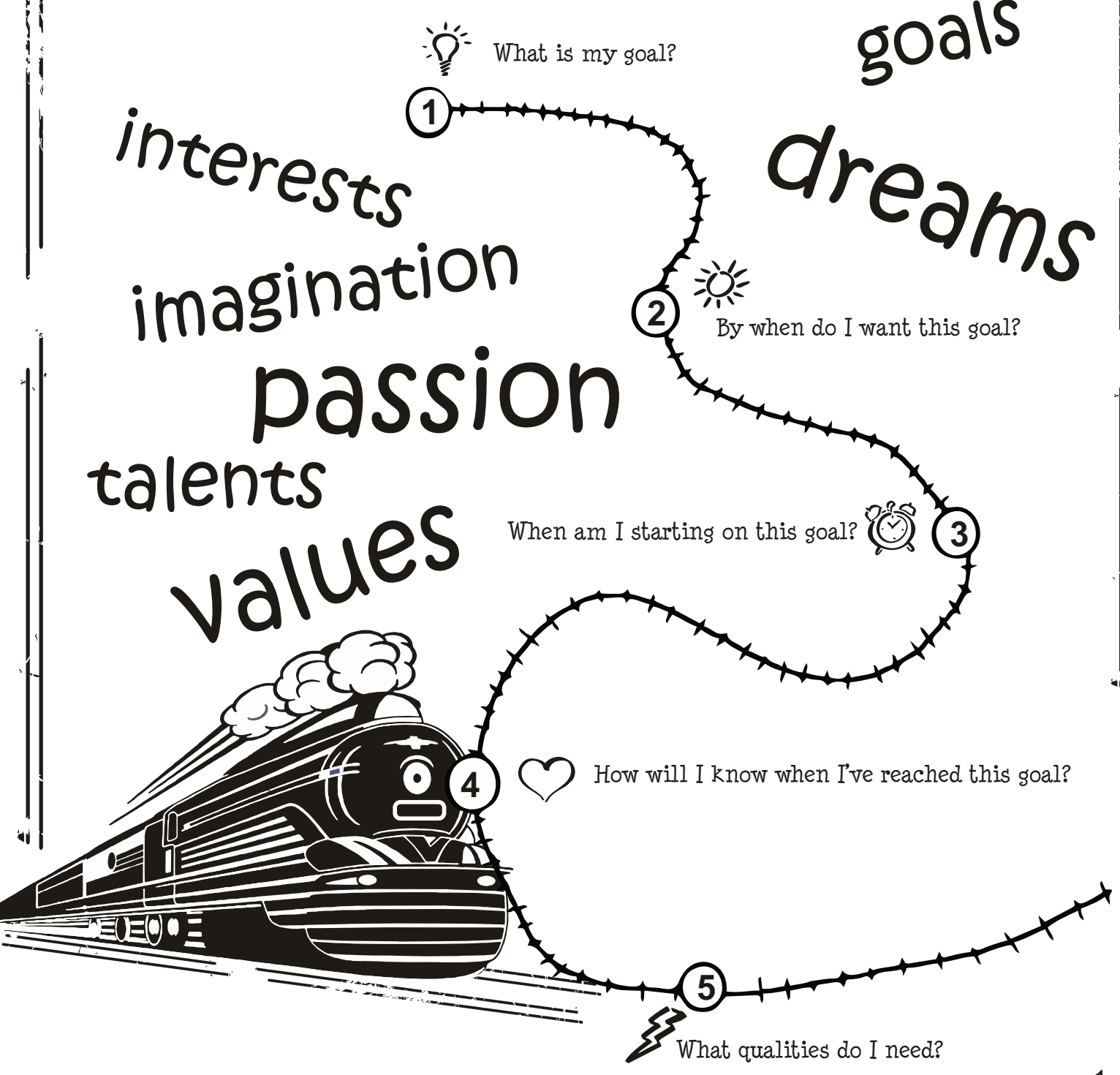
GOAL-SETTING as an Adventurous TRAIN JOURNEY!



The Destination I've Reached BEFORE

Date .....

NOTES:

"Happy are those that dream dreams and are willing to pay the price to see them come true" - Unknown

Name:

Aim:

Our Dreams are grand, fantastical and magnificent treasures that we wish to achieve. At times these dreams seem so big that we have no idea how we are going to start, let alone reach them.

- But pursuing our goals should be seen as an adventurous train journey. **There's a starting point** – which is related to us as the individual, the **destination** – the desired outcome, and the journey – what's needed for us to get there. The aim of this workshop is to introduce tools to help identify the starting point, the destination and the tools needed to make the journey as seamless as possible. Once we've taken the first step all we need is the perseverance, belief and discipline to see it through.
- This manual forms the handbook which can be used on any of your goals.
- A destination will be reached if you believe and apply the tools. **It is up to you!**

Why Are You Here?

NOTES:

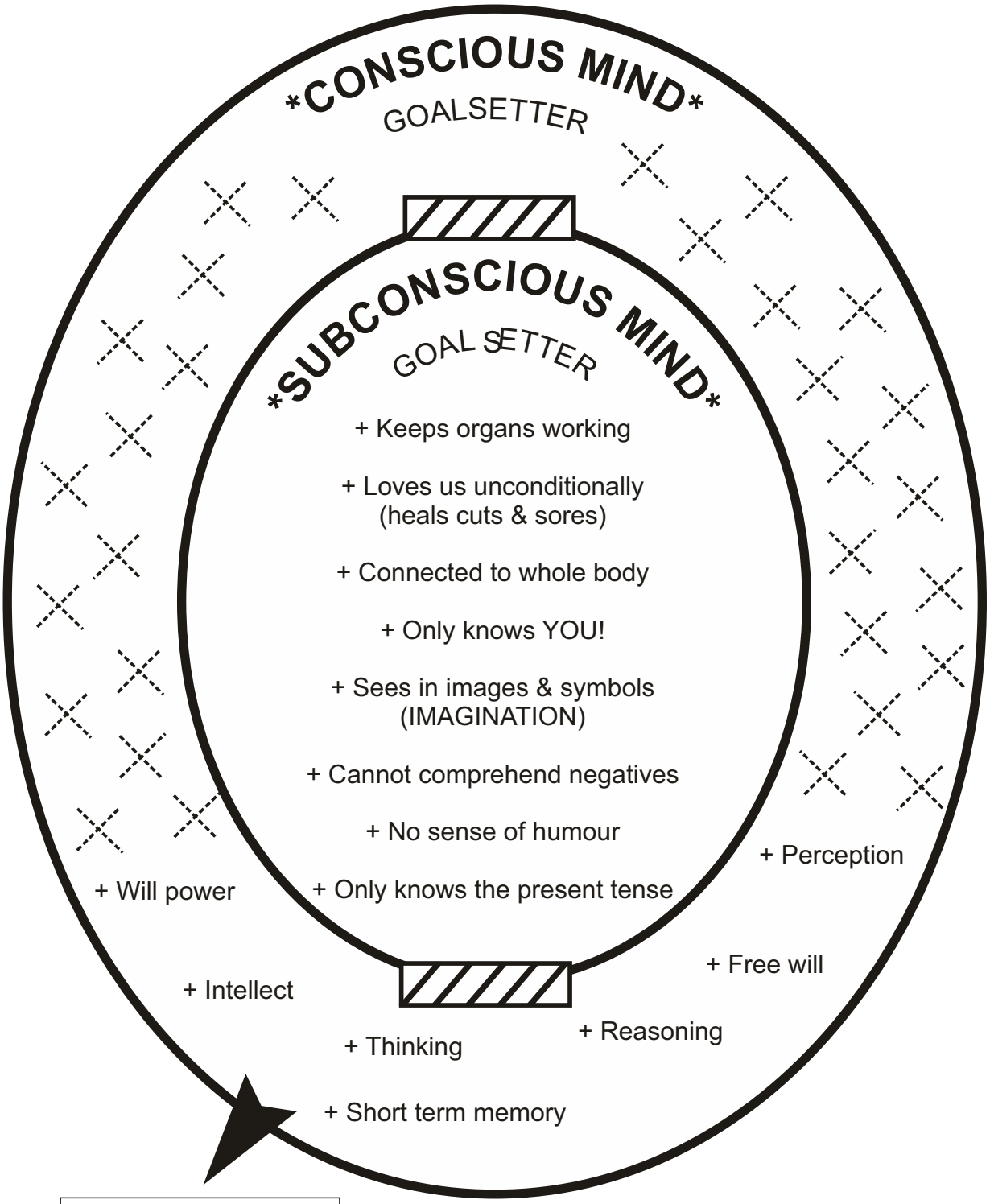
"As a man thinketh so is he."

"Change the scenery in your mind and your reality changes."

[THE STARTING POINT]

- When we take a train we know from which platform and which time it is departing. This relates to us, the starting point where we look at who we are as individuals, and what tools we have available to us.
- This is where the journey begins... What we have available to us.

THE MIND



IMAGINATION

Sees in images & symbols → Communicate with the SUBCONSCIOUS MIND

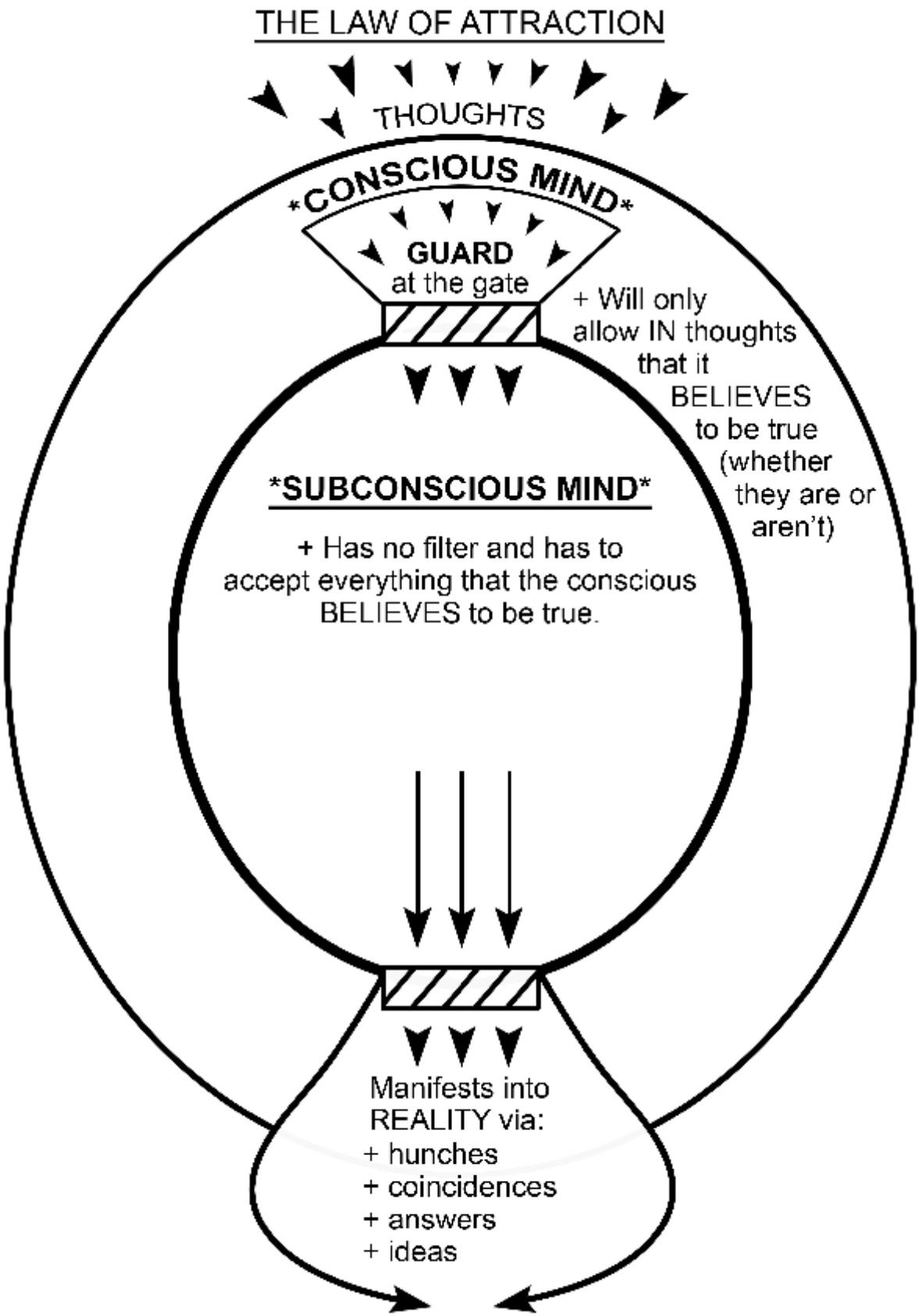
[How The Mind Works]

The Conscious Mind (Goal-Setter)

- It is where our thinking, reasoning, intellect and freewill reside.
- It is like a guard at the entrance to the mind.
- Only allows the thoughts into the mind that it believes to be true- whether they are or aren't.
- It is where our reasoning, willpower, memory (short term), intuition, perception and **IMAGINATION** reside.
- You communicate with your subconscious mind via your **IMAGINATION.**
- Can only focus on 1-3 things at a time.

The Subconscious mind. (Goal Getter)

- It never sleeps and keeps all of our organs constantly working.
- It loves us unconditionally - keeps our body going and heals it when injured (cut arm, etc.)
- The place where our values, instincts, general habits emotions, memory, eternal knowledge resides.
- Connected to our whole body - negative thought = negative body reaction; positive thought = positive thought reaction.
- Only knows YOU. Negative thought/criticism of another comes back to you!
- It sees in images and symbols via the **IMAGINATION.**
- It cannot comprehend negatives - Don't eat the cake = eat the cake. (because we see ourselves eating the cake, not *not* eating the cake).
- Allows in whatever thought the conscious mind believes to be true, whether it is or it isn't.
- It has no filter, no sense of humour. (Be aware how you joke about yourself).
- It manifests those believed thoughts into a reality by the way of memory, instinct, actions, coincidences and hunches. **Law of attraction.**
- Our habits reside in our subconscious which is resistant to change, takes the path of least effort and hates change. Change the subconscious and the habits will change. **(The subconscious will always be stronger than willpower).**
- Influencing the subconscious best when relaxed, meditating or just before/after sleeping.
- Experiences through ALL the senses.
- It only knows the present tense.



"Change the scenery in your mind to what you want to achieve.
Add positive emotion and believe that it has already happened **NOW!**"

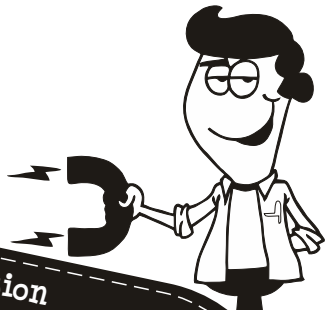
THE LAW OF ATTRACTION

[WHAT IT'S NOT:]

- It's not just thinking about something with the idea that it will "magically"
- appear in front of you.

[WHAT IT IS:]

- It's the attracting of the actions needed via answers, ideas, hunches, and coincidences, etc. which need to be pursued - leading to the desired result.



The law of vibration
Everything in the universe is made up of energy which vibrates. Thought is a creative form of energy which vibrates at a very high frequency. Our thoughts create things. The more positive our emotions the higher our frequency and therefore attracting our more desired outcome.

Points to Ponder
What we think we attract - feed your mind with the thoughts that will attract the things you want."

[HOW IT WORKS]

- For us to get what we want we have to know what it is we want with absolute BELIEF and POSITIVE FEELING (emotion). So much so that it convinces our conscious mind to see and feel it as real and true. Once the conscious mind believes an idea, the subconscious mind has to accept it and will do everything in its power to manifest it, but not by "magic, but by attracting the answers to move forward.

- **The law of attraction is the attracting of action through the power of the subconscious mind focussing on the desired results.**

- Once the subconscious mind accepts an idea it will do everything in its power to make it a reality. It will always create the outcome which you EXPECT, whether it's positive or negative.

- For reaching a goal always focus on the desired outcome including, emotion and belief that it has already been realised.

- The subconscious mind is the most susceptible to believable ideas when in a relaxed, drowsy state - just before sleep, or just after waking - and when quietened through meditation or prayer. In this state it overrides the conscious mind. Using tools like visualisation including feeling and belief – making it seem as if it's already happening, helps to influence the mind so that flashes of inspiration, ideas or coincidences appear. These flashes are the attracted physical paths which need our action towards reaching our desired goals.

- As life is fluid, once we're on the path of our goals (action), more ideas, etc. related to our goals open up to us via the sun conscious.

- If struggling with a problem or creative challenge that leads to stress or anxiousness - can lead to the sub-conscious "closing down." Take a walk, or lie down, while not worrying about the issue at hand "release control" and the subconscious mind will release the answer. That's why it's important not to focus on the "how am I going to achieve it", but rather on the desired outcome.

Recommended Reading
The Journey that's Ours - *Gary Hirson*
The Power of the Subconscious Mind - *Dr Joseph Murphy*

NOTES:

"Imagination is more important than knowledge"
- Albert Einstein

IMAGINATION

[What is our imagination?]

1. It is the greatest gift that we all possess to use whenever and however we want.

- It is the way we communicate with the subconscious mind. We use it all the time.
- It is the seed from which all creativity flows. We imagine then we create.
- The place from where our goals and dreams materialize - from within us.
- We use it to focus on the outcome when pursuing our goals – VISUALISATION.

2. It is more important than knowledge. (Albert Einstein)

- **We first imagine then we acquire the knowledge - (Wright Brothers)**

Point to ponder

*People sometimes fear going after their goals
as they don't know how they're going to get there.
Imagine it to be so, believe it to be true and
take the first step, the following steps will appear.

"I begin with an idea and then it becomes real"
- Pablo Picasso.

THE ULTIMATE ADVENTUROUS AND SUCCESSFUL JOURNEY

1. Know Your Destination! (WHAT do you want - clarity makes it real?)
2. WHY do you want to get there?
3. BEFORE WHEN do you want to get there?
4. Take Constant and effective ACTION!
5. Monitor your journey.
6. Celebrate your progress - REWARDS, or change your approach if it's not working.
7. Don't give up!

CHANGE

2mm Rule!

Small changes daily might result in us standing out now,
but will result in us being OUTSTANDING in the near future.

We're still at the starting point...

When we travel by train we have the ABSOLUTE BELIEF that we will to where we want to go. The same needs to apply when pursuing our dreams. We need the ABSOLUTE BELIEF that we will get there…!

[BELIEF X 3]

"If you believe you can or you can't you're right." - Henry Ford

[Belief - Achieving our Goals!]

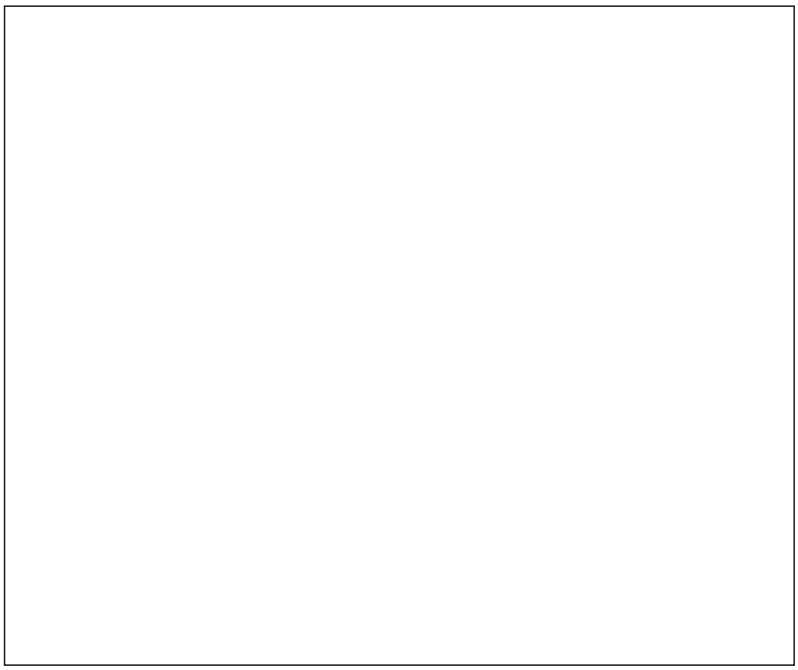
1. BELIEVE that we are good enough to achieve our goals – SELF BELIEF!
- Don't compare yourself to others, focus on your talents, gifts etc.
- Don't worry about what others think.
- Keep a good posture.
- Exercise in a fun way.

2. BELIEVE that we have the ability to achieve the goal or that we can LEARN what's needed to achieve the goal.
- Do the research, read, internet, ask etc.
- Learn/Model from others that have already achieved it.

3. We need to BELIEVE that the goal is ACHIEVABLE!
- Stay away from negative people.

POINT TO PONDER

Doubt in any of the 3 points will lead to distraction,
procrastination and ultimately complete disengagement from the goal.



I AM ...

FEAR!

There are only 2 types of fear we experience;

1. We're not good enough.
2. We won't be loved.

The Destination that I **believe** I will reach before _____ is :

THE JOURNEY

- Just as a train journey has a route and a timetable here we begin with the planning of our own adventurous journey.

- Train trips are fun and exciting…so should our own journey towards our desired destinations be lighthearted and easy.

GOAL-SETTING

[What is a goal?]

"Goals are dreams we break down and take action to fulfill" - Zig Ziglar

- It is something we desire so much that we will put steps into place into pursuing it.

- **"Set your goals, write them down - now you're one step closer to achieving them. - Sir Richard Branson" - Creator of Virgin**

NOTES:

[Achieving a goal]

- Set the intention that you have already achieved the Goal in the present tense - intention = expectation.
- Continuously ask yourself, in a positive way and in the present tense, “How can I create even more answers than I have right now for my desired outcome?”
- Break down the goal into bite size chunks.
- Don’t have any expectations of how it’s going to happen but focus on the end result while working on the mini-goals. Expect it to be realised.
- Step out of your comfort zone. Nothing will change if you’re not prepared too.
- Learn as much about your goal as possible – get assistance.
- When our goals offer value to others and not only you, they will be keen to help.
- You need to know what needs to happen for you to realize that you’ve achieved the goal
- Have patience – different plants grow at different rates.
- Have faith - doubt pushes the goal away.
- Persevere - take action daily – set time aside for the Goal, don’t give up or give in.
- Reward yourself along the journey to keep you motivated
- Limit interaction with negative people
- Keep it fun – life is meant to be fun.

Point to Ponder : Why the journey is as important as the outcome

We learn about ourselves along the way - our strengths, weaknesses and the in-betweens.

We learn about everything connected to the goal

Achieving goals builds confidence- not achieving goals is NOT failure it is only feedback.

[Rewards]

- Life & Goal setting is meant to be a fun like a treasure hunt.
- Rewards along the way motivate us and helps with the idea of reaching our dreams fresh and alive.
- We deserve to be rewarded- we are worth it.
- Can be gifts or “me time” which adds a joy factor
- Negotiate a reward from people who are helping.
- Offer something of value in return. This can add to the fun factor.
- Rewarding ourselves affirms that we are feeling okay and deserving which settles the subconscious mind – the subconscious works best when at ease.

“You can’t connect the dots looking forward;
you can only connect them looking backwards.
So you have to trust that the dots will somehow connect
in your future.” Steve Jobs - Creator of Apple

NOTES:

Points to ponder:

The IF-THEN Principle

The IF-THEN principle helps to trigger the mind to action and helps to create an automatic response. When planning the next step write down, "If it's... (Specific date and time), then ...(specific action) E.G." IF it's Thursday 6am THEN I'll be at the gym doing bench press."

Practical Exercise

1. (a) Overleaf is a map towards the goal that you've written down. Answer the numbered questions below filling in the answers overleaf along the journey until you reach point 10.

1. (b) Using the 1st step needed (from point 10 of the Goal Achieving Exercise,) begin your 30 day train journey towards your goal (Pg28) by writing down step 1 at the circle marked Day 1. You already have the 1st 3 steps needed so ask yourselves the following questions and write the answers around the circle Day 1

- How long will it take ?
- Date to start?
- Why do I need to do it?
- How will I feel if I do it?
- How will I feel if I don't do it?
- How will I reward myself, if at all? (Rewards can be if and when you determine)

After you have completed the 1st 3 steps –which you already have, ask yourselves the following questions(see the added question) and fill in the answers around circles on your train-line. This will lead you to your destination within 30 days.

- What's the next step?
- How long will it take ?
- Date to start?
- Why do I need to do it?
- How will I feel if I do it?
- How will I feel if I don't do it?
- How will I reward myself, if at all? (Rewards can be if and when you determine)

"Step by step!
I can't see any other way of accomplishing anything."
Michael Jordan

GOAL ACHIEVING

What is my goal?
(written positively and in the present tense)

1

2

By when do I want this goal?

When am I starting on this goal?

3

4

How will I know when I've reached this goal?
(Physical experience - feelings, smell, taste, hear, etc.)

5

What qualities do I need?
(Perseverance, motivation, etc.)

What resources do I have? (Who and what can help me?)

6

What do I need to do to achieve this goal?
(Be motivated, study harder, exercise more, etc.)

7

How will I reward myself,
and when?

8

10 X

List possible challenges

Habits related
to my goal

9

11

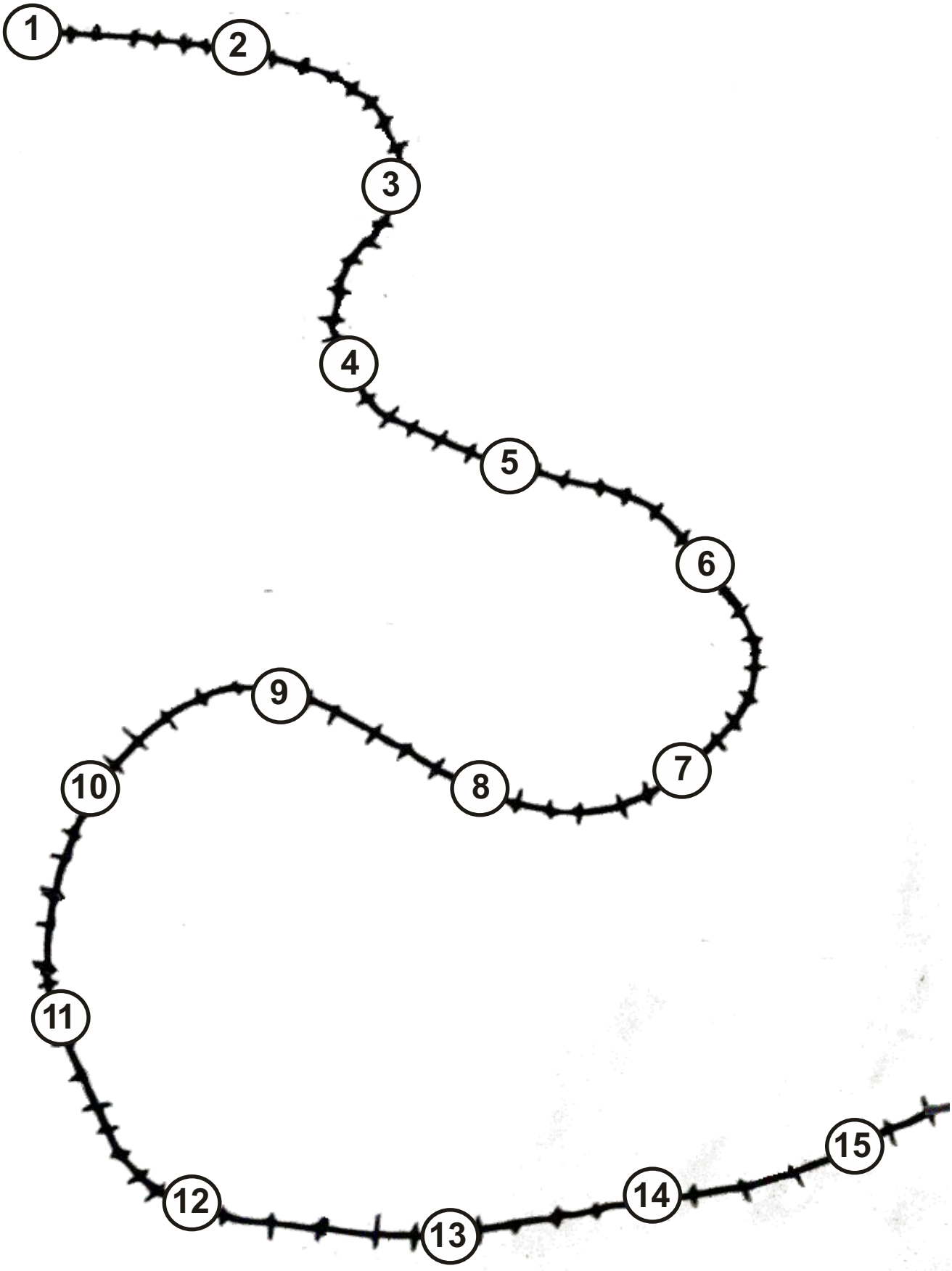
1st three steps
needed towards your goal?

_____

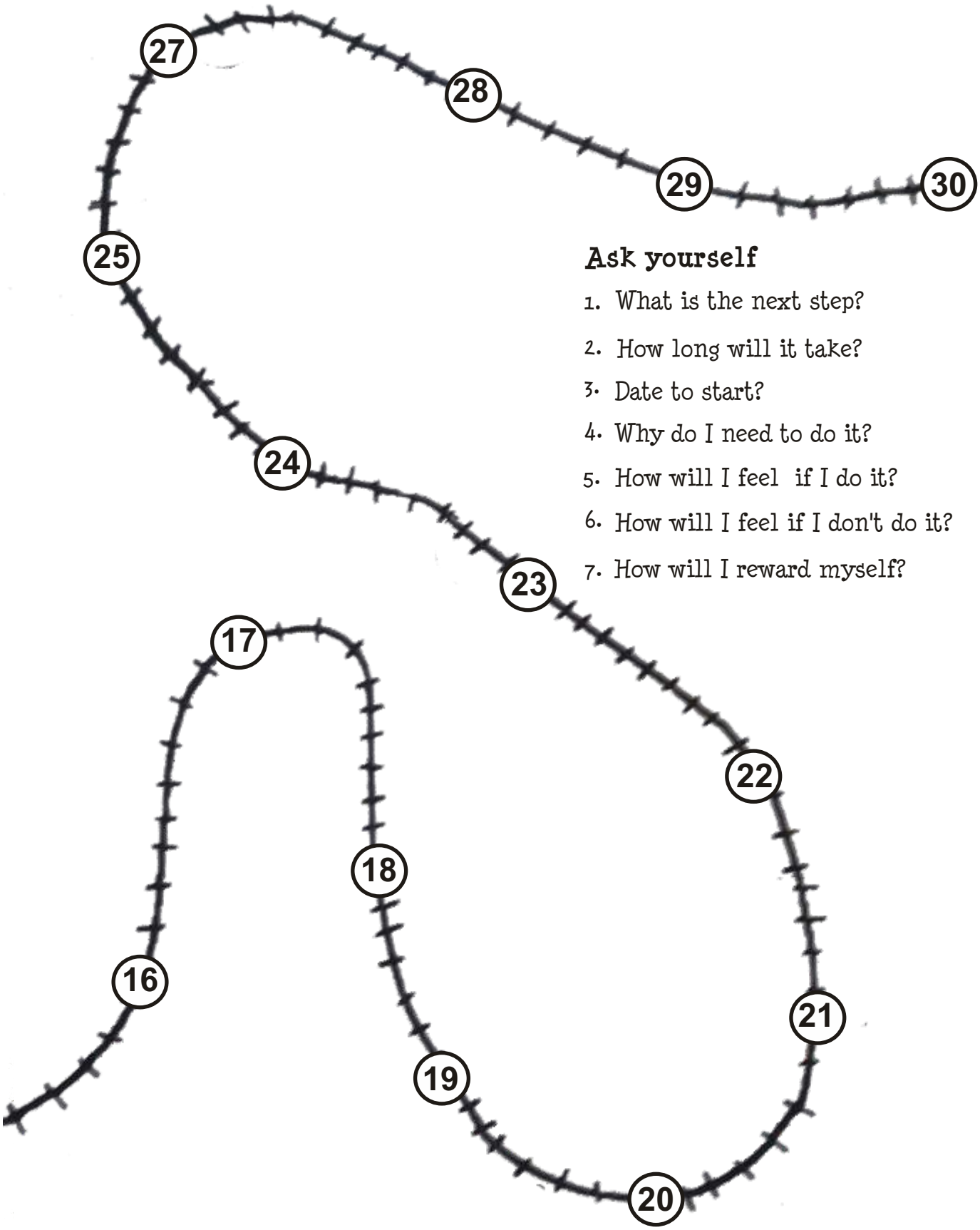
_____

_____

Journey towards my goal!



Plan - Prepare - Strategise -Persevere



Ask yourself

1. What is the next step?
2. How long will it take?
3. Date to start?
4. Why do I need to do it?
5. How will I feel if I do it?
6. How will I feel if I don't do it?
7. How will I reward myself?

Focus on the outcome - work on the plan!

* Point to Ponder

PROGRESS = HAPPINESS

- Our believed thoughts become reality. Believe you've achieved your goal.
- Believe you are positive, enthusiastic and have already achieved your goal **NOW**….even if the going seems tough!
- You **ARE** still good enough whether you get closer to your goal or not.
- Work on your plan daily (do at least one thing) to get closer to your goal. Ask yourself "What can I do today to make my goal achievable?
- Regularly monitor your progress to see how you're progressing with your goal.
- Whether it's small steps or giant leaps, Progress=Happiness!"

NOTES:

THE JOURNEY ....CONTINUES

"For 4 years we prepared, planned and visualised winning the William Web Ellis Trophy" - Jake White - Coach of the 2007 World Cup winning Springbok Rugby Team

"Everyone visualises. Losers visualise the penalties of failure. Winners visualise the rewards of success." - Dr. Rob Gilbert

VISUALISATION & VISION BOARD

[What is Visualisation?]

- Visualisation is a focused form of us using our imaginations.
- We imagine our desired destination as if it's already been reached NOW!
- As our Subconscious sees in images and symbols it is a way for us to influence our subconscious into believing that we have reached our goal NOW!
- Include all the senses making it an authentic experience.
- By using visualisation we imagine BEing (something/someone already achieved), which results in us DOing (actioning that desire) and concluding in HAVing (all that we desire)

Vision Board

A vision board is a way to be creative and visualise. It's a colorful window using images that we draw or take from magazines etc. The images are related to our Dreams and Goals. The idea while looking at a vision board is to get "lost," day-dreaming, imagining living in the pictures as if it's real. Involving all the senses helps to make it a more real experience – influencing the subconscious mind into believing that's it true.

[Benefits of the Visualisation Fun Relaxing Exercise.]

- Subconscious relaxed.
- Add positive emotion
- Absolute Belief
- Open to ideas
- Act on answers
- 1-2 per day. (Morning out of bed, evening in bed)

NOTES:

Practical Exercise

[Creating a Vision Board:]

- Overleaf is a double page which is to be your blank canvas to create the images linked to your destination.
- Find pictures and words in magazines, newspapers or, using many colours, draw pictures that are related to your goal/ or download from the internet and print out.
- Draw or cut the pictures out and glue them onto the pages.
- Leave a bit of space around the pictures for later (affirmations).
- Keep the vision board where you can look at it often.
- Take time out every day to look at the pictures and dream/imagine/visualise that it is you in the picture achieving it NOW!

Recommended Reading.

1. Creative Visualisation – Shakti Gawain
2. The Journey that's Ours – Gary Hirson

VISION BOARD

NOTES:

Points to ponder:

Images, Affirmations, and well directed questions, related to our goals act as triggers to help us to achieve our goals

AFFIRMATIONS & WELL DIRECTED QUESTIONS

POINTS TO PONDER

If we spoke to our friends the way we speak to ourselves,
how many friends would we have.
We talk to ourselves constantly, even in our sleep.
Why shouldn't it be positive?"

[What are Affirmations?]

- Positive, Powerful statements written or verbalised, positively, and in the Present tense. Keep affirmations short so that they're easily remembered. e.g. "I am worthy…."
- Affirmations by themselves can take a while to start manifesting.
- We should use affirmations with visualization while experiencing very uplifting emotions. Emotion is key. (Emotion = thought with feeling).
- Affirmations are still better than speaking to yourself negatively.(Watch how you speak to yourself and react in negative situations) (90-second rule!)
- An alternative to affirmations are well directed questions.
- 300 X more effective than affirmations.
- What we focus on becomes a reality – a well directed question shifts the reality towards the goal, t he subconscious starts to look for the answer.
- Focus the question on the desired outcome – (See sample questions below). The subconscious will throw out the answers.
- Must still be positive and light.
- Repeating/reading the question for 28 days will instill a habit forming belief system in your mind. The mind will look for the answers.

[Examples of questions:]

- Why am I so wonderful?
- How can I become thinner and enjoy the process?
- I wonder how I can become better and better at…?
- How quickly will I learn these new skills?
- How can I make the R50 000 for my fun holiday to Italy?
- How can I better my grades in an adventurous way?

[Practical Exercise]

- Write down, in colour, your affirmations or questions on your vision board. The questions can be related to anything positive; your goals, your self-belief, your relationships etc. Read the affirmations/questions for 28 days.
- You can also record them and listen to them while you're doing the "relaxing exercise"

[Recommended Reading]

1. The Power that's Ours – Gary Hirson (Goal related)
2. The Journey that's Ours – Gary Hirson (Self Belief related)

NOTES:

RELAXING VISUALISATION EXERCISE

[So how do we use visualisation? - Fun Relaxing Exercise]

This fun relaxing exercise is very safe. Once you get used to it you will feel some of the following if not all:

- Your body will feel light and relaxed.
- Your breathing will soften.
- You might feel a tingly sensation in your skin
- With your eyes closed you might see colours.
- You will have a feeling of calmness and you will feel relaxed

You can do this exercise as often as you want to. It can also be used just as a relaxing exercise. While visualising - at times the mind will wander and think of other things. Gently bring the mind back to what you were focusing on. Don't stress about it.
When one first begins to visualise it might seem quite difficult to stay focused. This will change the more often we practice. Again, don't stress about it.

It is very important to come out of the exercise completely by listening to the end of the recording. Don't just jump up and carry on your day. Be gentle with yourself while you re-connect with your surroundings.

GRATITUDE

"When the going gets tough focus on appreciation, not expectation"
"Happiness is not having what you want but wanting what you have"

[Why is gratitude important?]

- The sub-conscious is most susceptible when in an "easy" or stress-less state – Gratitude
- Focusing on what we have in our lives helps to lift our mood and vibration and attracts the desired outcome.
- Focusing on what we don't have is the opp to the above point and pushes our goals further away.
- At times when all doesn't seem like our goals are going to plan we can slip into a negative mindset. This can lead to stress.
- Acknowledge how far we've come.
- Every negative thought that we believe dilutes our positive energies considerably.
- Being grateful overrides fear.

[Practical Exercise] : Gratitude List

- Take an in-depth look at your life and all that you have, and have achieved.
- On the next page titled 'Gratitude List" write down or paste pictures everything that you are grateful in your life your life.
- The list can also be recorded onto your phone, etc.
- Either read the list every day or listen to the recording.

Always start with thanksgiving; be thankful for what you already have and see the miracles come from this one simple act." Jim Rohn

GRATITUDE LIST:

[Your final destination:]

Taking all into account what we've done, at the front of the workbook is a space for your "final destination." Write down the EXACT thing it is that you want to achieve BEFORE your set date. Write it down as a brief positive statement in the present tense. Paste a picture related to your dream nearby the statement. This is the dream with the highest priority that you want to journey towards. **Look at it every day!**

THE JOURNEY NEEDS TO CONTINUE

01. Read through this manual as soon after this course as possible.
02. This manual is your creative handbook. Add to it, play with it, and create your own goal-setting work of art.
03. You have the goal that you will be achieving written down in the front of the manual.

- Write this goal down every day for 21 days.
- Write down your goal, positive and in the present tense, on the 2 cards provided and keep one by your bed and the other one on you. Read them first thing in the morning and last thing at night and as often as possible in between. e.g “I am feeling grateful and ecstatic that I have achieved my goal of _____ before (date)” (Be positive, present and specific - what exactly do you want?)
- Imagine/visualise your goal, with emotion already realized.

04. Explore how and where you will reward yourself along the journey.
05. Continue visiting, working on and monitoring the train journey towards your desired destination.
06. Monitor your goals – focus on the outcome, work on the plan.
07. Create habits to achieving your goal.
08. Continue with vision board related to your goal. Put it somewhere where you can see it every-day.
09. Write the affirmations/questions (positive, light and in colour) and put them on your vision board.

- Day dream and get lost in your vision board.
- Read your affirmations/ questions every day for 28 days.

10. Add to and read your “Gratitude” list as often as possible.
11. The visualisation recording is only 10 minutes long. Listen to it first thing in the morning – out of bed, and last thing at night in bed.
12. Be grateful for what you have in your life right Now!
13. **ENJOY THE JOURNEY!**

Points to ponder:

If you feel unmotivated or tempted by something that goes against you (achieving)your goal, turn overleaf to remind yourself why you want to achieve your goal. The “why” should be powerful enough to motivate you to continue.

For networking and inspirational quotes, Calm In Storm can be followed on:
Blog: www.calminstorm.com/category/blog/
Facebook: www.facebook.com/Calminstorm
Twitter: twitter.com/garyhirson
Instagram: instagram.com/calminstorm

THE DESTINATION

When we take a train we know exactly where we are going to – the final destination. Not the station before or the station after but the exact point where we are getting off. This relates to us. Exactly what is it we want? We need to be specific.

This is the destination – What is it exactly that we want?….Be descriptive and specific when writing it down.

The Destination that I imagine to reach before (_____) is

_____

_____

_____

_____

_____

_____

Why do I want to achieve this goal?

_____

_____

EXPECTATION & ENTHUSIASM

1. How enthusiastic are you about this goal?

- Does achieving it excite you?
- Does it make you want to take action and follow through to the end?

2. Do you EXPECT to achieve this goal?

- The result will be determined by what you EXPECT to achieve.
- What are you prepared to do to meet that expectation?

Points to ponder:

Where your focus goes, your energy flows!

This manual is the plan to your goal, it's now up to you to take action!