



HAVASS
Academy & Coaching

DAY 2

During the day, many things pass through our minds: "I wish I had a car." "Oh, if I were rich..." "I wish I had a wonderful relationship..." These are wonderful wishes; but none of them are goals. The previous day, you thought a little about your ideal life, dreamed a little, listened your heart a little, and you did very well. I hope you have something in your mind about what you REALLY want. Because today we will take one of the most important steps in this journey; we will want it correctly. We will set great goals but not dreams and not wishes. Take a deep breath, we are starting...

How about a correct goal?

1. It should be expressed positively.

When we ask people -who complain about various problems- what they want, they usually don't know what to say. They are so focused on what they don't want that they don't even think about what they want.

"I do not want to work at this job!"

-Good, I'm so glad you know what you don't want. So, what do you want?

"Not wanting to work at this job" is not a goal - if you focus instead on what you want, we'll have a great step towards setting a real goal.

2. It should be clear!

Being rich, having a good relationship, looking good are not goals. Because wealth and goodness are concepts that are empty, even though they are great. We need more precise and well-defined goals instead of empty concepts! If you want to have a lot of money, you should think carefully about what 'a lot of money' means to you. How much money will make you feel like you have had enough money? When you save? How much? When you pay your debts completely? Or when you have at least '....' amount of income per month? Your goals should be clear and certain. Don't be afraid to play with details and numbers. Just like a painter who likes to work in detail, drawing his favorite work... Just like drawing a picture.

3. Your current reality shouldn't scare you too much.

While we say you shouldn't be afraid of your current reality, we do not say, "Know your limits, don't fly high! There is a limit of something to be desired and something not to be desired." On the contrary, we say, "You can be ANYTHING you want." But before you set a big goal, you need to make sure you're ready for it. Let's say your monthly income is 3,000 Dollar / Euro. If you suddenly set yourself the goal of earning 50,000 Dollar / Euro a month, I can guess what will happen:

- Your consciousness will have a hard time imagining it because it has never encountered such a sum of money.
- First you will not believe in yourself. Since your faith is broken, it will be difficult for you to walk towards your goal.
- If you tell someone about your goal, their reactions will bother you.
- Your motivation will decrease.
- Afraid of failure, maybe you will give up before it even begins. We are not saying you cannot. We say that before you set a very big goal, you can take it in small steps. What if, instead of all this, your goal was to earn 5,000 Dollar / Euro a month for now? As your consciousness gets used to it, it's free to enhance gradually!

4. It should excite you!

I can hear you are saying, "What does that mean? Of course I will be excited for what I want!" Do you know? Many people when they take action for their goal realize that they actually don't want it that much. Is your goal really yours? If someone is so caught up in the roles that his mother, father, uncle and aunt have set for them that it mixes whose desire that they are doing. They realize that they are actually tightly attached to something they never wanted. Whatever you want, just make sure that you don't want it because you want someone to think you're successful, just because "everyone has it, I also must have", or just because it's popular nowadays. So I'm asking: is your request really yours? Does it excite you like a crazy when you close your eyes and imagine? Is this desire coming from your heart?

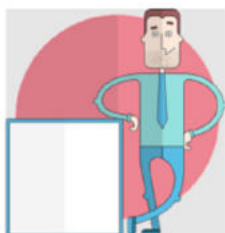
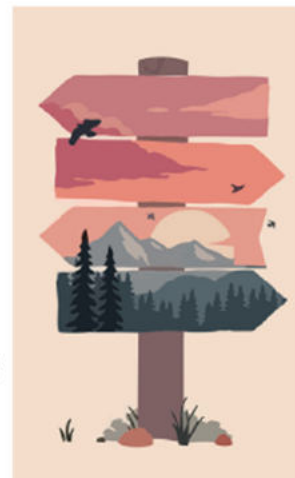
5. It should be only about you!

"I want Sabrina to tell me I'm beautiful."

"I want Peter to come back to me!"

"I want Thomas to be devastated!"

If you are about to set these as goals, I would like to stop you immediately, because these are not goals. Your goal should only concern you. Whether Alexin loves you so much or not, it is all about him and his will. Instead, would you like to set a relationship goal that you are valued? It's her perception that Sabrina sees you as beautiful or ugly. Instead, how about setting a goal about feeling physically well? Make sure you don't consider your target with someone else's will. Unfortunately, this is an extremely futile effort.



Tasks:

- Now you know how to set the right goal! Considering all these, you can turn all your wishes into a well-designed goal in the section prepared for you on the worksheet.

