

Becoming a Goal Achiever

Session 5(16)



Becoming a Goal Achiever – Session 5(16)

What I would most desire to... Describe the legacy(s) you'd like to leave

Let's do some imagineering now. This exercise differs slightly from the ones we've done before.

First of all: RELAX. Close your eyes and take a deep breath. Allow the center of your awareness sink deep into your body. Imagine that you are stepping into a field of limitless possibility and that you are supported with limitless support for the realization of your greatest gifts and talents.

From this center of awareness, ask yourself:

- What do I most deeply want to:**
- EXPRESS IN MY LIFE...?**
- CREATE IN MY LIFE...?**
- CONTRIBUTE TO OTHERS AND THE WORLD...?**

Welcome in **any awareness** whatsoever you may have to these questions! Breathe into these desires as if it was the most exquisite fragrance, fully welcoming and embracing them with every breath.

You may want to additionally ask your self:

- What's my next step:**
- to express, create and contribute these deeper desires in my life?

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 how much you seriously would like to earn

Let’s do some imagineering. You may have had a fix absolute money goal per month in mind. Or perhaps you envision larger influx of money relative to certain effort or products on your part. Maybe you have cash flow problem and need money now! Perhaps you have wondered if you could add another source of income? Perhaps you want to earn more than another specific person?

The purpose with this exercise is to trigger the following thought in your mind:

**HOW MUCH WOULD I SERIOUSLY LIKE TO EARN PER YEAR OR MONTH,
I.E. AT WHAT LEVEL WOULD I BE AT PEACE WITH MY DESIRE?**

Spend maximum a few minutes. This is an exercise that needs more hard facts to go deep enough. At this point we want your gut feeling more than anything.

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.

I WOULD SERIOUSLY LIKE TO EARN:

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 wardrobe

Let’s do some imagineering. If all clothes in the world were open and available to you, what would you really like to wear when you are successful? In as much detail as you can, describe the wardrobe of your dreams. If you could wear **anything** you wanted, what would that be? Would it be:

- Elegant
- Strict
- Casual
- Fashionable
- Business
- Sensual
- Environmentally friendly
- Successful
- Sporty
- Practical

You may want to add details like texture, color or feeling to the skin as well to make the picture more vivid.

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

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 to wear 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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Your Autopilot

Your best friend and worst enemy at the same time is – your inner autopilot. As much as it could support you, it will try to sabotage every new thing you try to do that is not really of benefit for your survival. I mean, the autopilot was constructed for a life out in the wild, and much of that programming is still present in our autopilots, inherited/trained from generation to the next. It was optimized for survival, and anything that does not have to do with survival is suspicious. It will try and drag you back to what it perceives as normal.

Your paradigm works much like an autopilot. Please fill in inside this Stickperson drawing, where you have hosted your **autopilot**.

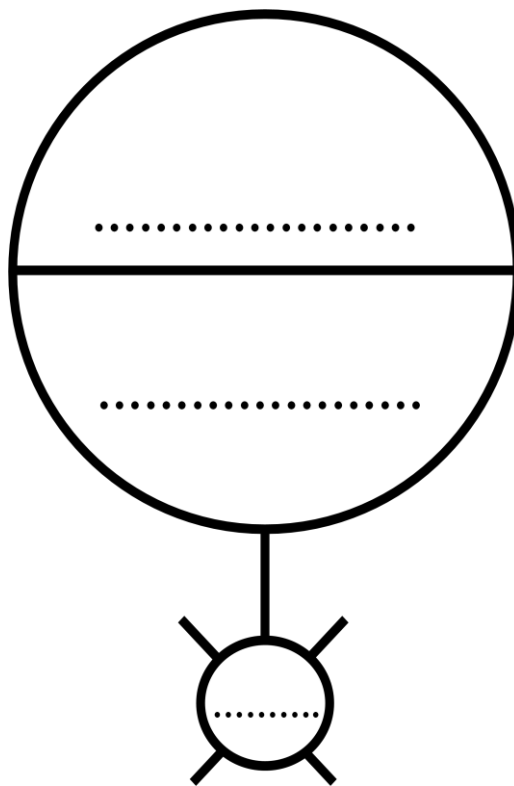


Figure 1: Where is the autopilot?

Also mark in the picture where you have your **Self Image**.

Is the regulating psycho cybernetics¹ mechanism a conscious or sub conscious mechanism? Please check correct box:

- The Autopilot is a CONSCIOUS mechanism
- The Autopilot is a SUBCONSCIOUS mechanism

¹ Psychocybernetics, a book by Maxwell Maltz

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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, I prefer to listen while commuting, others while exercising or before going to sleep)
5. You may 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
 - f. dream wardrobe
 - g. dream income and last but not least:
 - h. what you would like to create, express or contribute