

Do You Have a Goal?

Make it come to you

I guess you have a goal; something you want to be, have or do. We all have that something that we would like to be, to have or to do but most of the times those goals seem too big; thoughts like “there is no way I can get this...”, “I wish I could...”, “I am not good enough” or “if only I could...” seem to occupy our minds and govern the way we behave and consequently limit our potential. So we make ourselves “happy” and accept that those goals are simply too big.



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We only dream of achieving them. Often we tend to believe we cannot actually get those things we really want and therefore we don't take any action. We just sit there dreaming and blaming life while commiserating ourselves. We tell ourselves things like: "The rich and successful are either lucky or one of a kind", "Those with fit and good looking bodies are the only ones with time to exercise" etc.

Well, now is time to think again. We can get anything we want if we just want it badly enough; although this may seem controversial at first, stick with me and it will all make sense to you sooner than you think, okay?

Some people call it the Law of Attraction, some people call it positive thinking and many others came up with many different names for it. I like the concept of the Law of Attraction but we will call it "The Energy" here so that nobody will be chasing us with law suits for stealing the name.

There are many books talking about the Law of Attraction in details, however in essence "The Energy" states that if we desire something strongly and follow specific techniques, we can influence the universe to cause events that will make our goals almost magically manifest themselves. “CRAZY!!!” I hear you go. Well maybe, but I wonder what it would be like for you if this was not so crazy, I wonder what difference it would make to you, I wonder what it would mean to you if this was not so “CRAZY!!!” and was actually all true?

What would it mean to you? Take a moment to really think about this... What would it be like for you if this was really true?

The way I see and live "The Energy" is, in very simple terms, creating a goal with a very structured and precise methodology. Here below you will see the Goal Setting structure and after that you will see what "The Energy" suggests you do so to influence the Universe to cause these goals to “come” to us.

Goal Setting's Structure

Stated in the positive

A well formed goal must be stated in the positive. This means moving toward something, not away from something, have something you want as opposed to not having something you don't want, to be the person that you want to be and not to not be the person you do not want to be. An example of a goal stated in the positive is “I am with Mr Right Now and I am happy” and not “I am not alone anymore...”

Measurable

When will you know you got it? If you state that you want more money, when will you know when you achieve “more”? Your goal must be measurable and to be measurable it must be a specific goal.

If it is money that you want then stating that you want more money would not be good enough as this

way you may get more money but how much? £5 is more money but would you be satisfied with that?

If you want to lose weight then how much weight do you want to lose? Or how much do you want to weigh?

"I now have £124,000.00 in my bank account" is stated in positive and measurable as you will know that you have your goal when your bank account reads £124,000.00CR, "I am now on the scales which read XX stones and XX lbs" is stated in the positive and is measurable.

However this is still NOT enough. You need a date. You need to know when you want it by or else you may still get it but you may get it when you are 99 years of age and, in this case, I am sure you would agree that this may not be so useful, would you not?

Have you ever heard people saying things like: "I will do it next month", "I will do it later", "I will get it soon". "It is now the 20th April 2010 and I now have £124,000.00 in my bank account" or "it is now the 20th April 2010 and standing on the scales I read XX stones and XX pounds" are examples of goals stated in the positive and measurable.

Realistic

This is an important point; the goal must be realistic and yet ambitious. For example if you stated that you want to go to the Moon by April 2010 and you don't have any form of knowledge or experience in the subject you may achieve this goal however, the chances that you will actually do it are slim. This is because there are factors that not even the universe can control within that time length. You need the adequate level of fitness, training, knowledge, background etc. This is different if you are somehow already involved in the Astronautic environment.

That said, you must think big! Have big ambitions. If you have no money at all now and your goal is that of having £1 million by April 2010, you could achieve it as there is no logical barrier which cannot be influenced by the right attitude, energy and efforts.

If I told you that Luke moved to a new country where the language spoken was completely and utterly unknown to him and so was the culture and national law and that after only 3 years he had 3 successful businesses, a house located in the centre of town, mastered the language and began teaching his subject of interest to people native of that nation you would not probably believe it. Would you?

Or that for more than 5 years Mary was not able to lose weight and then, after taking responsibility and setting her goals began losing 3-6 pounds per week you would find it hard to believe, right?

Look at TV shows like The X Factor and American Idol. The contestant who wins becomes a star, rich and famous in only a few weeks. The Energy can influence the universe so to cause events that can literally change our lives in most areas. So think big but perhaps if you haven't even seen a space shuttle before, leave the Moon alone.

Timely

See Measurable/ have a date.

This is the basic structure of a goal which is used by most knowledgeable business people. However, in order to make it more favourable, it is important to apply the following steps:

Write your goals down, always!

Your goal must be self initiated and self maintained by you.

Be "selfish"! This goal must benefit you directly before it benefits any other individual. If your goal will benefit other people, that's great, however you must create this goal for you, it must benefit you directly first.

What prevents you from achieving that goal now?

If your goal is that of publishing a book, you may find that what prevents you may be not having any idea on what to write, not having written a single word of the book, not knowing any publisher, not having the money etc. This alone will give you many answers and directions. You may be very pleasantly surprised by what you may find. This will make you realise whether you need help or can do it alone.

If you want to lose weight, this may make you realise that you find it hard to cope with the cravings, emotional eating, portion sizes or whatever else. At this point you will have a clear idea of what your barrier is and can seek the most appropriate form of help.

What will happen if you get your goal?

What will change in your life, your circle of friends and family? Be specific as this process will help you realise whether you are happy with the changes that will occur and whether you really want those changes to happen.

What will not happen if you get it?

And the way I see this is that you should write both positive and negative things. For example, if your goal was to become a famous rock star, one of the answers to this question may be that you will not be short of money, you will not have to work in that shop anymore, you will not have to struggle to find the time to play, you will not have the privacy you now have anymore, you will not see your current friends and family as often anymore etc.

What will happen if you don't get it?

In the rock star example above the answer could be that you will have gained an experience in trying to achieve it, you will have the knowledge of what is involved to become a famous rock star, you may have to find another job, you will have learned something new etc..

What will not happen if you don't get it?

You will not have to move to the US, you will not have to hide from paparazzi, you will not be able to play the guitar all that much etc.

Can you act as if you have it now?

Can you pretend that you have it now? Pretend that you have your goal now, take charge of your thoughts by knowing that you already have it; because you do really, it's on its way. By doing so, you will influence the universe even more.

What actually happens when you think and behave as if you have that goal already is that you begin to use your mind in a way which will enable you to have the ideas, attitude, confidence and behaviour which will facilitate the process of achieving that goal.

Put your goal into your future!

Please NOTE that this is an advanced technique which requires the guidance of an experienced professional! The "script" below has the sole purpose to illustrate the basic structure of the technique; I strongly recommend that you ask an experienced therapist to do this with you.

That's right; make it happen by "programming" your future. Okay, for this we must play a game so that you really get the sense of this right now, wont you?

So, if I was to ask you to show me in which direction your time travels, I have the impression that you may say that it goes from back to front, left to right, down to up or any other direction. It may go through you, above you, in front of you, behind you or beside you; right? "WHAAT???!!" I hear some of you say. It is actually very easy, think of your past right now, think of last Christmas. Good, you will notice that the memory of last Christmas comes from somewhere, behind you, from your left or from another direction. Now, think of your future, if you were to point your finger toward your future where would you point?

If you are like most people, your time probably runs from your past to your future forming a line. If not, than relax, nothing to worry about, just give us a call and we will be happy to help you find your Time Line

Now, in order to play this game, you need to make yourself comfortable and I suggest that you record yourself reading the next few lines and then plug the headphones in and take a trip with me right now... would you?

So I assume that you know where your past is and where your future is. In a moment, I am going to ask you to take a deep breath in through the nose; not yet though. First, I want you to imagine that as you breathe in you are breathing in a calming, relaxing feeling which fills up your whole body with tranquillity and relaxation. Then as you breathe out, push out any tension from your body, any tension from your muscles, feel each and every muscle relaxing as you breathe out.

So go ahead now and take a deep, deep breath in through the nose and feel that calming feeling filling your body with relaxation. And now as you exhale feel your body relaxing from the top of your head all the way down to the tips of your toes. Good!

Now come with me, we'll take a journey together. Take another deep breath in and as you breathe out think of that goal you have; imagine seeing a clear picture of you having achieved that outcome. Imagine seeing yourself in that picture having that goal now.

Imagine seeing the things you would see as you have achieved that goal, imagine hearing the things you would hear and imagine those feelings of having achieved that goal right now; feel those wonderful feelings now. Once you have those wonderful feelings, make sure that you are out of that picture so that you see yourself in the picture.

Make the colours of that picture bright, but not too bright, the sounds loud and clear but not too loud, just right you know, so that the picture looks the most real to you.

Once you have it, imagine holding that picture in your hands, with a nice frame around it. Now take another deep breath in and as you breathe out just float all the way up in the air, that's right, float all the way up in the air above your time line, all the way up in the air, high, high, high up in the air.

You may be able to imagine seeing your time line below you or you may feel the sensation of floating up, or perhaps it may just an awareness which tells you that your are floating up in the air.

Now float all the way into your future, right above the moment on which you have prefixed yourself to have that goal, right above that moment. As you get there, holding that picture in your hands, stop

once you get there and stay up in the air still holding that picture. Great job! You are doing great.

Now, in a moment I will ask you to take three deep breaths, not now but in a moment; and as you exhale each time I want you to blow that positive energy into that picture, that's right, blow into that picture and as you do feel that picture absorbing energy and becoming strangely warmer and heavier, warmer and heavier. So go ahead now and take the first deep breath and as you exhale feel that picture absorbing that positive energy and becoming warmer and heavier; good.

And the second breath now, even deeper than the first, but not as deep as the next to come; and as you blow into that picture feel it becoming hot and heavy, hot and heavy; great.

And now the last breath, the deepest one of all, in through the nose and... let it out feeling that picture burning hot and as heavy as a massive rock, that's right, as heavy as a massive rock now.

Now let go of that picture, let it gently float down into your time line, right into the moment in your future when you want that goal. Let it float down and watch it as it gently places itself into your time line, into your future.

Excellent, you are really doing great. Now, with your super energised picture right into your future, turn around facing toward now and notice how all the events from that moment back to now begin to re-evaluate themselves, how they begin to rearrange themselves and change now so to support the achievement of that goal..

Now, slowly float back to now and as you do notice your time line becoming brighter and brighter, notice how the events between your future and now fully support the accomplishment of your goal and you may also notice something rather revealing on your way back; maybe a new learning, maybe many new learnings, it really doesn't matter as your goal is now in your future and your subconscious mind can provide you with the right directions and answers so that you get your goal right when you know you will. And when you are ready, come back to now and float back into your body and ask yourself:

Now, how do I feel about that goal? Will you get it now?

Follow these simple steps and your chances to get what you want will increase in a dramatic way, for the positive.

Please NOTE that this is an advance technique which requires the guidance of an experienced professional! The "script" above has the sole purpose to illustrate the basic structure of the technique; I strongly recommend that you ask an experienced therapist to do this with you.

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