

Creating A Plan

We will be in a few minutes!

A Few Notes

- I will upload the audio and video from tonight so you can download in the morning (hit record!)
- I will upload the slide deck
- I will upload my notes
- I will upload emotion statements as pdf

Questions From Last Week

Why We Don't Take Action

1. Don't know what we want
2. Don't know how to do it
3. It is painful to take action
4. It is painful to be successful

There is often a practical and emotional component to each

The Process

1. Write everything on paper
2. Keep a second list of emotional responses
3. Tap while doing it

Parts of a Goal

1. What we want
2. When we want it by
3. How we know we have reached the goal
4. Why we want the goal
5. (bonus phrase)

I) What We Want

- What do I not want?
- What is the opposite of that?
- Needs to be reasonable

2) When We Want It By

- Keeps us on track
- Needs to be reasonable

3) How We Know We Have Reached Our

- Goals that are measurable
- Goals that aren't
 - Characteristics of success

4) Why We Want The Goal

- The most important part of the goal
- Dives actions after will power has failed

5) Bonus Phrase

- "This or something better"

Tapping For Our Goal

- While writing the goals (Feel in the body)
- Before taking action (Feel in the body)
- Relationship Goals (Talk about, to, and as if)
- Seeing yourself be successful (Hero Tapping)
 - Side note on visualization

Reasons We Don't Create Useful Goals

1. I already have more than my fair share and I feel like I am asking for too much.
2. I don't deserve better.
3. I don't deserve more.
4. Wanting more feels greedy.

Reasons We Don't Create Useful Goals

5. I am worried that if I buy into this new vision of my life it will feel way too big for me.
6. Others will think I'm arrogant if I try to improve my life.
7. Others want this for me more than I want it for myself.

Reasons We Don't Create Useful Goals

8. Others want this for me because of how they will benefit and not because it will be good for me.
9. I am worried about how I will see myself if I achieve this goal.
10. I am worried how others will see me if I achieve this goal.
11. I am worried that achieving success will impact my relationships negatively.

Reasons We Don't Create Useful Goals

- I 2. I am worried that if I achieve this goal it will impact other parts of my life in a negative way.
- I 3. I feel disconnected from my goals and it is painful.
- I 4. I feel connected to my goals and it feels scary.

Reasons We Don't Create Useful Goals

- I 5. I had goals in the past that did work out and it hurt. I don't want to deal with that pain again.
- I 6. I have felt connected to my goals in the past, I lost that connection, and that feels painful.
- I 7. I am worried that I will learn unpleasant things about myself if I try to do this.