START FROM THE

END RESULT IN MIND



THINK. Everything starts, and ends, in your mind. These exercises will help you clarify what success looks like for you! **Exercise 1: Visualization** Visualization creates a lifelike image in the

subconscious mind. The more realistic you can make it

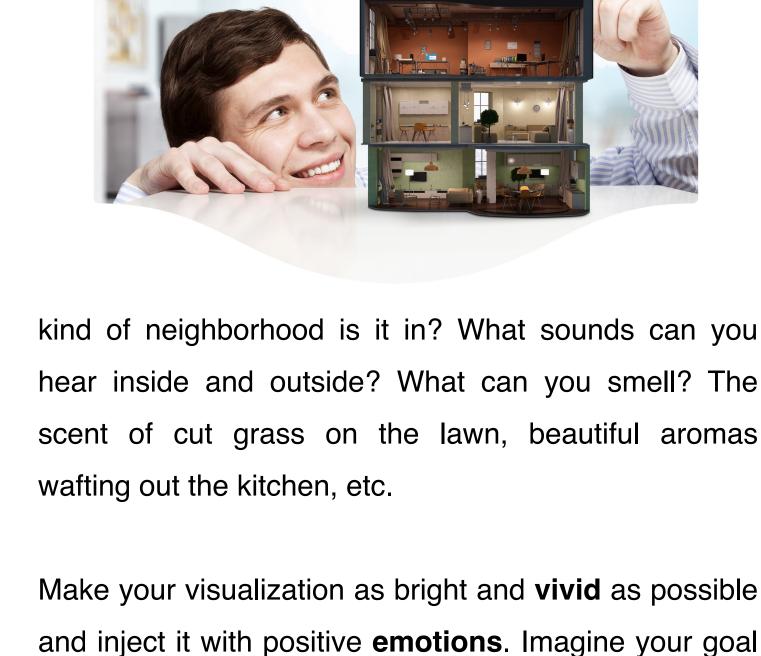
more your conscious mind will believe it,

IMPORTANT SKILL IN ACHIEVING YOUR GOALS IS HOW YOU

dramatically improving your chances of success and

increasing your motivation.

Imagine you want to buy a new house. To visualize this goal, close your eyes and picture your perfect house while engaging all of your senses. How does your house look? How many rooms and floors does it have? How big is the garden? Where is the house and what



essential to staying motivated towards your goal. Add movement to your visualization. Compared to static images, imagining moving images improves memory recall. So, if your goal is to get fitter and lose weight, visualize yourself doing an exercise you enjoy

How does it **feel**? Does the thought of achieving this

has already been achieved by recalling times you felt

incredible and insert this emotion into your

visualization. With powerful emotions backing your

visualization your subconscious mind believes the

image is true. Building emotional connection is

and why? If you don't feel excited or inspired by your goal, try rewording it until it evokes positive emotions. Now visualize YOUR own goal. Spent at least 5 minutes seeing yourself achieve it. MAKE IT VIVID, DESCRIPTIVE, MOVING, EMOTIVE AND FEEL GOOD - GET ALL YOUR SENSES INVOLVED. Write down as much as possible about how your life will look, feel and be when you have achieved your goal successfully. **Exercise 2: Identifying the Essential Elements of Your Goal**

like dancing or running,

adding plenty of movement

and positive emotion into your

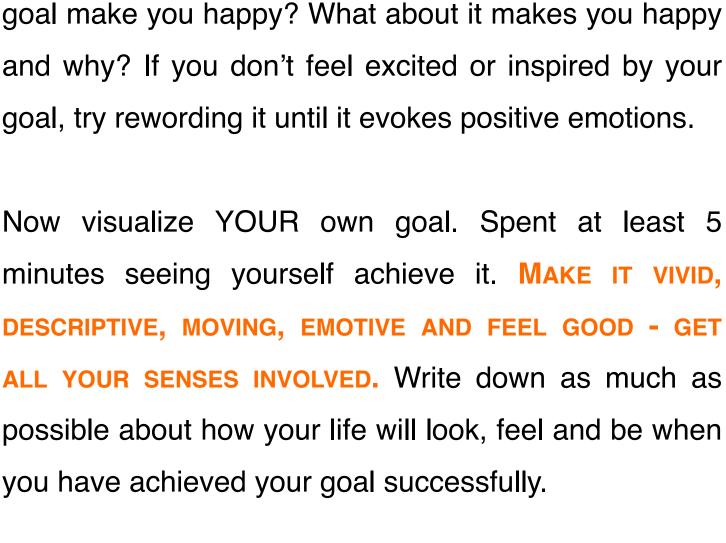
imagination.

Critical

Nice boss

More money

Enjoyable work

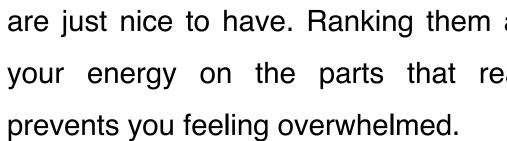


Nice To Have

Management training

On site Gym

Under 30 minute commute Flexible working options



The 'critical' list is things that are essential for you to feel happy when your goal is accomplished. The 'important' goals matter to you as well, and you may choose to trade an essential element for a few important ones if it doesn't work out. 'Nice to have' are less relevant for the satisfaction with your goal, so you can choose in advance to have less

How much time and energy are you are ready and willing to invest in the realization of this goal? ARE YOU REALLY COMMITTED TO ACHIEVING IT? IF NOT, THEN THE CHANCES OF IT HAPPENING ARE VERY LOW. BUT IF YOU ARE

COMMITTED, THE CHANCES OF SUCCESS ARE HIGH. Write it

VISUALISATION IS A POWERFUL WAY TO REACH YOUR GOALS BECAUSE IT PRIMES YOUR MIND FOR SUCCESS

down in clear, measurable form using the Bold app.

DETERMINING ESSENTIAL AND IMPORTANT SUCCESS FACTORS

YOUR VISUALIZATIONS

THINK BOLD, ACT BOLD, BE BOLD!

To Summarize

COMBINE EMOTIONS, MOVEMENT AND FEELINGS TO ENHANCE

HELPS YOU FOCUS ON WHAT REALLY MATTERS

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For example, if your goal is to find a new job these might be some of your considerations:

attachment to their fulfillment. Now make a list of the things that are important to you about

the end result of your goal and divide these into three

categories: critical, important and nice to have.

are just nice to have. Ranking them allows you focus your energy on the parts that really matter and

When creating goals it's easy for our minds to get over

Important

Career development

excited with all the possibilities, which can be

counterproductive if our focus is spread too thinly. This

exercise will help you understand which elements of

your goal are essential, which are important, and which

Big team