



# GOAL SETTING

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# *What's it all about?*

New results.

New life circumstances.

**POSITIVE CHANGE.**



# But...

**Getting Started** can be tricky so here are a few tips to bait the “goal hook”.

# Why?

Because we have more than likely settled into some very **deeply engrained thinking habits**.



We **stop seeing the possibilities** and the big picture and we get stuck spinning our wheels repeating our **focus on the same things over and over**. Daily, weekly, yearly.

*The only thing worse than being blind is having sight and no vision.*



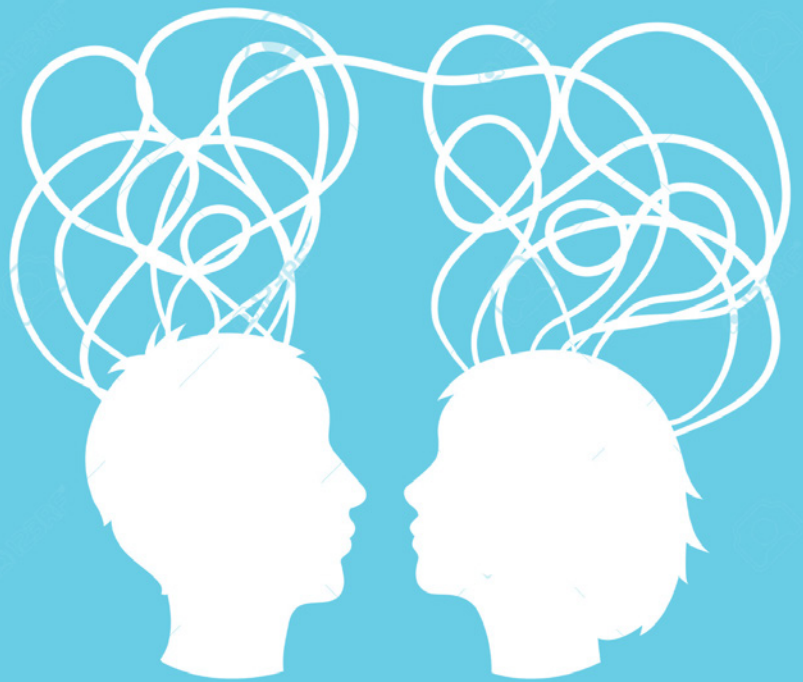
# How do we change that?

We need to **wake up the sections of our brain that help us to think creatively.**

These are the parts of the brain that we have stopped calling on when we have fallen into old cognitive (thinking) habits.

Everyone does this, some people though, are aware of it and have ways of keeping thinking and the brain fresh.

You will recognise these people by their **positive disposition, joy for life, happy relationships, freedom from drudgery, ability to make things happen** etc.

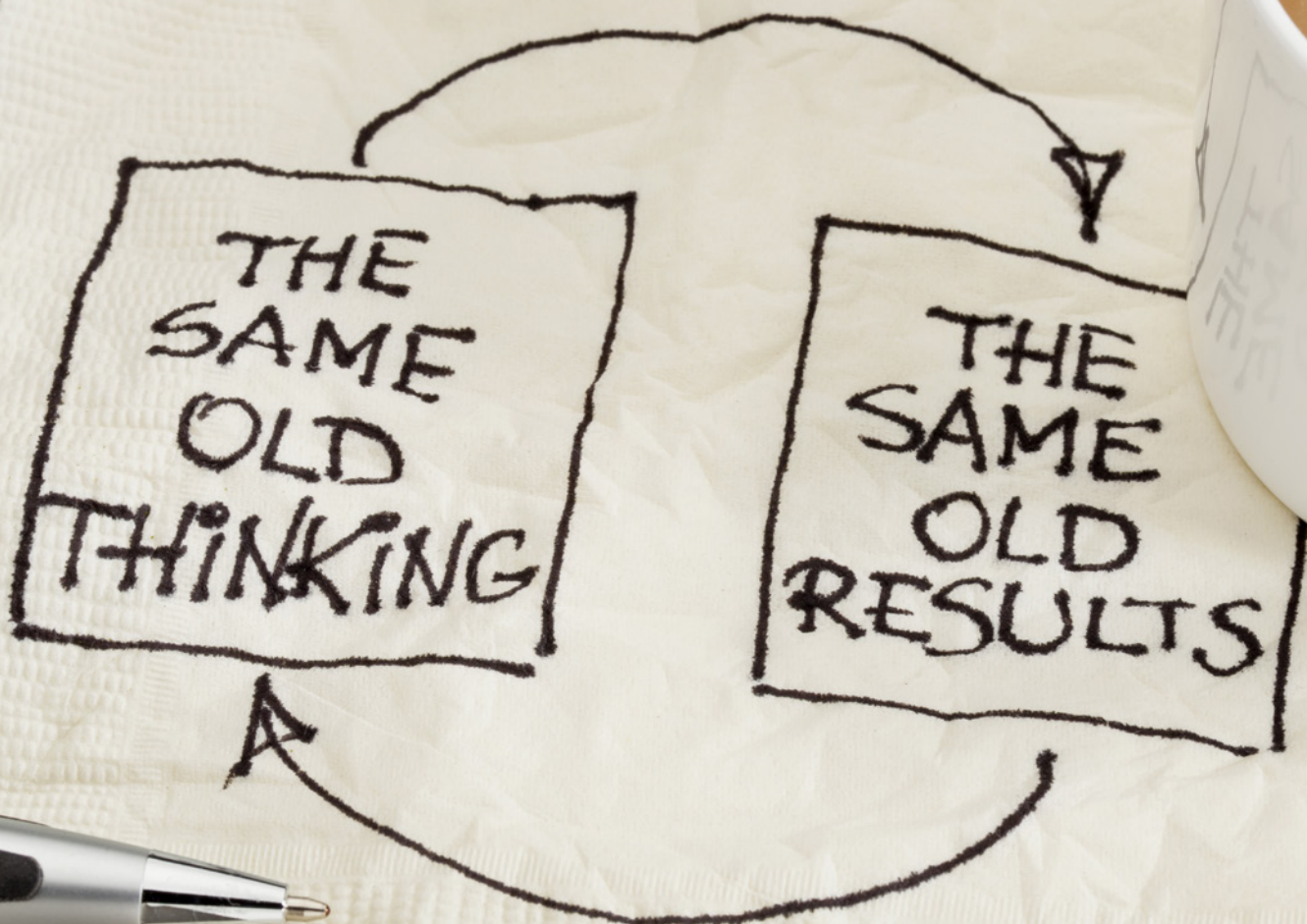


A photograph of a beach at sunset or sunrise. The sun is low on the horizon, creating a bright, golden glow over the water and sand. Gentle waves with white foam are washing onto the shore. In the foreground, a series of footprints are visible in the wet sand, leading from the water towards the viewer. The overall mood is peaceful and contemplative.

*Change is a process,  
not an event.*

# How do I know I have old thinking?

The old cognitive habits, or old thinking habits also carry with them **emotional** habits.



Left unchallenged or unchanged for too long these old thinking and emotional habits can get deeper and stronger and cause us to **feel stuck**. Consequently we experience negative results such as **anxiety and depression or anger and apathy or hopelessness**.

## *What happens after that?*

So we find **escapes and distractions** from these feelings because **we want to feel differently or better**, such as drugs, alcohol, shopping, gambling, promiscuity, fighting, keeping constantly busy, hoarding, over eating, exercising excessively, drifting and the list goes on and on.





*So how do we get over that cycle  
of habits?*

We need to **use the brain in a different way...**



# How?

**Start by doing some brain exercises** that sort of trick the brain into thinking differently than the habitual ways it has become very attached to and very accustomed to.

## How do you trick your brain?

Games... or make believe.



# Why is it good to understand this?

Avoid Self Sabotage.

Because when you start working with a partner in change, a 'change agent', 'coach', 'counsellor' etc...people often block themselves from being open to the process or questions being asked and the language being used and the tasks they set and even the goals they set.

Old thinking immediately blocks new thinking, that's it's habit and therefore it's safe place.

Old thinking will detect an attempt to change and often sabotage the effort or process.



*So, let's begin*

Let's Pretend.

# Make 10 wishes

**Write the wishes in the structure of a goal that you have already achieved** (eg. I am 49 and I now surf every week).

Let your **imagination** run free.

Have **fun** writing your wishes.

Be as **creative** as possible.

Pretend your **ink is magic** and the wishes you write down will actually come true.

**Do NOT block**  
anything be open  
and creative.



# Magic 2 minutes

With your same pen containing the magic ink...

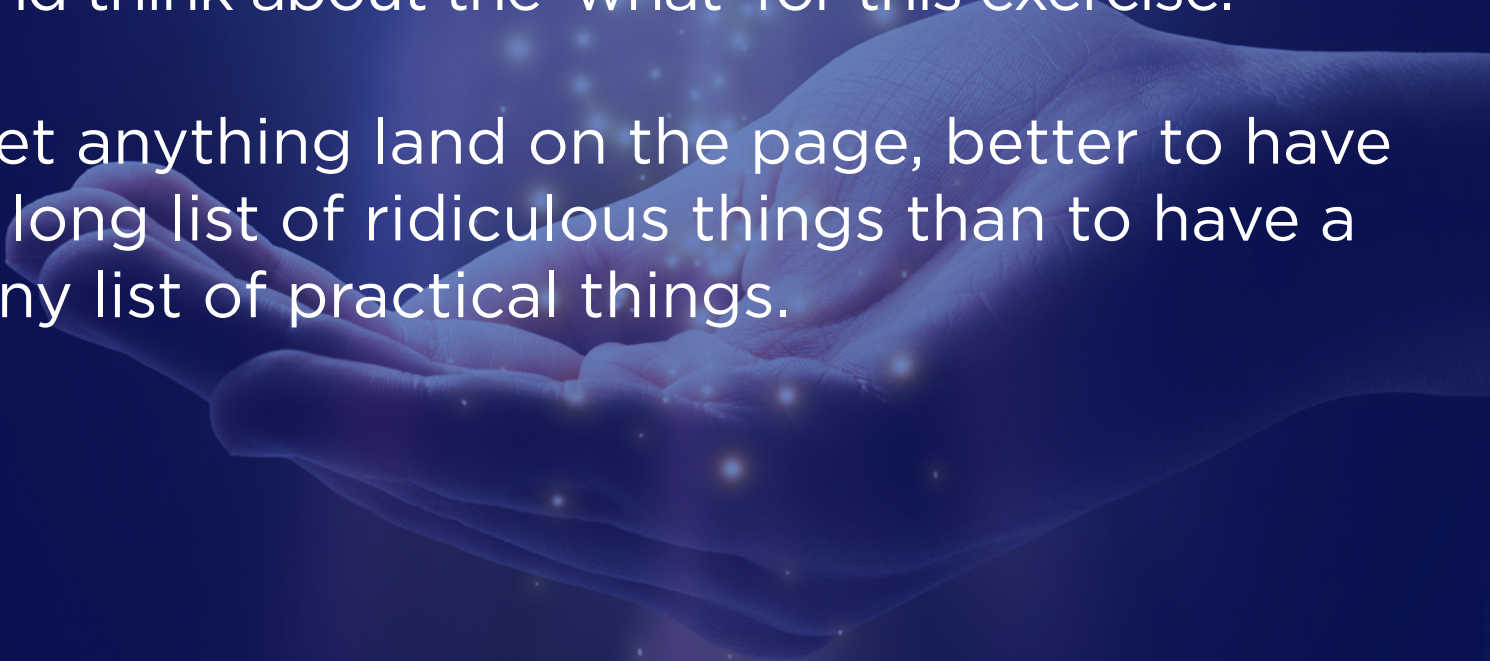
Set a timer on 2 minutes.

Write as many things on your bucket list as you can think of...

Open your mind, nothing you write is too stupid.

Don't think about 'how' you could achieve any of these things, this will only block the part of the brain that is creative and needs to just focus and think about the 'what' for this exercise.

Let anything land on the page, better to have a long list of ridiculous things than to have a tiny list of practical things.



# *This is just the beginning*

Let a **new way of thinking** create a **new way of living**.

Change is a **process** and needs to be a part of your everyday training.

Read your goals **everyday**.

Tweak your goals as you need to.

Forever now, focus on thinking about your **hopes and dreams** and start writing them out as step by step goals... one step at a time in the chosen direction is better than sprinting down the wrong path.

