

## **Self #2½a Goals - Attitudes to Success**

This mode is about creating mini action based goals inside the bigger session goal to support its achievement, ie help the client manifest / create the result.

### **Metaphysics**

Think of goals as a way to hone and focus the power of the mind in an intentional direction of creation rather than in the direction of reaction. Our focus has a massive effect on what we attract / repel in our selves and our lives.

So how does what we feel / what we focus on / what state we are holding effect our results in life? Its all based on the philosophy of quantum physics! Simply put, we, and everything else in our universe when broken down to the sub atomic level are made from energy, vibration, resonance. We, and all that we perceive surrounds us are at the base level forms of resonating energetic frequency. At this micro (sub atomic) scale, energy behaves according to some major universal laws.....

1 – The Law of Attraction - like vibrations (or frequencies) attract like vibrations - you may have heard of the law of attraction, it's not a new age thing...it is a law of quantum physics.

2 - That human consciousness greatly effects sub molecular matter. Sub molecular matter has the greatest potential of showing up wherever we focus our intention. IE what we believe will happen consciously or subconsciously. As the saying says 'where focus goes energy flows'. What we focus on consciously and unconsciously in life is what we end up creating.

Also how we feel about what we focus on greatly effects us as. How we feel is an indication of our overall vibrational relationship to what we say we want in life. So having clearly defined goals, feeling positive emotions in relation to them & taking empowered action on them is key to plugging into this extremely powerful universal framework.

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### **Evaluation:**

1. Find Emotion
  2. Mode in circuit - IM unlock
  3. Scan goal categories - all locks
  4. Can check how many goals in each category - IM lock
    - a. Physical
    - b. Mental
    - c. Emotional
    - d. Spiritual
    - e. Family
    - f. Social
    - g. Business
    - h. Savings/Financial
    - i. Toys/gadgets/fun purchase
    - j. Adventures
    - k. Leisure
    - l. Life contribution
- ~
4. Close Circuit
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**Balance:**

1. If multiple goals - find priority (and then work through all goals in priority order)
2. This mode is indicating that the client needs to take 'action'. What actions are needed to achieve the overarching session goal working - discuss with client
3. Muscle test until you have the required info
4. Whats the first step? What tools or resources do they need to get started? What is going to help the client get closer to their goal? Keep testing until the body says that you have all the required info
5. Ensure this action is in a SMART goal format. Clear and concise. Goal should stretch the client out of comfort zone .
  - Specific / Simple - be clear with exactly what they want
  - Measurable / Meaningful - how will they know when they've achieved it / does it inspire them into taking action
  - As if now / Actionable - state the goal as if they are having, doing or being it now eg "I am xxxx"
  - Realistic - do they believe that they can achieve it or do we need to break it down into smaller goals
  - Timely - when will it be achieved / completed
6. Test each (action based) goal bilaterally - IM Lock

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**Checking changes:**

1. Check Emotion
2. Check Mode
3. Write down goal for the client or email it straight away as home reinforcement

## **Additional Goal Setting Information**

I like to start goal setting by setting some **DUMB goals**.

Some right brained, big picture, inspirational goals that move and motivate to natural action. These are the dreams that change all the rules.

I'm sure the Right Brothers did not conceive people flying in metal things with wings by using a SMART goal or Martin Luther King didn't change the world by SMART goaling things.

Remember S.M.A.R.T stands for **S**pecific, **M**easurable, stated **A**s if now, **R**ealistic & **T**imely.

Let's look at the process –

**D** = Dream driven, destiny driven.

Everything starts with the dream, the vision, the spark.

This is THE WHY. If people can connect with why they are doing something it naturally generates energy, momentum and natural enrollment from others because people connect with why you do something more than what you do or how you do it.

Watch the Simon Sinek talk – “Start With Why” on YouTube to create your own why.

**U** = Up lifting.

Word the goal in a way that moves you, fires you up!!!

Word it in a way that it is so positive that you innately take action.

Word it so that it focusses on gain rather than loss. What you are moving toward rather than away from.

**M** = Method friendly.

What practices can we create around this goal to make it easier. E.g. if we are wanting to lose weight plugging into a program for diet and exercise is much more successful than doing it ad-hoc.

The method is the action that you will take to make this goal happen.

You can model your method on people who have already achieved what you want to achieve or something similar.

**B** = Behavior driven.

Set up triggers to help you naturally take action on the method . ‘Piggy back’ the new behavior onto something that you already do innately like brushing your teeth or stepping into the office.

E.g. – every time I wait in line, any type of que (supermarket, bank etc) I ask myself “is what I am focusing on now aligned with what I want to create”? If not shift my focus to what I would rather have, do or be and then feel how it feels to have, do or be this. Then I feel gratitude for 3 things I have in my life already. Another example of this involves a client I had recently who wanted to get fitter. So, we set up the trigger that every time he goes to the bathroom he does 20 squats. So by the end of each day now he has done over 100 squats .

Once you have used the DUMB goal formula you can then hone this down into a SMART goal – see BKP 101 for details on this.

Good habits and consistency are really the key to kicking bigger goals!

So, once you have your goal written down you can embed this into your subconscious mind as a positive affirmation.

A good way to start creating effective affirmations is by asking yourself – “what traits, tools, resources etc do I feel I need to plug into to achieve this goal e.g. calm, strong, powerful etc . You can embed these as positive affirmations as well as your goals by saying them daily with tools like temporal tapping & eye rotations to deepen their integration.

There is a lot of empirical evidence to show that affirmations can shift the way that we perceive ourselves and the world around us. This will help to enhance the personal traits that will support you to achieve your goals and dreams 😊

## Goal Setting Formula

Client would present with an outcome or challenge to work with which would be outlined in the New Client Form.

We would explain that we are not working on the problem but rather on their whole being to become aligned with what they would rather have, do or be (via harnessing the power of the quantum universe).

### Entry questions -

- What is the result that if you left here today with it would have the biggest impact on your self / life going forward?
- What specifically would you like to do, be or have that you perceive you are not now?
- What would you rather have?
- How would your life be different without xxxxxx?

➔ Client answers "xxxxxx"

- Practitioner - test Y/N "are we literally working at this level"? (ie will the goal will be a statement based directly on the clients reply)
- If yes - create a SMART goal based on the answer that the client just gave you and test Y/N "this is the priority goal for now" & "these are the priority words for now" (adjust as needed)
- If no - test Y/N "do we chunk up" or Y/N "do we chunk down"
- If chunk up - ask a chunk up question (see below)
- If chunk down - ask a chunk down question (see below)

➔ Client answers "xxxxxx"

- Test Y/N "are we literally working at this level"?
- If yes - create a SMART goal based on the answer that the client just gave you and test Y/N "this is the priority goal for now" & "these are the priority words for now" (adjust as needed)
- If no - test Y/N "do we chunk up" or Y/N "do we chunk down" (from what the client has just said)
- If chunk up - ask a chunk up question (see below)
- If chunk down - ask a chunk down question (see below)

➔ Client answers "xxxxxx"

- Test Y/N "are we literally working at this level"?

Continue the above process until the the body says "yes", this is the priority SMART goal for now and these are the priority words for now.

### **Chunk Up Questions**

What is the purpose of xxxxxx?

What is xxxxxx an example of?

What does xxxxxxx really mean for you?

What is the importance of xxxxxx?

What is the highest intention of xxxxxx?

How does xxxxxx serve you?

How would your life be different with xxxxxx?

### **Chunk Down Questions**

What needs to happen for xxxxxx to occur?

What are examples of xxxxxx?

What do you have to hear, see, taste, touch smell to know that you are experiencing xxxxxx?

What does xxxxxx specifically mean?