

Achieving Your Goal:

- Identify your goal – make sure it is SMART (Specific, Measurable, Achievable, Realistic & Timed). State it as if you already have it in the present tense.
- Close your eyes and see yourself achieving that goal like you are watching it on a movie or TV screen. Notice as much detail as you can about this successful you – the look on your face, the clothes you are wearing, your confident posture etc. Watch and listen to that you succeeding with your goal.
- When the movie is exactly how you want things to be, step into the you in the movie so you are looking through your own eyes having achieved this goal. See what you see, hear what you hear and notice how good it feels to be successful – then imagine a dial in the corner of your mind and keep intensifying that good feeling. Make the images bigger and brighter and the sounds louder and crisper. What will you say to yourself having achieved this outcome?
- When you are ready, step back out of the movie so you have a picture/image of yourself achieving your goal. Imagine floating into your future, taking the picture with you and put it in your future at exactly the date and time you will achieve it, knowing that it's just waiting for you to reach it, go through it and make it real.