



## Goal setting

- State in the positive
  - What you want rather than what you don't want
- Be really specific
  - The unconscious mind needs clear directions in order to get you what you want
- Make sure it's for you
  - Make sure that you can start the goal and maintain the goal on your own. If you have a partner or a boss that is part of the goal you may not get it so do the bit that you can control
- Where, When, How and Who with?
  - Describe these things
- What will you see hear, feel and say to yourself when you get it?
  - Be detailed
- What is your evidence for having achieved your goal
  - For instance your bank statement or a new house or a holiday
- What will having this goal give me?

- This is important

Ask yourself the following questions

- What will happen when you get it?
- What won't happen when you get it?
- What will happen if you don't get it?
- What won't happen if you don't get it?

What actions do you need to take to get there?

Ask yourself the following questions every day. "What did I do yesterday to achieve my goal?" and "What am I going to do today to achieve my goal?"

ENJOY!!!!!!!!!!!!

## Dr Bridget's goal

Its 31/12/19 and I'm sitting outside my office on the decking by the river with a big patio heater. I've achieved my goal of working 4 days a week and seeing committed people who feel stuck in their business on a 1:1 basis. I am doing 2 breakthrough sessions per month and seeing 4 clients a month for coaching sessions. I have finished my 20th NLP practitioner training and have 7 courses planned for the next year up to Master Practitioner level - including ones specifically for business people.

I love watching the changes that people make in their business and their life with my help. I'm loving watching people progress in their business and their life. I have found people to work with that have the same values as myself and we have run a retreat in Italy for 10 business people who went through a transformation over 3 days in September.

I have a great VA and am using a local company for my marketing and clients are flowing in really easily and effortlessly.

I have 50 people on a membership site paying me £33:50 per month for nearly 4 months now. People are subscribing and also asking me for extra help so that they can feel amazing and get the results they want in life.

I also have a videographer, and am working with a marketing coach to achieve everything that I want to achieve. I'm only doing what I love doing and have achieved a 6 figure income in the last year because I set such compelling goals and took the action needed.

I am enjoying the other 3 days with my husband, the dogs and cat and look after my 2 grandchildren 1 day a week. I'm seeing my friends regularly and keep in touch at least once a month with all my A team. I'm proud of myself and feel fulfilled. I have mastered the ability to attract business and other things into my life with ease and feel fit and healthy and complete. I am fully aligned with my business.

I'm saying to myself, this is what it's all about!!!!

I can hear the river and the birds and see an amazing garden around me with my grandson running around inside my office. The grand daughter is asleep in the warm and my husband is also beside me and we are enjoying life and planning our next holiday.

It's 9/1/20 and I am .....

