

Goal setting, dreaming, and visioning

- 1) The goal of goals is not to achieve the goal
- 2) It is impossible to fully receive an outcome you do not feel worthy or deserving of
- 3) Be a quitter
- 4) Types of goals
 - Outcome
 - Feeling
 - Process
- 5) Tapping into our WHY makes action so much easier to take
- 6) The world feels more manageable with a single knowable and doable task
- 7) What you don't want can be the door to what you do want
- 8) The 3 Levels of Want
 - Preference
 - Desire
 - Need
- 9) 5 questions I ask before doing something new
 - Is this a good idea?
 - Is this a good idea for me?
 - Is this a good idea for me right now?
 - Is this a good idea based on what it will cost me?
 - What am I willing to give up in order to do this?
- 10) How I write goal statements
 - It would be really cool if [state desire]
 - Because it would give me [why you want]
 - (Bring this to me in a way that is so unexpected that I know your hand is involved)
 - This or something better

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11) The 4 reasons you don't take action

- Don't know what you want
- Don't know how to take action
- Painful to take action
- Painful to be successful

12) Phrases for finding tappable issues

- I am not capable of naming what I want because...
- I am not allowed to name what I want because...
- It is unsafe for me to name what I want because...
- I am not capable of coming up with a list of actions to achieve my goal because...
- I am not allowed to come up with a list of actions to achieve my goal because...
- It is unsafe for me to come up with a list of actions to achieve my goal because...
- I am not capable of taking action towards my goal because...
- I am not allowed to take action towards my goal because...
- It is unsafe for me to take action towards my goal because...
- I am not capable of maintaining any success I have because...
- I am not allowed to maintain any success I have because...
- It is unsafe for me to maintain any success I have because...