

Becoming a Goal Achiever

Session 2(16)

A Goal's Purpose

I AM A GOAL ACHIEVER

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Why goals are necessary

Continue filling in the different levels of awareness in all the steps in the stairs below.

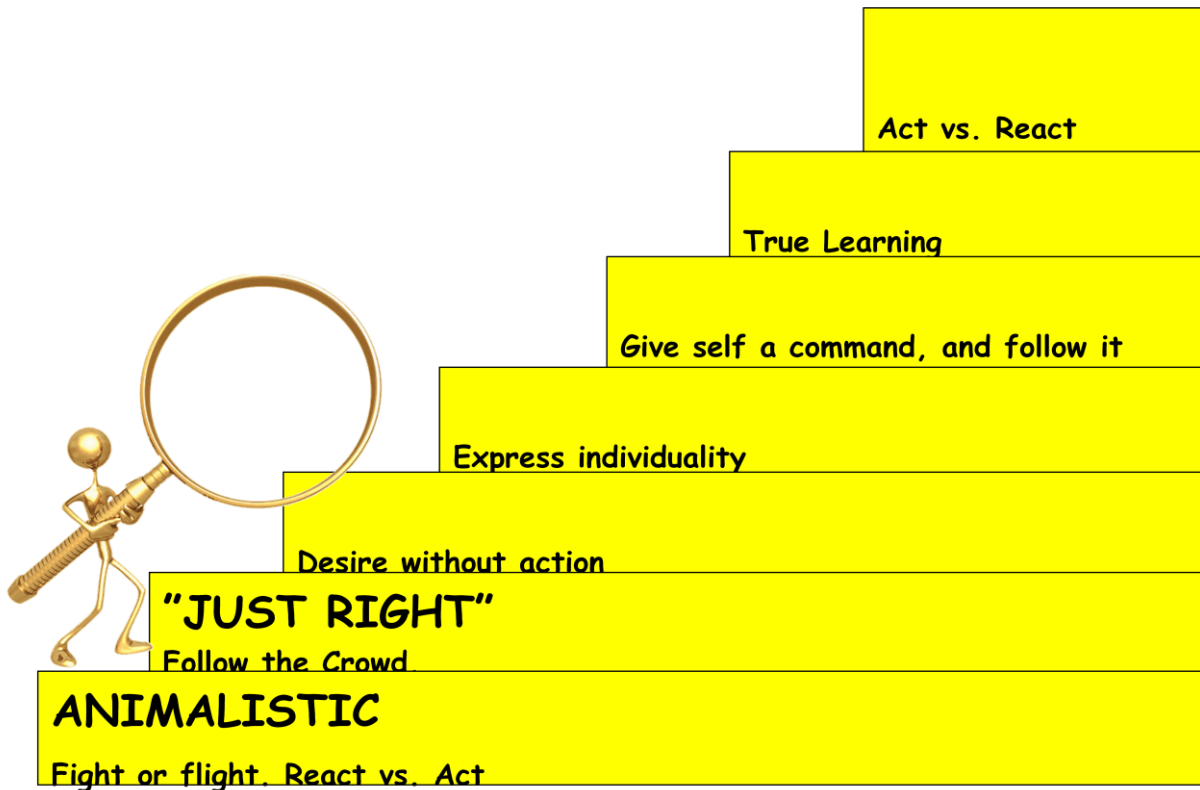


Figure 1: Stages of Awareness

Make a fair estimate of your own awareness, where do you most often find yourself on this scale?

*Improved results are always
an expression of a
higher degree of awareness.*

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Describe how you REWARD YOURSELF, should time and money not be of importance.

Describe how you reward yourself, if you had sufficient time and money. Perhaps you reward yourself with relaxation of different kinds, SPA treatments or the like. Perhaps you do improvements in your garden. Have you ever wanted to own recreational equipment, like boats, campers or even planes? If so, describe them.

First of all: RELAX and treat this question as purely hypothetical.

Allow yourself to **THINK BIG**.

Please place **NO ATTENTION** whatsoever on the **HOW** it could ever be achieved.

Imagine this was **BIG CHRISTMAS**, the sun is shining and everything is possible. Allow yourself to think outside your comfort zone and concentrate on **WHAT** you want, and **WHY** you want it.

Here you have a space for short notes on limiting beliefs that may pop up, trying to prevent you from writing what you really want. Write them down and forget them for as long. We will deal with them later on.

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Describe your DREAM VACATION.

How does your dream vacation look like? If you could travel anywhere you wanted on vacation, **were** would you travel? **How** would you travel? With **whom** would you travel? What would you **do** when you got there?

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Make a list of habits you like to change.

Make a list some of the habits that you feel are hampering your development **and** that you are willing to let go of.

For each of these habits, write down the polar opposite of that habit in the column to the right. A polar opposite is e.g. love/hate, fear/faith and victim/responsibility.

HABIT THAT I WOULD LIKE TO CHANGE	POLAR OPPOSITE

Choose 1, or maximum 2, habits to change and **make a firm decision** to repeatedly focus on the positive ideas when the old negative habit surfaces.

I hereby decide to: _____

whenever _____ **occurs.**

OPTIONAL:

I hereby also decide to: _____

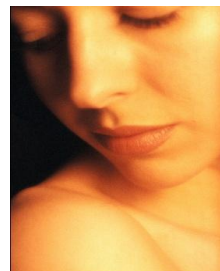
whenever _____ **occurs.**



TO REINFORCE THIS DECISION you may also write down the negative habit you want to quit on a piece of paper and then destroy it. Shred it. Burn it. Tear it to pieces. Or whatever fits your situation.

REMEMBER TO BE GENTLE WITH YOURSELF!

When you find yourself doing that old thing again: **PAT YOURSELF ON THE SHOULDER!** Do it physically, and think of how good it is that you are now consciously aware of it and that you have a resolution for it.



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Home work until next session

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. To Watch your new habit(s) that you decided to alter.
3. Repeat your affirmation daily: I am a Goal Achiever
4. Rewatch the video (or relisten)
5. Allow yourself to Daydream a bit about your dream rewards and dream vacations.