



Setting Goals

Goal setting is best when we are in a productive mindset that is empowering. What I'd like you to do as you begin, is just be observant to how you feel in this very moment, or when you were prompted to do this program.

How do or did you feel physically?

Are you energetic or do you find yourself tired a lot of the time?

Do you sleep well?

Are you suffering from an illness or chronic condition?

Do you have body aches and pains?

Are there things, that you used to be able to do and now find that they are a struggle?

What about emotionally; Are you happy?

Feeling depressed, defeated, anxious or overwhelmed?

When do you remember feeling fully alive, a sense of peace and freedom, whole and complete?

In what areas of life, are you feeling anxious, strained or not enjoyable?

Think of the area or areas that you would like to improve;

Examples:

Career: Do you enjoy your job, co-workers, work environment, boss, clients etc.?

Relationships: Do you have harmony? Or, is there some sort of communication breakdown? Are your needs being met? In what ways would you like to see them improve? Are you single and would like to attract a mate?

Health: Do you suffer from Anxiety, Depression, Addiction, Insomnia, Chronic pain, Overweight etc.?

List the things that are holding you back from experiencing complete Joy, Peace and Freedom in your life right now.

Next:

It is good to know and embrace where we are, to get where we want to go.

Remember that...It's all good!

We cannot know light, without darkness. We would not appreciate a sunny day, if there were not cloudy ones.

Goal setting is fun and needs to be lighthearted for best results. It is a very powerful way to get clarity toward moving you in the direction of your desires. The key is, start one step at a time, and plan your goals in increments.

Remember, where your attention goes, your energy flows. Be sure to embrace this moment in time, with positive expectation, rather than resist it, by focusing on where you are with disdain. Wherever we focus our energy is what we will continue to attract.

Before you begin to write your goals: take a few moments to do some deep diaphragmatic breathing (remembering to fill your belly with air, like a balloon as you inhale, hold it for a moment, then as you exhale empty the balloon, letting out more air than you took in). This gets you centered and focused on the present moment which allows stress to fall away.

Examples of goals, using health goals:

One month: You want to have more energy, a more positive outlook, make dietary changes, regular exercise routine, balance cravings, learn how to fuel body better, lose 10 lbs., relieve stress, improve communication and have more confidence.

Three months: drop down a pant size, start hiking again, enjoy more family time, feel stronger and more alive, increase patience, sleep more soundly, balance sugar and cravings, lose 2 inches from waste, noticing a difference in my body.

6 months: More muscle tone, drop 2 dress sizes, increase workout schedule, feeling sexier, wear a bikini, happier at work and with relationships, more confidence and time to do what I love, lower blood pressure and Cholesterol.

Writing Goal Cards and Visualization:

Write your goals on index cards and get as specific as you can.

On a separate sheet of paper, write **100 things** that you have accomplished in the past.

Start with obvious things and soon you will build momentum.

Visualization: begin by reminiscing and celebrating each thing you have already accomplished in your mind. Recall the times when you doubted yourself on whether you could make that happen. Finally, bask in the feeling of achievement.

Once your vibration is raised, in a state of gratitude and accomplishment, focus on the goals you would like to achieve. Be as specific as you can, with much detail. Allow yourself to *feel* what it would feel like to achieve those goals. Relish in those feelings as long as you can. It only takes a few minutes to start retraining the brain's pathways. Remember, where your attention goes, your energy flows and you are in a state of receivership. Practice this for 10 minutes several times a day.

You can also make a dream board, so you have a visual aid to remind you of your goals. To make a dream board, cut out pictures and words that inspire and mean something to you. Either cut images and phrases out of magazines, or go to google images and search a word or feeling that means something to you and see what pictures come up.

It is remarkable how much this stuff really works! There have been studies done with athletes:

One particular study with Michael Jordan, which supports this theory:

They separated the athletes into three groups, testing on strength and endurance. The first group was to spend a certain number of hours practicing every day. The second group was to spend the same number of hours visualizing what they would normally do in practice, without actually having done anything physical. The third group was to spend half the allotted time physically practicing and the other visualizing. The results were amazing! The first group's performances slightly improved after the period, as you would expect. The second group who were not performing physically, remarkably, improved only slightly lower, than the first group. The third group improved

the most, while using half the time on the physical activity, and the other half using their minds abilities, through visualization.

Documenting everything is a good way to look back at how far you've come. Just make it simple and fun, we want it to be fun and not feel like a chore.

I have worked with many clients that have well surpassed their original goals by taking the time to do this process, so it can be exciting. If you have fitness goals, be sure to weigh yourself, get your body fat measures and take your measurements throughout your whole body before you begin. Don't miss the opportunity to see how meaningful it will be for you to see those numbers decrease.

I recall my first client. On our first consultation, she was very depressed and in tears while she shared her struggles. I assured her that she was not alone. I knew once she used these strategies and principles, her possibilities were endless. The main thing she really needed to focus on was being open, coachable and willing to try new things.

Like a sponge, she was open and ready to absorb whatever I was willing to teach her. She was just as much as a gift to me, as I was to her. She was motivated and, like putty, ready to be molded, willing to try new things.

Her original goals: **1 month:** To have more energy, eat healthier, feel less depressed and release 5 pounds, lower blood pressure, improve health and relationships.

3 months: Release 10 pounds, have her clothes fit better, do more cardio.

6 months: Release 15 pounds, increase muscle tone.

1 year: Release 30 pounds feel more confidence and better about her body.

These goals were so great to look back on each month. It only took her 5 months to exceed all her goals.

In total, she released 44 pounds and 30 ¼ inches throughout her body. Her pants size went from a size 18 to an 8. The most impressive improvements were, her self-confidence and positive attitude toward life. She had a renewed faith within herself, her health and with life in general. Her relationship with her husband improved so much that he took the time to call me one day, spending 20 minutes on the telephone. He sincerely thanked me for how I had helped her/them. I explained that his wife is the one that did the work. She was so committed to improving her health, I was just the vehicle to help get her there.

So, my question to you is, are you coach-able?

Imagine what your life could be like a year from now, having clear and concise action steps to follow, without all the guessing games or trial-and-error! What would it feel like to see yourself healthy, vibrant, and full of energy in celebration of your life, maybe for the first time?