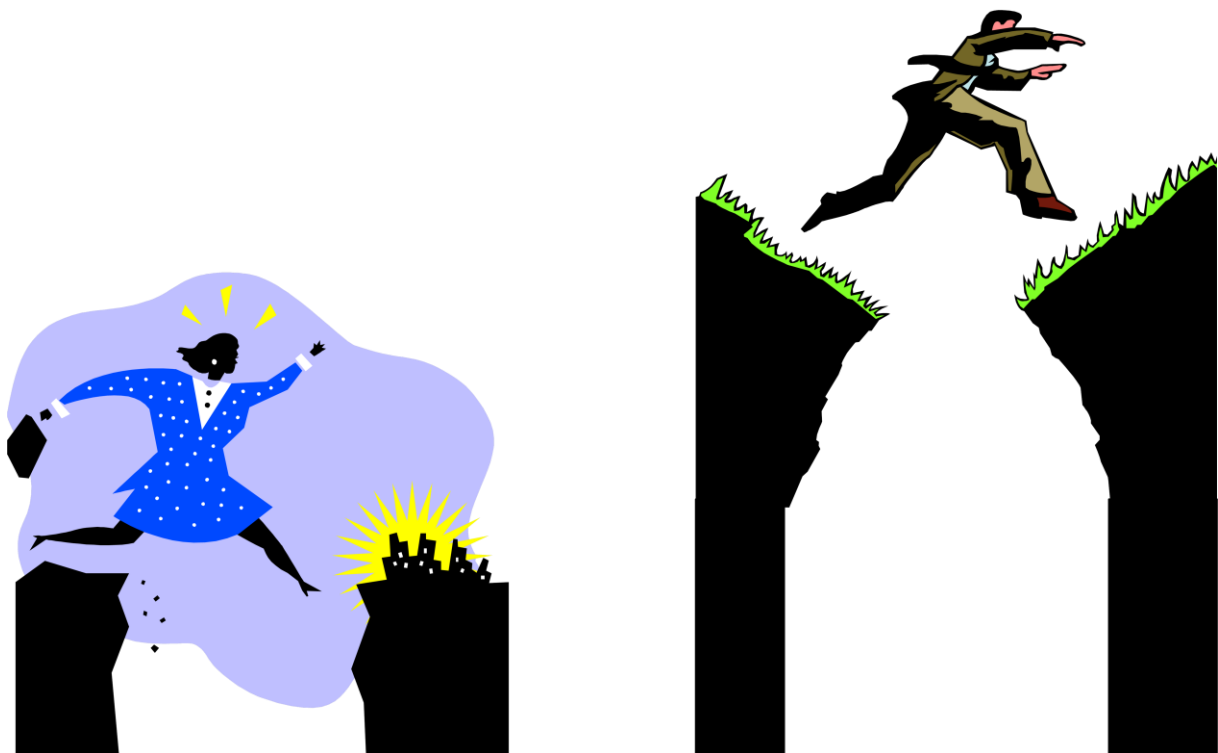


Becoming a Goal Achiever

Session 3(16)

The Knowing - Doing Gap



Becoming a Goal Achiever – Session 3(16)

Productive vs. Non Productive actions

Recall an event in the past, which was not going so well and could be better. Describe it below as detailed as you can. And see to that you describe your own actions/reactions in the situation.

A) _____

Now, describe the same event as you would have **wanted** it to be. Use PRESENT tense, i.e. write it as if it is happening now.

B) _____

Now, put a **RING** around all Non-productive actions in A) and all Productive Actions in B).

Ponder: If I would exchange all the non-productive actions into productive actions, would I get the results I wanted?

Becoming a Goal Achiever – Session 3(16)

**Describe what you want to
CREATE, or EXPRESS in your life,
should time and money not be of importance.**

Describe what you have been pondering to create. Perhaps you wish to leave a **legacy** of some kind? Maybe you would like to **write a book**? Make a **film**, be part of a film? **Paint** pictures and get hung in a **gallery** of fame? **Invent** a new product to solve? Perhaps you want to build your own house or plant a beautiful garden? Well what is it that is waiting inside of you to be born and shown to the world? You know that, I don't... perhaps you want to raise a statue in the city park, for all I know. What do you want to be remembered for?

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.

Becoming a Goal Achiever – Session 3(16)

Stickperson model of mind – body interaction

Dr. Thurman Fleet was an extremely successful chiropractor and holistic practitioner in San Antonio, Texas in the thirties. He realized that his patients could not be fully healthy, and from there develop further, if they did not have a solid understanding of what they were, and how they worked. He said that all of us are spiritual beings, gifted with an intellect, living in and through our physical bodies.

Since we are highly visual creatures, and visual models help create order in our minds, Dr. Fleet decided to make a picture, the Stickperson. The Stickperson model shows how the conscious and subconscious mind interacts with the body. We will give you the initial part of Stickman in this lesson, to be continued in next session.

The Stickman idea may prove to be the key for you to become a Goal Achiever. It has been for numerous people and organizations over the globe. For me, it has been crucial and has impacted deeply on the quality of my life and my family.

Please fill in the dotted lines below.

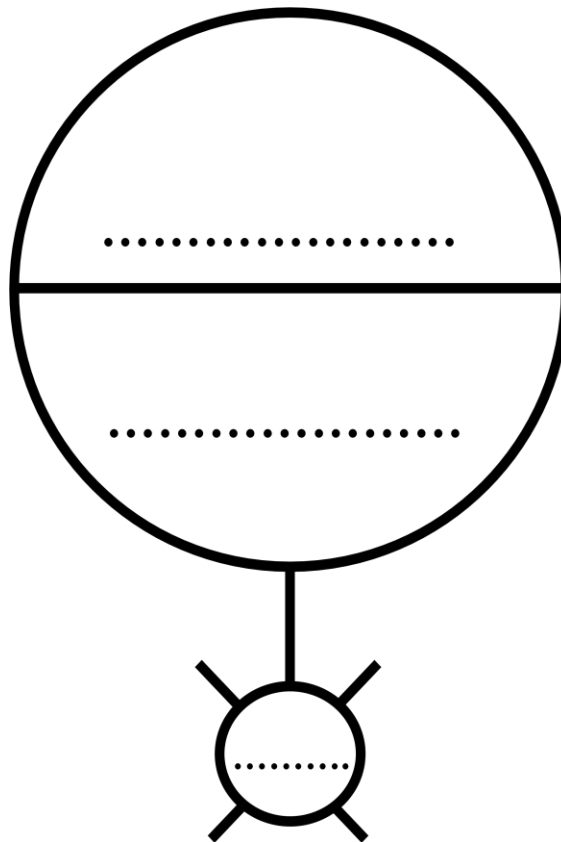


Figure 1: Stickperson

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Describe how you would like to TRAVEL / COMMUTE.

Describe your desired means of transportation, if time and money was not an issue. You can choose anything and everything. Cars? Bikes? Motorbikes? Makes and brands.

Perhaps you prefer the walk to work or take the bus and socialize with the fellow passengers on the bus. Perhaps there is a ferry you would love to use, to enjoy the nature on the way to your extracurricular activities?

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.

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Becoming a Goal Achiever – Session 3(16)

Stickman model of mind – body interaction

This may be the most important lesson in the entire course. There is a certain modus operandi of the mind and body interaction. Fill in the 6 missing descriptions on the dotted lines.

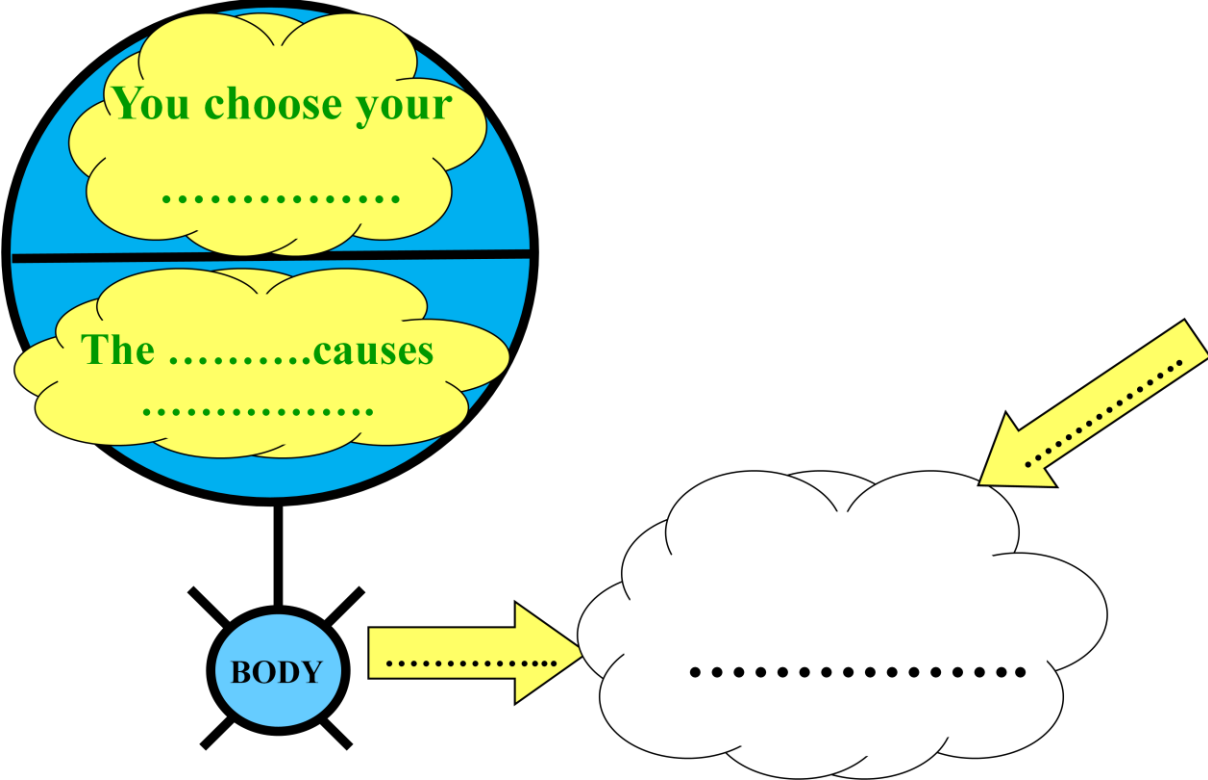


Figure 2: Mind-Body Interaction with your results

Becoming a Goal Achiever – Session 3(16)

Home FUN until next session

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

- Finish the exercises in this workbook!
- Watch your new habit(s) that you decided to alter.
- Repeat your affirmation daily: I am a Goal Achiever
- Rewatch the video (or relisten)
- Allow yourself to Daydream a bit about:
 - a. your dream creations/expressions and
 - b. dream means of transportation.