



Goal Achievement System

Personal Reminder

1. Clarify your goal and set a realistic deadline

Make your goal specific and set a realistic deadline for it.

2. Use Reality Shifting to get into the optimal mindset for achieving your goal

Apply Reality Shifting until you get to the point where you feel 100% certain of achieving your goal by the deadline.

3. Fill out the Goal Achievement Plan template

Complete all the steps of the Goal Achievement Plan template.

4. Use Reality Shifting again to check you are 100% confident in your plan

“Think about your goal and your plan...How certain are you between 0 and 100% that you will achieve your goal by the deadline?”

If the answer is anything less than 100% then continue to use Reality Shifting until you get to the point of 100% certainty that you will achieve your goal by the deadline.

During this step you may realise things you need to change about your plan, in which case you should update your plan.

5. Execute, review and adjust your plan

Review and adjust your plan according to the frequency you decided upon in your Goal Achievement Plan.

6. Use Reality Shifting if ever you start to feel blocked about your goal again

If ever you start to feel blocked about your goal again apply Reality Shifting to it again.

“Think about your goal and your plan...How certain are you between 0 and 100% that you will achieve your goal by the deadline?”

If the answer is anything less than 100% then continue to use Reality Shifting until you get to the point of 100% certainty that you will achieve your goal by the deadline.

(If your goal is particularly challenging you should pre-plan these mindset maintenance sessions in advance).