



3 Must do's for Setting Goals

Must do	Example	Your turn
<p>Make your goals positive, about your whole life and that you can act "AS IF" you have got them</p>	<p>I'm sitting at my desk looking at my bank statement which shows that I have achieved my goal for my business of £x. I'm looking forward to a holiday now that I have achieved this and pick up the phone to tell my husband to book the f lights</p>	
<p>Sensory evidence that will be in place when you have the goal</p>	<p>I can see my tidy office that I have worked hard to achieve. I can see the puppy running around the garden as I look out and hear the excited barking as she finds a new toy. I feel proud and excited to see what the next part of my journey will be and, as I catch sight of my pen and notepad, I think to myself, I should really set goals for the next 12 months</p>	
<p>Where when, how and who with specified</p> <p>Make sure that you are in control of getting what you write down.</p>	<p>It's 16th January 2018 and I am</p> <p>With my husband, kids and grandchildren and animals.</p> <p>In my house in Wales with an amazing garden</p> <p>I set some amazing goals, and then just took action and became very organised</p>	

Here's an example of a really compelling goal written by an NLP Training attendee.

This goal was written by an NLP Practitioner on a training course in 2002. She writes the goal as if it is 2005 when she wants to achieve the goal.

The goal is written using the 3 must do's and she achieved her goal.

It's July 1st 2005 and I am sitting in my 5 bedroom, detached, neo Georgian house near Guildford. The lounge is 45 feet long and 25 feet wide and the floors throughout the house are oak. The room is decorated in pastel shades of green, blending in perfectly with the French curtains and the Italian furniture. There is a spacious feel about the whole house as each room is large allowing a sense of freedom. Each room is decorated to my taste and I am delighted with the overall feel of the house.

I can see the garden through the window, the beautifully manicured lawns bordered by borders filled with summer blossoms. As I smell the scents of the garden floating in through the French windows I reflect back at the time 3 years ago when I wrote this goal and recall the first step of the journey to this house when I set up my own practice.

My house has a large office where I now operate my business in therapy, coaching and training.

My husband, my daughter and I are happier & closer and are all enjoying the new space afforded by the house.

As I sit here now I have a real sense of achievement, a feeling of well-being and excitement of finally achieving some of my potential!

The house is mortgaged to 50% of its value on the day I purchased it.