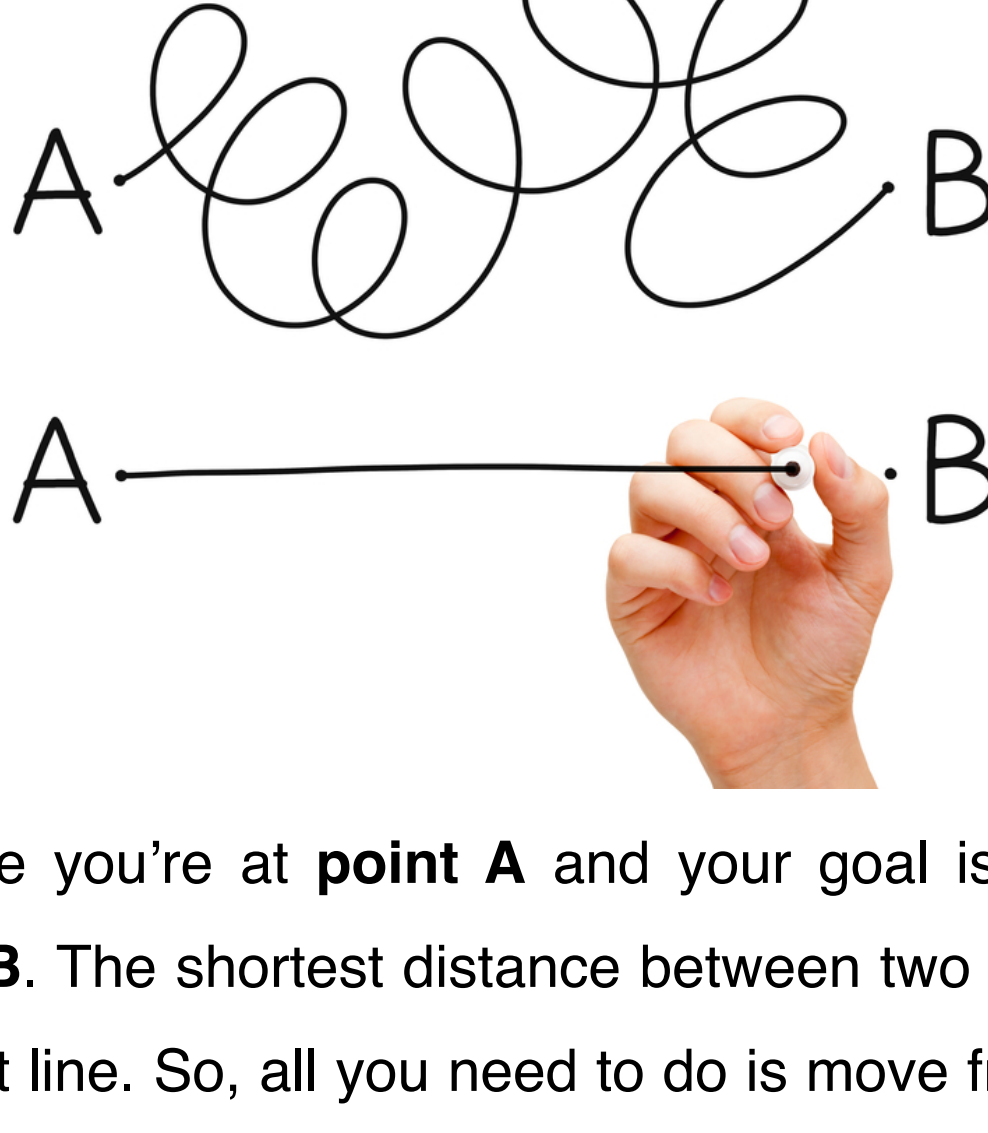


MOVING FROM

POINT A TO POINT B



Imagine you're at **point A** and your goal is to get to **point B**. The shortest distance between two points is a straight line. So, all you need to do is move from A to B in a straight line. Sounds simple, right?

In reality, achieving goals, moving from point A to point B, is rarely simple and requires careful planning. **YOU NEED TO ASSESS WHAT RESOURCES, STRENGTHS, SKILLS AND OPPORTUNITIES YOU HAVE RIGHT NOW AT POINT A. THEN YOU NEED TO CONSIDER WHAT OPTIONS YOU HAVE FOR GETTING TO POINT B AND WHAT RESTRICTIONS YOU HAVE, LIKE TIME OR MONEY.**

For example, when planning a journey you could take different routes and use many forms of transport. Some types of transport are faster but more expensive, like flying. Others are slower but cheaper, like walking. You could use navigation tools like Google maps to guide you along the way. Or make the journey more of an adventure, taking a road trip with friends and stopping at different places.

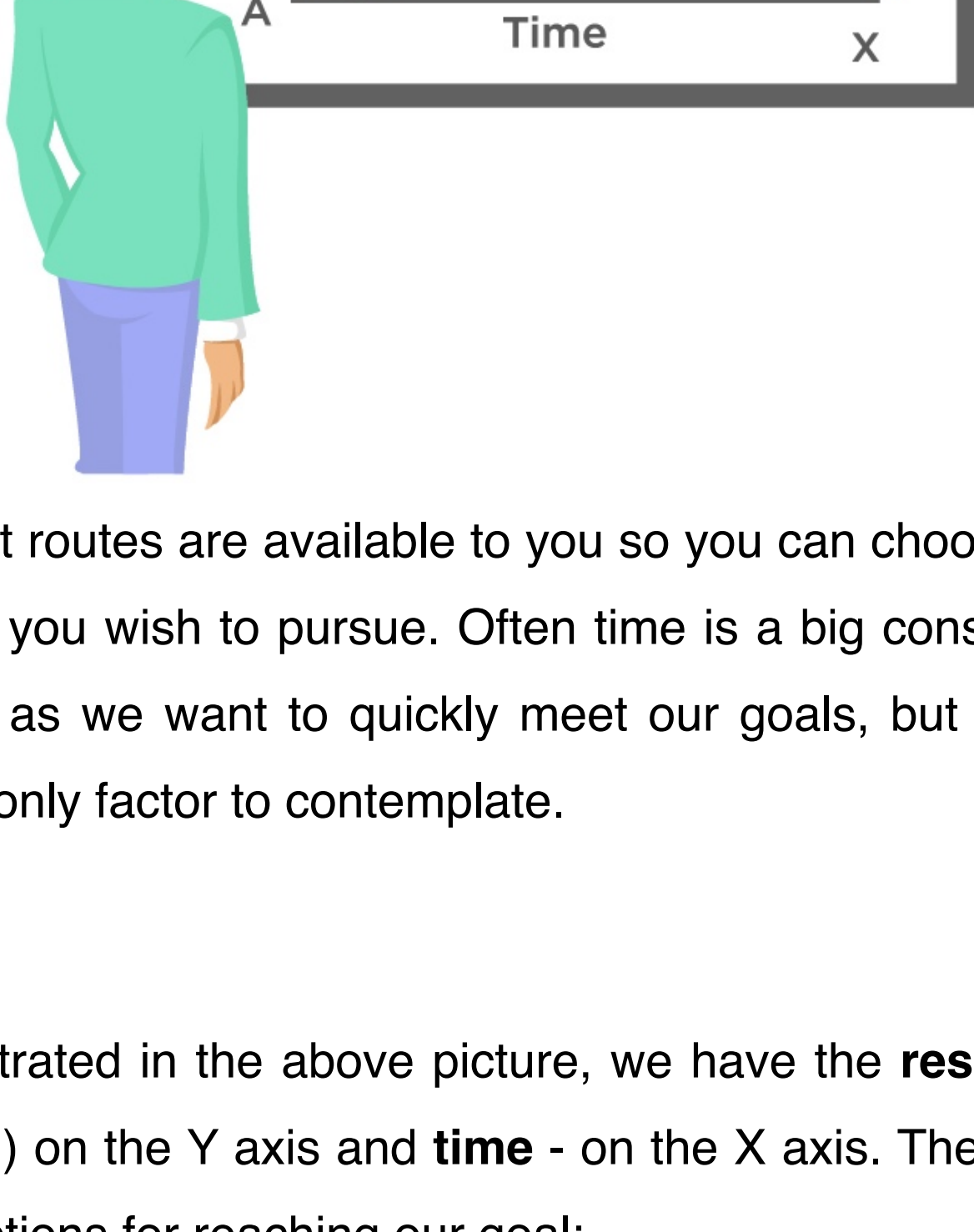
Your goals are unique to your personal needs which are a big part of the planning process. For example: the risks you want to take; the lessons you want to learn by stepping out of your comfort zone or making difficult decisions; the impact of learning a powerful new life skill.

The journey to reach your goal can help you drop limiting habits and develop empowering ones. The risks, potential costs and benefits all need careful consideration. Critically, along with your skills, strengths and situation, they are unique to you.

WHAT IS IMPORTANT TO YOU WHEN THINKING ABOUT YOUR GOAL? HOW DO YOU WANT THE JOURNEY TO BE? WHAT DO YOU WANT TO ACHIEVE? WHAT SKILLS DO YOU WANT TO GAIN? WHAT EXPERIENCES WOULD BENEFIT YOU THE MOST? We all have very different requirements from the journey through life and both the goal and the journey to reach it are important and unique to you.

Which Route to Take?

Thinking about the journey to your goal, ask yourself



what routes are available to you so you can choose the one you wish to pursue. Often time is a big consideration as we want to quickly meet our goals, but it isn't the only factor to contemplate.

Illustrated in the above picture, we have the **result** (or goal) on the Y axis and **time** - on the X axis. There are 4 options for reaching our goal:

Option 1

It takes lots of time, but we see very little concrete results. For example, spending an hour a week learning a musical instrument from a bad teacher over the space of a year while finding the experience boring.

Option 2

It takes significant time but we see incremental change. For example, increasing income by 10% by setting up an online business and making a few sales. Because we see a benefit this reward helps us stick to the goal.

Option 3

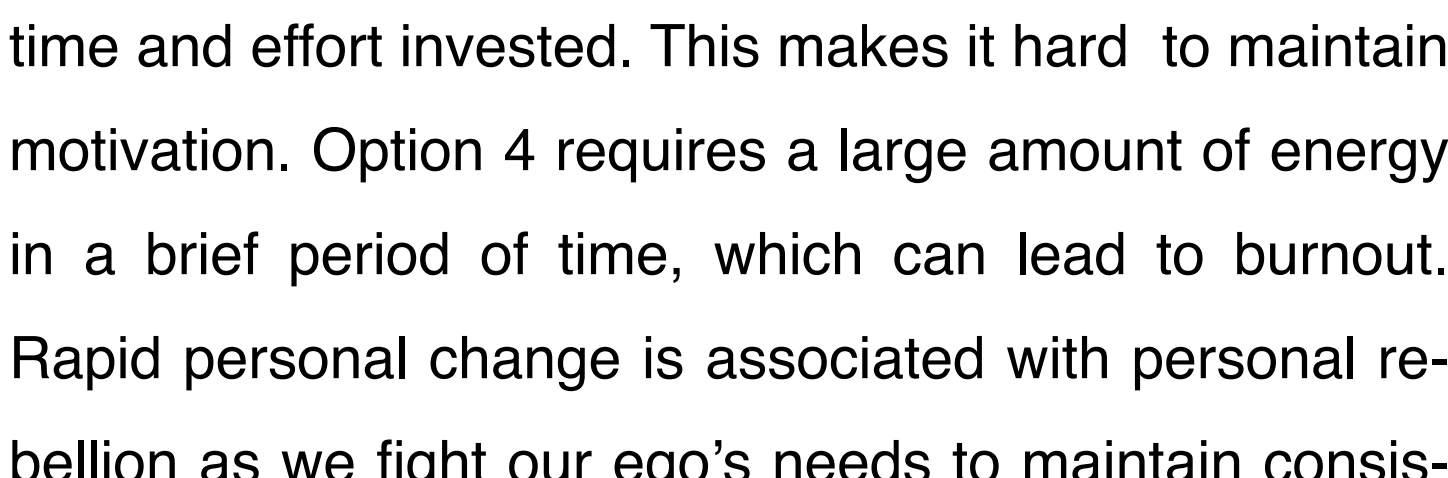
This is the transformational route: a bigger change over a brief period time with stable significant growth. The positive results arise from repeated effort. For example, seeing physical changes after going to the gym for several weeks, training with a coach and eating a diet that supports our health. The multifaceted approach with support brings fast, rewarding and sustainable results.

Option 4

The is the breakthrough. It's a steep change towards the result in a short period of time. You may not be prepared for such a rapid change and there are usually risks involved. For example, you invest lots of money in a project which could bring huge rewards or fail totally. Or you lose weight too rapidly with extreme dieting and don't address emotional issues along the way. These are risky and unsustainable options.

Which Option is Best?

It's about finding the right balance of time, effort and results, plus other perks of the journey. Only you can assess and determine the options which suit your needs.



Options 1 and 2 usually offer too little growth for the time and effort invested. This makes it hard to maintain motivation. Option 4 requires a large amount of energy in a brief period of time, which can lead to burnout. Rapid personal change is associated with personal rebellion as we fight our ego's needs to maintain consistency and security in life.

Option 3, the transformational route, is typically the best option. It offers steady, significant and sustainable growth with obvious rewards. **IT CHALLENGES YOU ENOUGH TO ACQUIRE THE SKILLS AND KNOWLEDGE YOU'RE SEEKING AND KEEPS YOU MOTIVATED TO STAY ON THE PATH.**

To Summarize

BEFORE PLANNING YOUR GOAL CONSIDER THE WHOLE JOURNEY, INCLUDING:

YOUR CURRENT STRENGTHS, SKILLS AND RESOURCE

ANY RESTRICTIONS OR CONSTRAINTS SUCH AS TIME AND MONEY

THE VARIOUS OPTIONS AND ROUTES AVAILABLE TO YOU

THE RISKS AND PERSONAL BENEFITS OF EACH OPTION

HOW YOU WILL MAINTAIN MOTIVATION AND GET SUPPORT

FINDING THE BEST ROUTE FROM A TO B IS SIMPLE WHEN YOU TAKE THE TIME TO UNDERSTAND YOUR OWN UNIQUE CHARACTER, PREFERENCES AND SITUATION