

START FROM THE

END RESULT IN MIND



Have you ever clearly defined what success looks like for you? What exactly will the end result be? **THE MOST IMPORTANT SKILL IN ACHIEVING YOUR GOALS IS HOW YOU 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 the more your conscious mind will believe it, 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



kind of neighborhood is it in? What sounds can you hear inside and outside? What can you smell? The scent of cut grass on the lawn, beautiful aromas wafting out the kitchen, etc.

Make your visualization as bright and **vivid** as possible and inject it with positive **emotions**. Imagine your goal 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 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 like dancing or running, adding plenty of movement and positive emotion into your imagination.



How does it **feel**? Does the thought of achieving this goal make you happy? What about it makes you happy 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

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

Critical	Important	Nice To Have
Nice boss	Big team	On site Gym
More money	Career development	Management training
Enjoyable work	Under 30 minute commute	Flexible working options

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

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

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 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.

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 down in clear, measurable form using the Bold app.

To Summarize

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

COMBINE EMOTIONS, MOVEMENT AND FEELINGS TO ENHANCE YOUR VISUALIZATIONS

DETERMINING ESSENTIAL AND IMPORTANT SUCCESS FACTORS HELPS YOU FOCUS ON WHAT REALLY MATTERS