactions etc. It may be new reactions that you notice as you try out new things, necessary for the accomplishment of your goal.

| LIMITING HABIT | PREFERRED HABIT | INITIAL SUD ¹ | RESULT AFTER TAPPING |
|----------------|-----------------|--------------------------|----------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

**Limitations live only in our minds.
But if we use our imaginations,
our possibilities become limitless.**

Jamie Paolinetti

¹ SUD: Subjective Units of Disorder