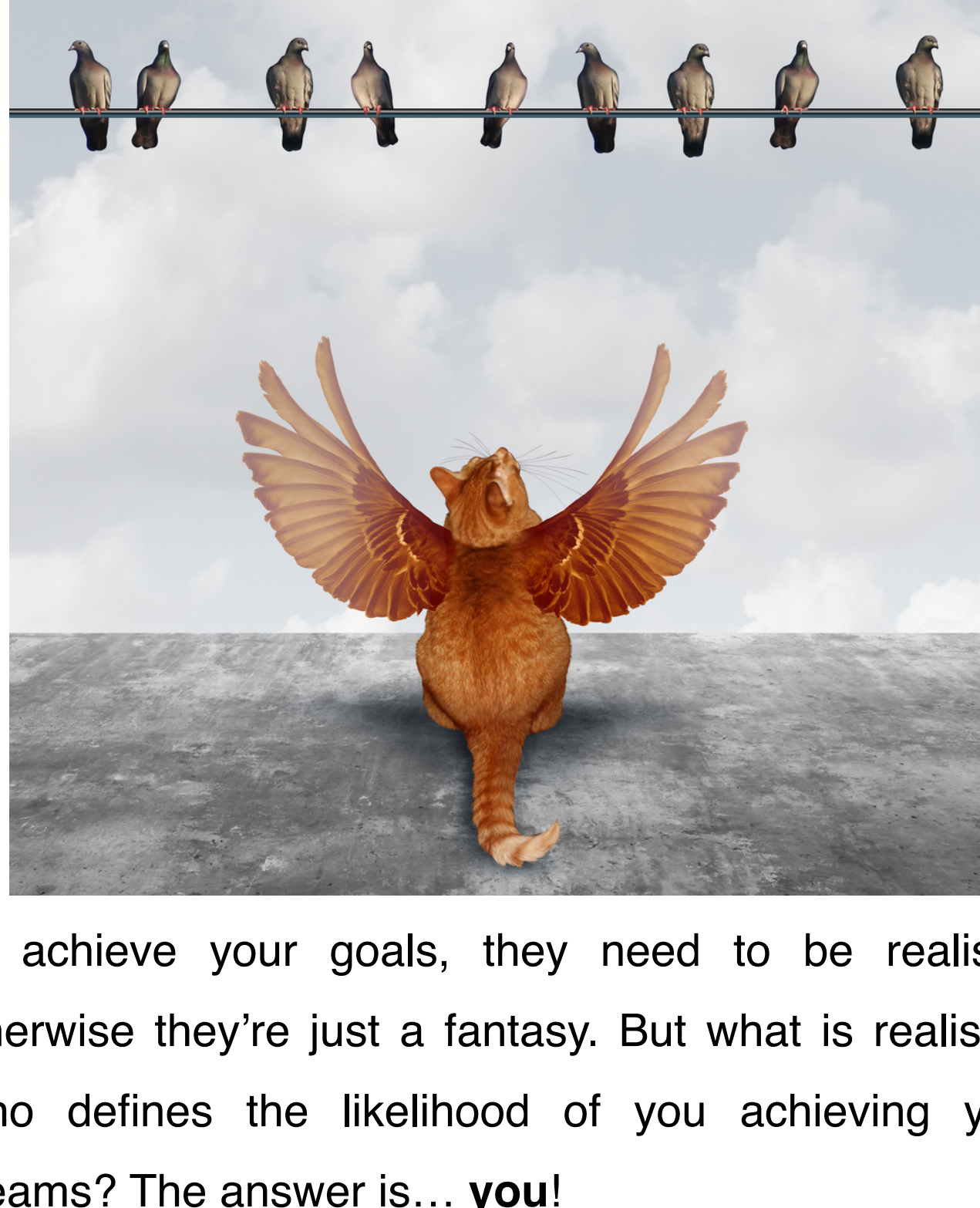


# IS YOUR GOAL

## REALISTIC?



To achieve your goals, they need to be realistic, otherwise they're just a fantasy. But what is realistic? Who defines the likelihood of you achieving your dreams? The answer is... **you!**

Realism is subjective, and since you control your experience of reality, you decide what is realistic for you. Elon Musk exemplifies someone who makes unrealistic things real, with his plans for building affordable space transport and colonizing mars.

Reality is what we **currently** define as normal. Repeatedly thinking 'normal' thoughts results in average experiences and the same reality as yesterday. Many people are happy with an average life, but, if you're reading this I bet you want more. You want an above average new reality. Am I right? **IF YOU WANT EXTRAORDINARY THINGS TO HAPPEN, YOU NEED TO THINK AND ACT UNCONVENTIONALLY.** You have the power to create a new reality using your courage, creativity, will power and a strong belief.

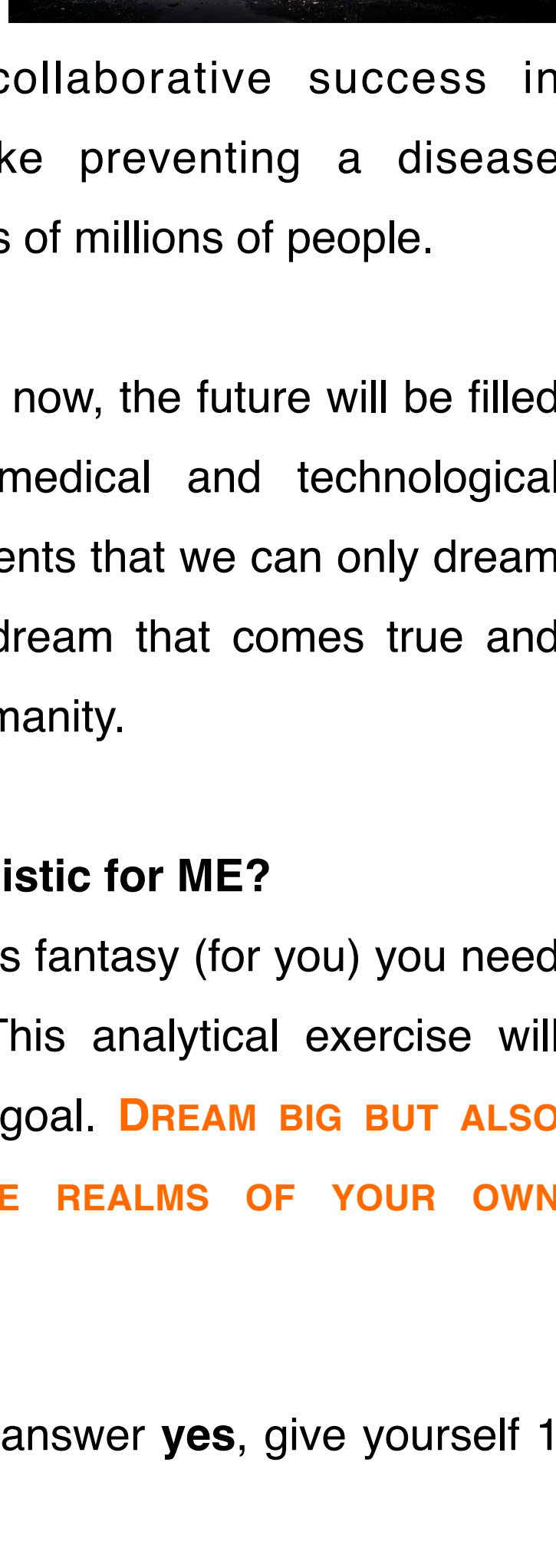
Belief is a powerful factor in success. The "Iceman", Wim Hof believed it was possible to climb Mt. Everest without specialized protective warm clothing. He trained his body and mind, and climbed to 22,000 feet in just his shorts and shoes!

In his words, *"We can do more than what we think. It's a belief system that I have adopted and it has become my motto. There is more than meets the eye and unless you are willing to experience new things, you'll never realize your full potential."*

The feasibility of achieving goals often correlates to approach. Doing the right things, in the correct order, increases the likelihood of success. But doing the wrong things will reduce your chances significantly. Unfortunately, knowing if you are taking the right or wrong approach is hard to predict prospectively.

Finding people who have achieved your goal helps tremendously: learn from them. What mistakes did they make? What helped them progress the most? Put their lessons into your action plan and test out proven successful strategies. Not all verified strategies will be appropriate for your unique journey, but the path will be easier and the chances of success higher. Knowledge and experience can be borrowed to accelerate your own growth and progress. If nobody has achieved your exact goal then finding something similar can still encourage and support you.

Also take pride in knowing that your achievements could inspire others and increase their chances of success! Working towards valuable goals can directly contribute to collaborative success in something really big, like preventing a disease currently impacting the lives of millions of people.



Even if it seems unrealistic now, the future will be filled with scientific, spiritual, medical and technological discoveries and advancements that we can only dream of now. It could be your dream that comes true and transforms the future of humanity.

### Exercise: Is My Goal Realistic for ME?

To determine realism versus fantasy (for you) you need to ask some questions. This analytical exercise will also help you refine your goal. **DREAM BIG BUT ALSO ENSURE IT IS WITHIN THE REALMS OF YOUR OWN PERSONAL DETERMINATION.**

- For each question you answer **yes**, give yourself 1 point;
- Also follow instructions (in brackets) to describe your goal in detail;
- For each question you answer **no**, work out how to get to a **yes**.

1. Can I list all the steps needed to reach my goal? (list them out)
2. Is each step measurable and specific so I can tell when I have achieved it?
3. Can I estimate how long each step will take? (add up the total time for each step)
4. Do I have the time, energy and money needed to complete each step?
5. Do I understand the skills and resources needed for each step?
6. Do I have a plan for acquiring the money, skills or resources I need?
7. Can I complete my goal within the time I have allocated?
8. Can I draw upon the experience of others to help me achieve my goal?
9. Is the goal important and rewarding enough to help me maintain motivation?
10. Do I have a person or technology that will make me accountable for my actions?

If you score 7 or more, then your goal is realistic for you. It could be a goal that takes 10 years to complete and involves hours of study, practice and dedication, but that is still realistic. Fantasy is when you miss out the key research and understanding needed to create a real and actionable motivating plan!

### To Summarize

**ONLY YOU CAN DEFINE AND DECIDE HOW REALISTIC YOUR GOALS ARE**

**TO CREATE A NEW REALITY, YOU HAVE TO THINK AND ACT DIFFERENTLY**

**BELIEF IS A BIG FACTOR IN SUCCESS, CHOOSE TO BELIEVE YOU WILL SUCCEED**

**LEARN FROM THE SUCCESSES AND FAILURES OF OTHERS TO GUIDE YOU**

**UNDERSTANDING YOUR MOTIVATION AND ACTIONABLE STEPS ENSURE REALISM**

**YOUR ACHIEVEMENTS REALLY COULD TRANSFORM THE LIVES OF MILLIONS OF PEOPLE**