

8 Steps To Get What You Really Want

By Gayle North

This series of questions will assist you in developing and realizing your goals/outcomes in a way that brings a sense of true satisfaction and fulfillment.

1) Determine what you want. This is the hardest part for some people. Think of the various areas of your life, your body and health, finances, relationships/family, emotional well being, education, spiritual development. Pick one high priority area. Ask, "What would I like to improve?"

2) State your goal or intention in the positive as an affirmation using "I am, or I am now ready to" For instance, "I am now ready to be a more effective teacher, (or parent, skier, singer)." The words "I am" and "I am now ready" are powerful words of creation. These words align us with our God-given higher potentials that become known to us through our own heart's desires.

Powerful examples: "I am now ready to assist my body in expressing it's highest potential of health and well being. I am developing an appetite for healthy food and gift my body with the exercise my it needs to renew itself." "I am now ready to develop the skills I need to ski at a high intermediate level." "I am now ready to develop a higher level of self acceptance and let go of my judgment of myself and others."

3) Make sure that your goal is stated in a way that you can get it yourself no matter what other people do. If your goals require others to make changes, even if those changes would be good for them also, you are positioning yourself to experience failure. It is important that you can achieve your goal no matter what others do. For example, if you were to state, "I want my wife/husband to stop criticizing me", ask yourself what that would do for you. Would it give you more sense of worth? If so, then ask, "What can I do/have/experience that that will give me a sense of worth and self acceptance no matter what my mate does?" Your goal could be stated, "I am now ready to improve my own sense of self and my maintain my resourcefulness even when someone criticizes me." Or "I am now developing the ability to hear what others have to say and then determine what parts are true for me – what parts I can learn from - and what parts I disagree with.

4) Check for obstacles. What stops you from already experiencing your desired goal. Perhaps nothing stops you. If so continue to the next step. I find in working with clients, that most obstacles are either limiting beliefs or self imposed limitations related to past experiences. Negative beliefs and limiting thoughts are energetic interferences that you can experience as a resistant state called Psychological Reversal. This condition can be easily corrected so that you can express the higher truth you and your potential. If you suspect that PR may be a problem for you, work with an energy psychology expert who can help you discover your hidden beliefs, correct the reversals and bring your energy into alignment with your goal. Or ask your subconscious mind or God to show you the hidden blocks that have stopped you in the past and help you heal.

5) Take advantage of your existing resources. If your goal is to be more comfortable speaking in public, notice what parts of that can you already do? If you can already sit in a small group and introduce yourself, you are already accomplished on some level. Acknowledge yourself for what you already can do or how far you have come.

6) Acquire additional resources. What other resources or skills do you need to reach your goal? Knowing what you already have makes it easier for you zero in on what parts you now need. Perhaps you now want to stand up and speak. In this case, your local Toastmasters group would be a resource to check out.

7) Make a plan and know the evidence you will use to track your progress. Ask yourself good questions in order to develop your plan. If your goal is to weigh 125 pounds, ask "What can I do now that will take me in that direction? What feedback will let me know that I am moving in that direction?"

8) Be your own cheerleader and best friend. Give yourself pep talks and compliment yourself for any evidence of progress. Encourage yourself in everyway. End your negative self talk by remembering the real truth about you. Show yourself the same unconditional love that God has for you. Be patient with yourself. Remember that the joy you seek in attaining your goal can be enjoyed all along the path as you align yourself with your higher potential. Enjoy the journey.

Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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