

Easiest, Fastest, Most Effective Goal Setting Ever

By DaleDiaz.com

Outline:

1. Do something different and/or do things differently to get what or become what you want.
2. Imagine what you'd look like if you got what you want. See yourself with the accomplished outcome.
3. Negotiate with yourself until you have an acceptable and approve-able visual. It can be a still image or a video.
4. Once it is fully acceptable, step into the visual as if it is in "first person" perspective.
5. Make sure you get agreement with yourself from this perspective too.
6. Then step out and ask yourself, "Can I go in this direction?"
7. When you feel you have self-agreement then do it in a smaller chunk size. What would happen a week or two from now if I really was moving in that direction?
8. Then repeat the steps; imagine what you'd look like, get self-agreement, step into the visual, check it, then step out and ask, "Can I go in this direction now?"

This will cause the momentum needed to help stick to the goal.

Listen to the audio:

<https://dalediaz.com/wp-content/uploads/2013/01/goal-process.mp3>