

# 8 steps to goal achievement

Follow these steps, as they work when done together. It's really worked for me.

Russel Nouveau



## See and Feel

Start and the mind grows heated. Start with the end in mind. See a vision of the completed goal, and feel what it's like to have the goal already.

## Verbalise Reasons Why

Verbalise why this is important. Why do you want this goal? What are the results of achieving it. What are the results of not achieving it?

## Define Specifics

What are the elements of the completed goal. What does it look like, what measurements, deadline, colour, model, specs and details are there for the completed goal?

## Honest Assessment

Why haven't you already achieved this goal? What has been holding you back? Is there a conflict with another part of your personality? Is there a conflict with another goal you have?

## Emotional Commitment

Decide to fully commit to this goal... or dump it. You want 110% emotional buy in... or forget the goal now... it's not going to go the distance. If you are fully committed, say "I will do this or die trying".

## Reward Accomplishment

Decide to party when you have achieved your goal. Go out to dinner, or enjoy a drink with your partner. Tell the world you've done it!

## Daily Visualisation

Remember to keep the goal top of mind with a visualisation of the completed goal, as you go to bed and rise in the morning. Imagine a path towards your goal and you are getting closer and closer with every day.

## Small Easy Steps

Inch by inch anything's a cinch. Cut your goal into tiny little steps, so you can take one small action each day towards the completion of the goal.

## Tips to Emotional Engagement & Whole Minded Commitment to Your Goal



### Dramatic Visualisation

Apply colour and scale and action to your visualisations. Like a movie director see bright colours, hear loud sounds and choreograph amazing action to bring the completed goal to life.



### Emotional Engagement

How will you feel when this goal is completed? Are you super excited? Get a sense of how you'll feel when it's completed.... and feel that way now. Imagine the completion, and what you'll say and do.



### Reasons Why

Reasons are the most powerful motivator for change and goal achievement. Remind yourself why you are doing this, why you must have the goal achieved, and what is coming as a result of the goal being achieved.



### Ugly Consequences

No one wants to miss out, waste time or end up where they started. The consequences of failure are pain, frustration, depression and loss of opportunity or relationship. The goal is an imperative so give yourself a command to achieve it.