

## Keys to writing compelling goals

1. Write it as though you are already there
2. Write it as what you want rather than what you don't want. Positive language
3. Be specific – write details so that your unconscious mind follows instructions – what you will be doing specifically. Where, when what and how?
4. Use sensory language – what will you see, hear, feel, say to yourself. As well as touch taste, smell if appropriate
5. Write down your evidence for achieving the goal – how will you know you have achieved it?
6. Make sure that you can start it and maintain it on your own.
7. Define the resources you need to achieve it.
8. Make sure it is ecological – what you really want rather than what other people want

Do a sense check on it- a bit scrambly but useful to do.

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

Here is my example that I have just written:

### It's the 31st December 2021 and I am

Looking at the goals I set on the 2<sup>nd</sup> January 2021 and realising that I have achieved all of them and am feeling as I imagined I would.

I am sitting in my office upstairs which has been refurbished for use as an office. It is clean and tidy and I have a vision wall following an idea from one of my NLP graduates. My wardrobe has been sorted and I have all of my paper work filed on my computer in the cloud. I have a television for watching my favourite programmes and a comfy chair for relaxing, meditating and reading. I have just finished my morning routine which I start as soon as I wake up in the morning. I hear my husband chatting on the phone to his relatives and enjoying finding out what is going on in their life. I make a note to check what he has planned so that I can help him if needed.

I'm feeling calm and relaxed and happy.

I have doubled the income of my Dr Bridget NLP Ltd company and am now working with associates to deliver service on my behalf. I have trained these associates to Master Practitioner level in NLP and am confident in their abilities. I am enjoying managing them and supervising their work, having gained my certificate in supervising NLP practitioners. I am also delivering coaching and training myself. I am running courses at all levels in NLP and have reached my targets of running 4 NLP Practitioner courses, 2 Time Line Therapy, NLP Coach and Hypnosis courses and 2 Master Practitioner courses per year. I also ran a Trainers Training in May 2021 with people who can now help me to deliver the training for others. I support people in business and life to get unstuck and take 4 days a month to do this. I am involved in both of these activities for 3 days a week and am really enjoying my expanded roles and the challenges that they bring.

I have a community of more than 200 people who are interested in the same things that I am and am growing this all of the time. We meet face to face, twice a year to learn new things and I provide

CPD for coaches and NLP graduates – including coaching circles, supervision groups and NLP CPD evenings.

I have a CIC company called the Trauma Breakthrough Collective and we have 3 Directors and a supporting group of people who help us with planning, practicalities and therapy. We have applied for and got £10 K start up funding and are also getting funding from the NHS and other partners who work with people who have suffered trauma and have emotional consequences. We have 5 associates who have been trained in the RTM protocol and have worked with 200 people so far and are thinking about rolling it out across the UK. I am careful to keep the work life balance as I want it to be – probably changing month to month going forward. We are waiting for the next money to come in from the Lottery funding and are planning what to do with it.

I am also fully organised and have plans for each day which allows me to spend time during the day with my husband. This has meant that I need to do, ditch and delegate and I have been working on this over the last year and have finally cracked it. I scan all of my notes in as soon as I have finished with them and my planning has exceeded all of my expectations.

I have also sorted out my computer so that the keyboard now has numbers that work – I did that in January. What a relief

I am spending time with my husband who has impaired memory. I have let go of the need to control what he does and am happy as a result. I am looking after myself well and that has made decision making really easy. I have emotional support and practical help as I have asked for it. I have found a way to discover what joy is and have stopped grieving for what might have been. We have been going away every month in the camper van with the dogs and have been visiting relatives and friends in the later part of the year. I have taken most of October as a holiday and have had other holidays. We took my mum to Portsmouth once travelling became possible. I enjoyed seeing all of our relatives. I am also fit and healthy and have motivation to keep that going. I have reached stone in weight and have been doing Jo Wickes workouts times a week and walk 5000 steps a day on average.

Life is exciting and busy and I am enjoying what I am doing.

2022 will be exciting and also interesting.