

Combining The Mind And Effective Goal Setting

Compiled By Edward C Blanchard

Combining The Mind And Effective Goal Setting

#1: Combining The Mind And Effective Goal Setting

Goals are of vital importance in our lives. Many of us spend our lives without any definite purpose, simply drifting from place to place. Setting goals help us to focus our lives and to advance confidently in a definite direction. Without them, I don't think our lives can truly be complete.

The Importance Of Goals

If you are looking for proof of the importance of goals, you need not look any further than two pivotal studies on success and goal-setting, one completed by the American University, Yale and the other by a Doctor at Stanford University, USA.

In the first study, Yale kept track of their graduates during a 20 year period and found that the 3% who set goals were worth more financially than the entire 97% of the students who did not!

In the second study, Stanford conducted a study of 1,528 students all with IQ's above the genius level. The study found that intelligence had nothing to do with success and financial acumen but that goal-setting did!

Make Your List

So now we know that goal-setting is vitally important to our success, but how do we do it? I first recommend that you take a day or two (longer if needed) to spend some time meditating about your passions in life. Start to make a list. Some wise men recommend that you try to write down 100 goals for your life. A tremendously successful football coach once said that while still in his teens he wrote down over 100 goals for his life (one of which was to coach a college football team to a National Championship – which he did). A few years ago at about the age of 60, he had achieved every single goal he had written down. So he had to write another 100 goals and I'm sure he'll get those before long too!

I recommend that you try to write 100, write them out and break them out into long-term, mid-term, and short-term goals. You can write your own definition of the time periods involved, but I would recommend that short-term is up to 5 years from now, mid-term is 5 to 15 years from now, and long-term is 15+ years.

Mind Imagery

Now that you have goals, you need to start taking advantage of them! This is where most would-be goal-setters fail. Anyone can write a goal, but I'd wager that if you asked 10 goal-setters what their short-term goals were after a week of setting those goals, that 9 out of 10 would not be able to answer!

You need goals in your life in order to achieve your dreams and have the success you desire. But just as important is a system for keeping your goals constantly in your mind. We're back to using affirmations and

Combining The Mind And Effective Goal Setting

After you've written out your 100 goals, take all of them and write them in the form of 100 affirmations. Example, if your goal is to earn enough money to take your wife on a second honeymoon to the Caribbean, then you could write: "I am enjoying the company of my wife in the Caribbean sun by January 1, 2020 with the money that I gladly save and invest for my benefit!"

Then, follow this advice: "Each morning, the first thing you should do is spend 5 – 10 minutes and invest it in programming your mind to go get the goals you have set for yourself. By doing so, you are imprinting or programming your mind each day to focus on what you want. By doing this consistently your subconscious mind will begin to manifest your desires into your life."

Review Daily

What I've found works best for me is to review my short-term goals daily, and then once a week review the mid-term and long-term goals making adjustments as necessary to the term of specific goals. I find that this keeps me focused on achieving the goals with the shorter term without forgetting about the goals on the horizon.

I want you to be tremendously successful and I believe that you will be with the techniques and exercises that we've discussed. Be a goal-setter, but don't just set them and walk away. Set them and follow them and achieve the success you deserve!

But it is entirely up to you!

The Power Of Hypnotic Goals

#2: The Power Of Hypnotic Goals

Sadly the world is a depressing and very frightening place for a great many people. They hold a view of a world that is full of hardship. They do not see challenges only obstacles which inevitably lead to failures. They fail to try and therefore are destined to fail. Their past failures, pains and disappointments continually haunt them and invariably lead them away from their goals and the type of life they yearn to live. It may be true that life can throw things in your way that will slow you down on your path to our desires but you must see these as challenges that you can overcome. They are lessons that make you stronger and wiser.

When you become a goal orientated person you can expect to encounter resistance and obstacles on your journey to goal-achievement and personal success. The higher you set your sets and the more challenging the goal then the more obstacles seem to appear. These temporary set-backs test your character and your resolve to reach your goal. They sometimes act as barriers to slow us down but they always act as teachers.

There is always something to learn from resistance. Whether this resistance is external or internal it is showing you something in your own character or approach to your goal that needs altered or refined. Meeting these challenges and overcoming them will develop aspects of your character, strength your self-belief and helps to increase your resolve for the future.

However, do you find that the same obstacles keep showing up again and again? Is failure becoming a common occurrence? Then it is high time you re-evaluated your approach to goals and life in general. These recurring problems are most likely a strong indication of your personal inability to learn from your mistakes. These are merely temporary failures you are experiencing and you should view them as such. The conscious mind is obviously having trouble analysing the reasons behind the failures and keeps making the same mistakes but once you find out what you are doing wrong and learn the appropriate lesson you will not experience these same set-backs again.

If you are experiencing constant failures then you have reached a point where outside help is needed. It is obvious that you are unable to consciously work through the trouble by yourself. Therefore these failures and problems must stem from a subconscious block. This subconscious block is preventing you from learning your lesson and moving forward towards your goal. In a situation like this it is always advisable to seek professional help but this can be expensive, time-consuming and hard to find! However, you will find that "self hypnosis" can be an invaluable tool. It can most definitely be used successfully and very effectively to dig up the very root of the problem and eliminate it permanently.

I know it may seem a little odd, speaking about self hypnosis but it is not as weird as it sounds! It can be done by daily affirmations, reading your goal lists, imagining situations positively, quiet meditation and self talk. Your subconscious mind is very powerful and knows not right from wrong, positive or negative... and it speaks to your conscious mind regularly. So only feed it positive thoughts and it will only be able to tell your conscious mind positive things.

The Power Of Hypnotic Goals

One extremely powerful benefit of using hypnosis is that it gives you the ability to train your mind to stay focused on a successful outcome. You can programme any specific outcome you choose and keep yourself thinking positively about it throughout the day. You can also use hypnosis to eliminate self-sabotage patterns and remove the negative feelings and thoughts that are blocking you from success.

Here are some tips for using hypnosis as a means of conditioning you for success and goal achievement.

1. Visualise.

You can literally programme yourself for success. You can, through mental rehearsal, programme your subconscious mind with your desired outcome. By using self hypnosis you can create the perfect mental environment for visualising your goal as if it has already happened. See it, in your mind's eye, as already being real. Imagine the scene as if you were seeing it through your own eyes. Experience all the wonderful feelings associated with that goal attainment. Let these feelings of joy and accomplishment well-up within you.

2. Persistence.

By accessing your subconscious mind you can change your inner personal traits to match those people who are successful. These are the people who never quit. You can reprogramme your subconscious mind to be persistent regardless of what obstacles you encounter. Using post hypnotic suggestions to develop an "iron will" and persistence will be invaluable in times of stress and disillusionment.

3. Think Positively.

Your subconscious mind has a tendency to only replay past memories along with all the emotions associated with it. It offers these emotions to your consciousness in the form of doubts and fears for the present and especially the future. You can totally eliminate them forever. Use self hypnosis to program your subconscious mind to think positively and to always expect positive results.

4. Eliminate the Problem.

It is inevitable that some problems will arise when you pursue worthwhile goals that are important to you. Life has a tendency of creating situations that reflect our inner beliefs and fears. In order to successfully create anything you need to deal with these issues. Through hypnosis you can solve these problems quickly and effectively. See yourself as already having successfully overcome the obstacle. You don't have to see how you did it or how you found out how to do it, you only need to see yourself at the other side, joyful and proud that you eliminated the problem for good and reached the other side. If this, in itself, is a problem for you, or you find it hard perform this mental exercise then seek the advice of a qualified person. A competent consultant will easily and quickly find the root of your problem and just as easily remove it!

5. Prepare your path.

The Power Of Hypnotic Goals

Imagine yourself at the end result. Imagine that you have already met the right people and that you had been in exactly the right place at exactly the right time. Programme your mind in this manner, and your subconscious mind will pick up on any non-verbal clues in your relationships and environment and effortlessly guide you to perform the correct and essential course of action that will lead you to your goal.

6. Develop faith in yourself and your objective.

Convince your subconscious mind that your goal is, in fact, already a reality. "Fake it till you make it" – act as though your goal were already true. Fool your mind into believing the objective world around you is actually exactly like the world you have been visualising and working to create. You will get so deeply involved in your visualisation and the feelings it produces that, in that very moment, you believe it is already true. You will enjoy all the feelings that this imagined scene evokes and this will create your scene even faster.

If you follow these simple six steps you will be catapulted towards your goal faster than you can possibly imagine!

Different Types Of Goals That Take You To Success

#3: Different Types Of Goals That Take You To Success

Leaders set goals. But they often set only one type of goal, and in so doing they set themselves up for failure. Here is the complete tool kit.

1) Achievement goals

These describe results that you will have when you finish the goal. Examples include: retire with 2 million pounds at age 65, earn a promotion by June, increase sales by 5%. Most major goals are achievement goals.

2) Action goals

These describe specific actions that you will take to accomplish achievement goals. Examples include: meet with an investment counselor, attend a workshop to learn new job skills, contact all of the prospects in the database.

3) Layered goals

These specify the same goal with different levels of priority and difficulty. Example: Top Priority: Read one book each month, Medium Priority: Read two books each month. Low Priority: Read three books each month. Use layered goals to stretch your performance beyond minimum achievements.

4) Rate goals

These specify actions repeatedly done over time. Examples include: Read two books per month, exercise three times per week, or write in a journal every day. Many personal growth activities can be performed as rate goals.

5) Limit goals

These set boundaries. Examples include: Spend less than £5,000 on new equipment, go to bed before 10 PM each night, take less than 45 minutes for lunch while at work. These help manage priorities.

6) Exclusion goals

These state things that you will not do. Examples include: Do not watch TV after 8 P.M., do not use a mobile phone when with other people, do not eat junk food. These help you decide in advance which activities you will avoid.

Different Types Of Goals That Take You To Success

7) Incredible goals

These goals are highly optimistic, far fetched, or uncommonly aggressive. Examples include: Become CEO of a major corporation, write a best selling novel, or win a Nobel prize. These describe visions of ultimate success. If you set such goals, always supplement them with other more immediate and achievable goals that help you make progress toward these dreams.