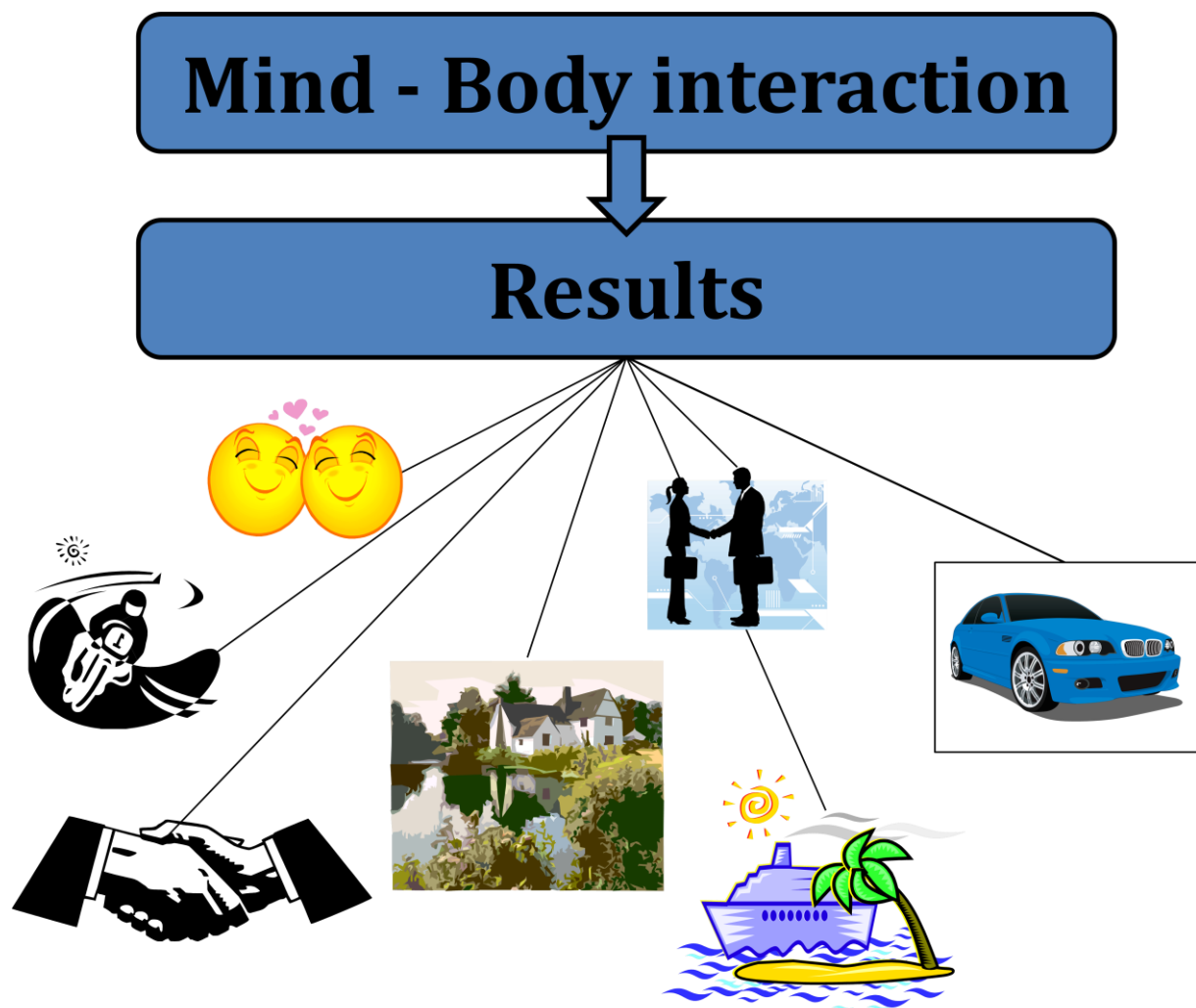


# Becoming a Goal Achiever

Session 4(16)

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# Becoming a Goal Achiever – Session 4(16)

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## Where and How would you like to live? Describe your DREAMHOME(s)

Describe how many homes would you have? Would you like one house, and that’s it? Or would you also want an additional vacation house? Where would they be, what would they be like? How would it look like in the surroundings? What would these houses give you & your family if you had them already? Safety? Luxury? Comfort? Play areas for the kids growth and stimulation? Place for guests? Work area? Library? Carpenter area or garage for working with the cars?

**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.

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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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# Becoming a Goal Achiever – Session 4(16)

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## 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.

This idea may prove to be the key for you to become a Goal Achiever. For me, it has been crucial and has impacted deeply on the quality of my life and my family.

Fill in the missing descriptions on the dotted lines.

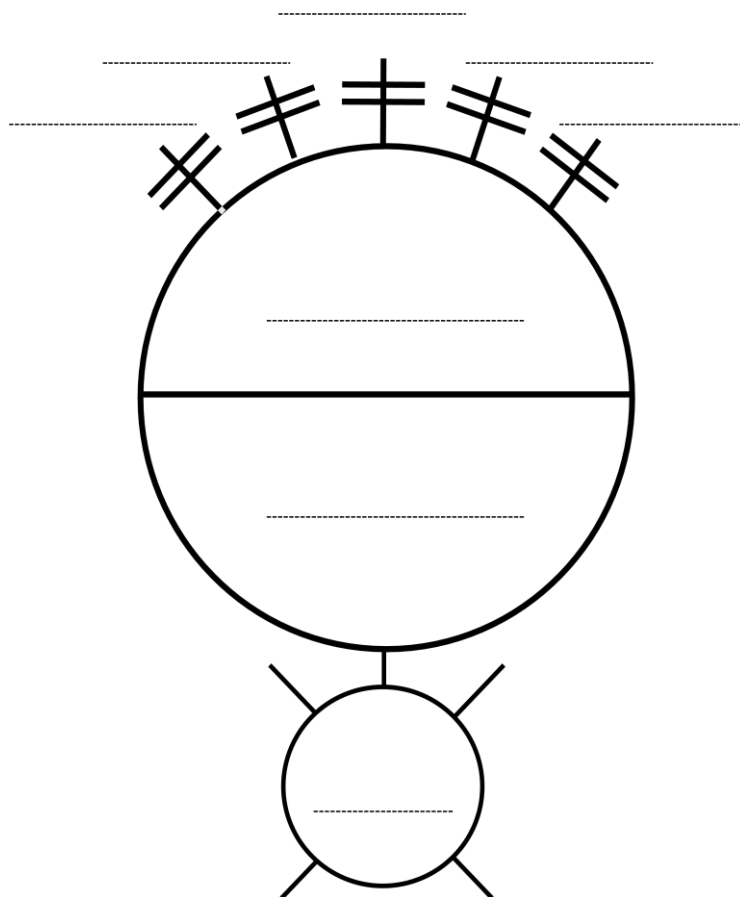


Figure 1: Stickperson

# Becoming a Goal Achiever – Session 4(16)

## Your Mental Muscles

Do you recall your 6 powerful mental muscles? These resources help you to act in your impulses, rather than reacting on them.

Fill in the boxes below.

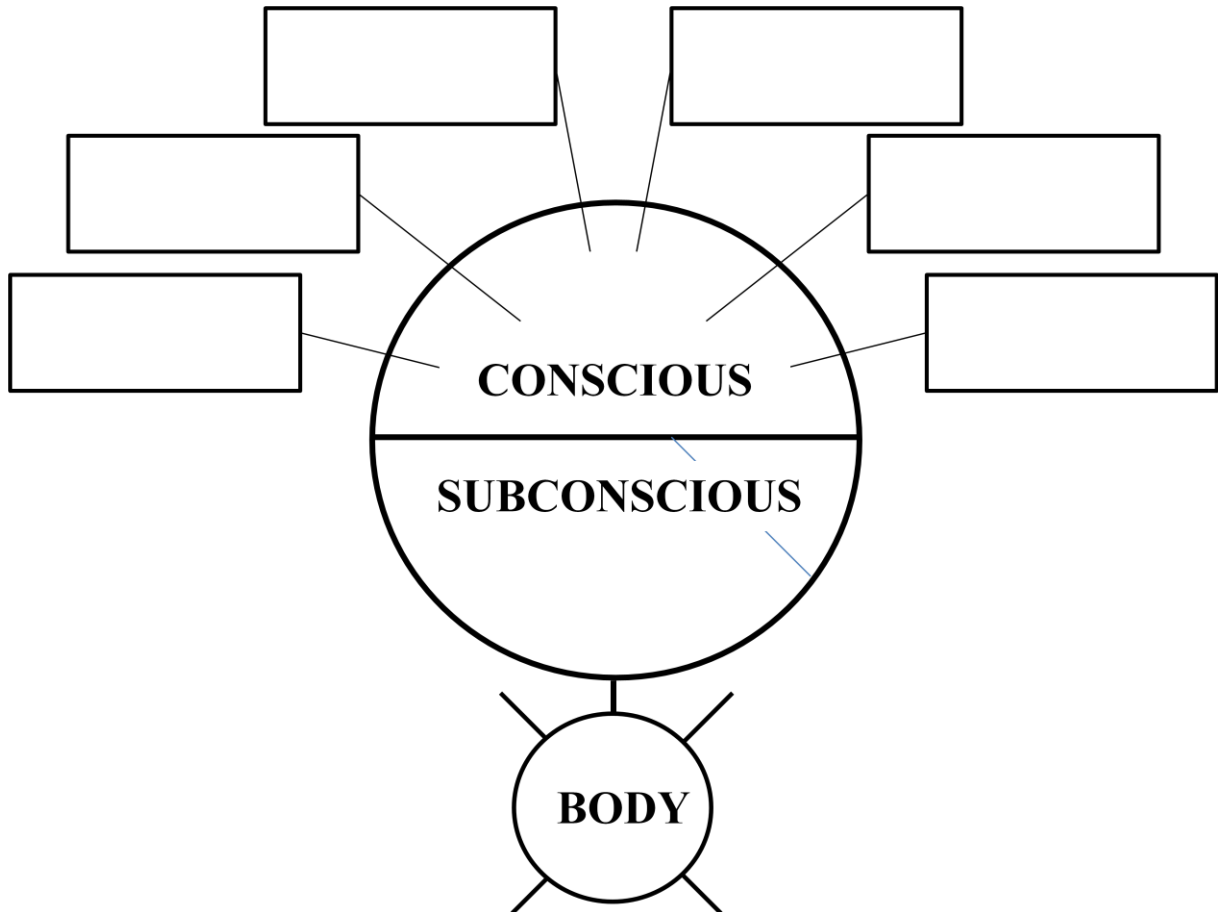


Figure 3: Your Mental Muscles

### Consider:

Which ones of these are your strong muscles? \_\_\_\_\_

Which could need some exercises to get stronger? \_\_\_\_\_

What could I do to strengthen the ones that are weaker? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Becoming a Goal Achiever – Session 4(16)

## Your Conscious and Subconscious Mind

Your conscious and the conscious mind operate in 2 completely different ways. This is a similarity between humans all over the world, regardless of language, upbringing, culture, religion, tradition etc.

You may choose to believe me when I say that you will **benefit greatly** from knowing this difference by heart.

Please fill in the six dotted lines below.

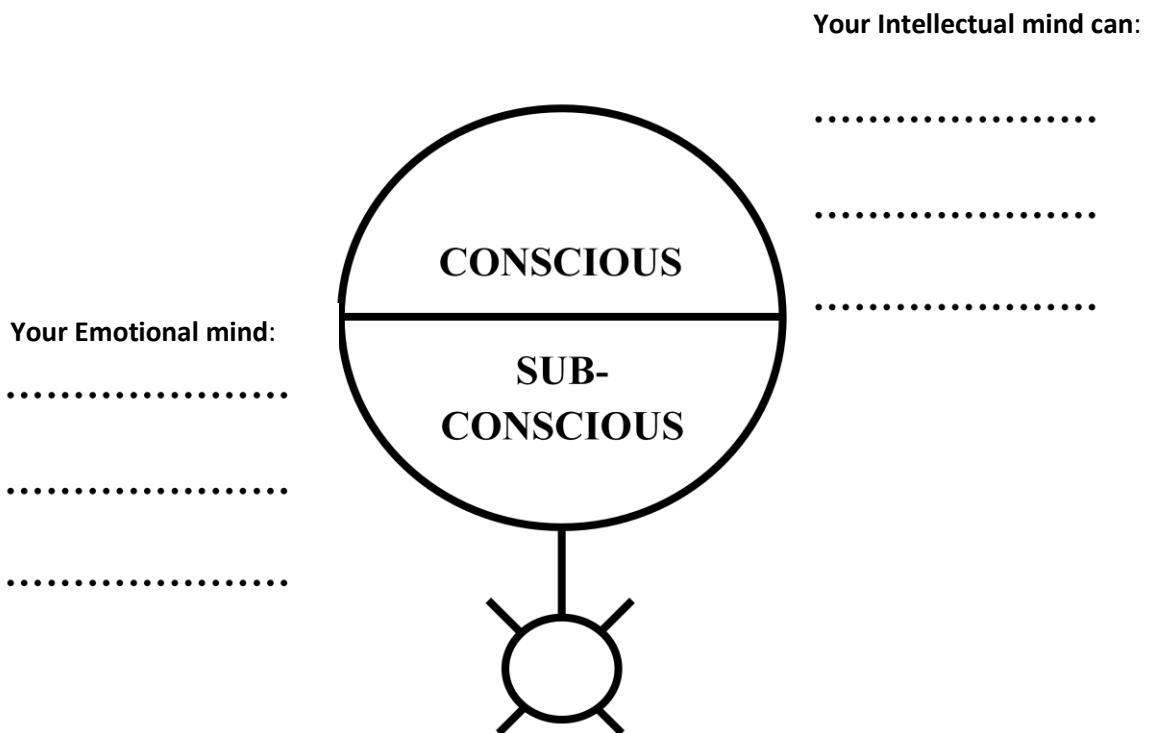


Figure 3: The Conscious and Subconscious Mind works in different ways

## Paradigms

What paradigms have been holding you back in the past, and that you are now willing to change?

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# Becoming a Goal Achiever – Session 4(16)

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## Describe your DREAM POSITION

Some people live ninety years, but most people live one year ninety times. What's your choice?

Let's do some imagineering. If all positions in the world were open and available to you, what would you really like to work with? In as much detail as you can, describe your dream position below. If you could hold any position you wanted, what industry would you be in? What would you be doing everyday? Which level would you report to? Would you be an entrepreneur? Would you work from home? Let your mind float, assuming that you could easily acquire the skill needed, the contacts needed, the experience needed. You would have the hours needed available. What would you really like to work with?

**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.

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# Becoming a Goal Achiever – Session 4(16)

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## 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:

1. Finish the exercises in this workbook!
2. Watch your new habit(s) that you decided to alter last session. It may or may not be related to the limiting paradigms you wrote down this time.
3. Repeat your affirmation daily: I am a Goal Achiever
4. Rewatch the video (or relisten). If I were you, I would listen to it every day when going to work, until the next video arrives. That is how I learned from Bob Proctor and it helped me re-program my paradigm quickly.
5. Allow yourself to daydream a bit on your work so far:
  - a. dream rewards,
  - b. dream vacations,
  - c. preferred transportation,
  - d. dream home and
  - e. dream position