

GOAL ACHIEVEMENT

A Strategy that Works

1. A well formed outcome/goal is:

a. Stated in the positive.

Example, “I want to lower my body weight to a more healthy level” rather than, “I don’t want to be so fat.” To turn a negative statement into a positive statement, ask, “If I were not so [negative problem], what would I be, or how would I feel instead...?” Example, “If I were not so fat, I’d feel healthier and more energetic.”

b. Something that can be initiated and controlled by you.

Example, “I want to eat healthy foods and exercise regularly...” rather than “The restaurants I go to could use less fat.”

c. A manageable and believable chunk size.

Example: “I want to lower my body weight by 5 pounds per month until I reach my weight goal...” rather than, “I want to drop 50 pounds as soon as I can...” (Too big a chunk and too vague a time frame)

2. Gather sensory specific evidence for goal achievement:

- When you have achieved your goal, what will you see, hear, feel?
 - “I see a slim attractive person looking back at me in the mirror, the smile on my face, the delight in my expression, my companion’s happy expression.”
 - “I hear the sounds of satisfaction with myself, the voices of people congratulating me, and my own voice telling myself how happy I am with my slender, attractive body.”
 - “I feel relaxed, calm, and pleased with myself.”

3. Note the Motivating Factors.

- Knowing your motivating factors gives you a lot of useful information regarding what inspires you toward this particular goal or outcome – these are the sparks that ignite your drive. You elicit the motivating factors by asking, “What will having my goal/outcome do for me?” The question. “What will happen if I don’t achieve this?” can sometimes elicit this information, too.
 - For example, “when I am at my desired weight and body size, I can hike in the mountains with my friends.”
Hiking means success.

4. Resources Inventory

- What resources will you need to achieve your goal? What information, attitude, training, funding, or other help from outside yourself do you think you’ll need?
 - For example, “There is a fitness place just down the street from my work” is a good outside resource toward achieving your weight goals.
- What resources do you think you already possess? Considering what you need compared to what you have, what is left over that needs to be addressed for you to achieve your goal?
 - For example, “I love to walk” is a good internal resource toward exercising regularly.

5. Consider alternatives

Is there another way to achieve your goal than those ways you have already considered? You might prepare an inventory of those ways you have already tried that proved unsuccessful as well as ways that proved successful – no need to reinvent the wheel. You might wish to consider alternatives that you previously considered unlikely to succeed - like a method you had previously dismissed or left out of consideration because you felt it was too weird or dumb.

6. Risk Check

“When you achieve this, will anything or anybody be at risk?” This is an important question. Being aware of the risks involved in the change that achieving your goal will create can save you a lot of time and trouble. For example, if you are working to lose weight, then realize that losing weight and becoming too attractive might threaten your marriage, or compromise you in some other way, you will likely not lose weight. Address the risk issue before proceeding.

7. Future pace.

Imagine yourself already having achieved your outcome. Imagine it with as many senses as you can.

- For example, “I am hiking the mountain trails with my friends, seeing the vistas, etc, hearing the sounds of the trail – birds singing, breeze rustling the trees, etc... feeling the warmth of the sun, the cool of the breeze, relaxed and happy about the hike, etc...” Smell and taste the hike, too, if you can.
- What would you say to yourself now about this? Example “I knew I could do it!”