

Online
Success Coaching
Programme

*Set yourself some targets,
Monitor your results,
Nurture yourself – have fun
On your way to your dreams*



PART 3

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The information in this course has been gathered over many years from different books, courses and workshops. Where possible the original source has been listed.

My Logo



My logo is based on the @ sign you see on any keyboard.
I see a similarity between that and life.

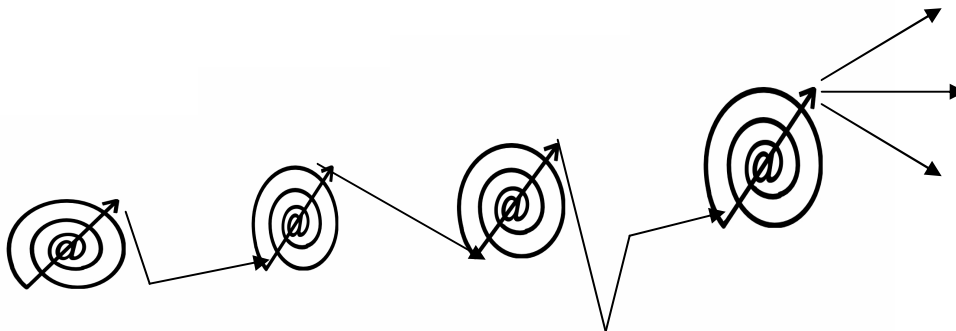
You can stay AT one place in your life, never learning new skills and going around and around in one place, repeating the same mistakes, ‘stuck’ in a rut

OR you learn new skills and then move forwards and upwards in your life.

When you learn a skill, you integrate it into your daily life. You remain at that point in your life for as long as you choose. You either get stuck again, zigzag, or forward or backwards in life, or you learn another new skill.

By learning the next skill needed for your success, you master another challenge and move onwards and upwards in your life again.

With each challenge you overcome, you achieve success and gain momentum in your quest to be ‘who’ you want to be as the **master of your life!**



INTRODUCTION TO Part 3

CONGRATULATIONS

You're progressing and moving forward!!

In the last section you would have assessed your life and where you spend each hour of the day. Everyone only has 24 hours each day and it often appears, some people achieve more in their lives than others.

You also rated your satisfaction levels from each of the six areas of your life. It was important for you to do that exercise so you are conscious 'where' your time was spent each day.

Although the Beatles had a song titled 'Eight days a week' which is certainly what some people would like, it's an impossible dream, hence you need to create other 'possibilities'.

*Don't exclude yourself...from precious moments
Warm encounters, beautiful attitudes,
Majestic discoveries, flowing intimacies,
Sensory development
For these are the jewels places in the
crown of your destiny. – WALTER RINDER*

In life we remember the magical moments, the crucial 'aha's', time when we walked in the rain, or hugged our family. In our busyness of life we need to ensure we 'find time' to allocate to creating these 'real moments' in life.

THAT IS WHAT MAKES LIFE PRECIOUS!!!!

After your exercises in Part Two, you were asked to spend time 'thinking' and 'contemplating' your future. It's almost time to start putting that into action.

Before we move onwards, here's a poem, some quotes and additional tips.



IF I HAD MY LIFE OVER

*I'd like to make more mistakes next time - I'd relax, I would limber up
I would be sillier than I have been this trip- I would take fewer things seriously
...I would take more chances*

I would climb more mountains and swim more rivers



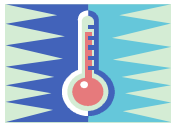
I would eat more ice cream and less beans

I would perhaps have more actual troubles BUT I'd have fewer imaginary ones

*You see, I'm one of those people who live sensible and sanely,
hour after hour, day after day.*

*Oh, I've had my moments, and if I had to do it again, I'd have more of them
In fact I'd try to have nothing else. Just one moment after the other
instead of living so many years ahead of each day.*

*I've been one of those persons who never goes anywhere
without a thermometer, a hot water bottle, a raincoat and a parachute.*



If I had to do it again I would travel lighter than I have.

If I had my life to live over...

I would start barefoot earlier in the spring and stay that way later in the fall

I would go to more dances, I would ride more merry-go-rounds

I would pick more daises.



NADINE STAIR

*Many people dream of success.
To me, success can only be achieved
through repeated failure and introspection.-
Soichiro Honda, founder of Honda Motors.*

- ✓ Some people have a challenge with the word ‘goal’. It has lots of positive connotations around it, but can also have some negative ones. At one stage when I was into goal setting in the early days, (I still do) if I didn’t achieve the goal I set out to achieve, I would feel like a failure. Usually I didn’t reach it because of sick children or something out of my control. It may have even taken longer than I thought. That’s when I discovered the word ‘intentions’. When I used that word it didn’t matter if I was a day late or week late. I’d still achieve what I set out to. It is really just a mindset, but you may find it helpful

- ✓ The values you decide on earlier in the programme are important now as you move into the next phase of designing your life. As mentioned earlier if you want financial freedom you’re not likely to rob a bank. Your values of integrity or honesty would be detrimental to that action.

- ✓ When you’re matching your values with goals, they need to align. Remember the robbing bank example. If they’re misaligned you need to check where you’ve gone wrong. Is it your goals or is it your values that need to be changed? If they’re misaligned your chances of success are lessened.

- ✓ When you’re setting your goal you need to make them reasonably realistic. Having a goal to win lotto or some other large amount of money, isn’t very realistic. To save XX amount of dollars in 5 years or earn XX amount of dollars in 5 years is more realistically aligned. So although you don’t need to know every answer, you need to be realistic.

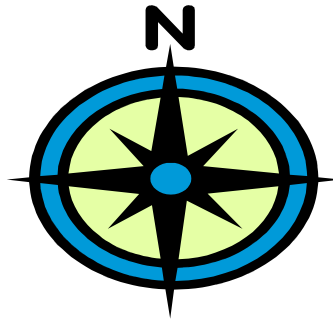


*It is good to dream, but it is better to dream and work.
Faith is mighty but action with faith is mightier.
Desiring is helpful but work and desire are invincible.
– Thomas Robert Gaines.*

- ✓ If you're working on more than one area of life, you're likely to have a number of different goals. Having goals in different areas, you need to assess their time frame because it's challenging focusing on numerous goals at once. You need to space them out over a period of time to achieve better success.
- ✓ You can't achieve all of your goals in a set time. You'll need to assess which are the most important and why. This keeps you on track and ensures you are aiming to achieve your desired outcomes.
- ✓ When you've decided on your goals, you need to decide if they are short or long term and whether they're head or heart goals. You'll be more passionate about one than the other. Short term and heart goals you can see results more quickly and give you a buzz. Long term they don't and some people think they're so 'boring'. Therefore you're more likely to focus on the short term. However, there are tricks that have you achieving the desired result you want.
- ✓ On your really important goals you'll need to do the SMART test. That's checking to see if your goals are: Specific, Measurable, Accountable, Realistic and The Time Frame. You've already done a bit of this by deciding if they're short or long term goals but this exercise is making you become just that little bit more specific. If your goal is to get fit and you get invited out to dinner or shopping and you've a gym class to attend, you'll say no.
- ✓ When you're working towards goals, your body is doing the action, but your head it doing the initial work. Turning your goals into affirmations is important. If your goal is to start a business, your affirmation will be about that goal. It's important you get your affirmations in the 'now' as if you've already achieved your goal. More on the next session on this.

NOW YOU'VE HAD A REMINDER OF THE ESSENCES OF LIFE,
IT'S TIME TO CREATE MAGIC FOR YOURSELF AND BALANCE OUT
YOUR LIFE AS YOU DISCOVER 'WHO YOU ARE' AND DESIGNING THE
REST OF YOUR FANTASIC LIFE.

Designing your Life



(This following exercise covers the next few pages. Read the instructions first. Then take the steps described.)

Remember to copy and display any poems or quotes that 'sing' for you.

For this exercise, find yourself a quiet spot where you won't be interrupted for 30 minutes. This exercise involves tapping into the right side of your brain, which is your creative side and creates the 'magic' in your life. Afterwards you use the left side of your brain, which is your logical side for discovering solutions.

Once you begin this exercise, write the first thoughts that enter your mind. DO NOT analyse them (that's left brained thinking). That area of your brain will find an excuse why you cannot achieve.

Eg. Your thought is... *Travel to London* Your left-brain will think, *I haven't got the money...* however discovering your solutions may include... *I could take a business trip and have the company pay for it, or maybe I could nanny for a family who lives in London* or many other alternatives.

A simple exercise, which *frees* up your brain before you start, is to stand up and cross your right hand to touch your left foot. Repeat this with your alternative hand to foot. Continue this for 20 times each side and then repeat with your hand and foot behind your back, 20 times each. This helps you to tap into the right side of your brain.

THEN ASK YOURSELF THIS QUESTION:

WHAT DO I REALLY WANT TO DO IN THE NEXT TEN YEARS OF MY LIFE AND LONGER?

The more you are willing to trust yourself and take risks to follow your inner guidance, the more money you will have. The universe will pay you to be yourself and do what you really love. – Shakti Gawain

Step 1

(Do this to fill in the **Lifetime Goals Dreams Desires** section)

Set yourself a time of 10 minutes in which to answer the question above. Write as fast as you can, don't give any detailed thought to it – just let your mind run free. This isn't what you think you can get, or what you think you deserve – this is what you want. If it all happened and you could have everything you wanted in the next 10 years, what would you do?

Examples might include: places to visit, investments, education for you or your children, personal or business aspirations, properties to purchase, skills or languages to learn, paintings to see, books or songs you want to write, projects you want to support or even a ride on a Harley Davidson motorbike in a Santa suit.



Keep thinking:

What would give ME the most incredible life in the next 10 years?

What would give ME the greatest satisfactions, pleasure and happiness, in this unbelievable life?

When you begin this exercise it's easy to write down your first goals. Your flow of ideas may slow down after awhile, but it's important to continue for the ten minutes, as it allows you to start thinking again and re-tap into your right side of your brain.

It's okay to have more than 40 goals...that means you want to live a fulfilling life, so have more paper available. In fact aim for 100 goals. (*Keep more paper ready*)

Notice the difference between what happens when a man says to himself 'I have failed three times' and what happens he says 'I am a failure' – S I Hayakawa

Step 2

Write down your goals under **Goal**. Then in the **Area** column, write down which of your preferred area of life it relates to. You could abbreviate categories by putting H for health, F for finance etc. Check to see whether you have them balanced across your life i.e. your goals aren't all financial or all health-related. If they aren't, rethink and make any adjustments. Alternatively, repeat the first part of this course.

The most beautiful thing we can experience is the mystery. - Albert Einstein

Step 3

Using the **Year** column, write down approximately when you want to achieve each goal – 1, 3, 5, 10 years and more. Again these need to be balanced, not all in year one or year 10. If you've got 50 goals, be realistic. However, if you want to travel to Europe and you've listed ten places you want to visit, treat that as one goal.

If you are seeking creative ideas, you could go out walking. Angels whisper to a man when he goes for a walk. – Raymond Inmon

Step 4

In the **Rate** column on your chart, allocate the importance of your goals for each year, 1, 2, 3, etc, with 1 meaning your goal is top importance to you, 2 meaning very important and 3 meaning it's of quite importance. You will be using these later in the exercise again.

*You never live so fully as when you gamble
with your own life. – Anthony de Mello*

Step 5

Count the number of goals for each category eg. Health, Career, etc. from your previous worksheet. Write them in the number column of the **Fantastic** chart. then distribute them to the appropriate years.

Also, re-assess your goals with your values.

When your goals are aligned to your values, you will have a higher **success** rate. Eg. If under Health, your values include, looking good and having more energy, it means your goals could include: stop smoking, learning to relax, lose weight, eat healthy food, get a check-up from the doctor and get fit. These are all aligned to your desire to be healthy.

Being healthy and eating junk food is a mismatch.

If you're happy with your decisions, tick your goal. If not put a cross next to your goal.

You need to reassess any areas with a cross. List these in the section for adjustments. Be realistic. Continue with the rest of the exercise and questions.

*We achieve a sense of self from what we do for
ourselves and how we develop our capacities.
If all your efforts have gone into developing others,
you are bound to feel empty.
TAKE YOUR TURN NOW. – Robin Norwood.*

Step 6

Now decide which of your goals is the most important to you. This is the one you concentrate on. If it's hard to decide, it may help to write the reasons why they're important. This helps you clarify your goals.

*How was Einstein able to conceive the Theory of Relativity?
He said the one crucial thing that helped him was his ability
to visualise: “what would it be like to be riding
on the end of a light beam”. – Anthony Robbins*

Step 7

If there are any goals you have not clarified write a paragraph including them into your life. Remember, the more goals you have the more fulfilling your life can be.

*You will go around in circles or
drift like a ship without
a rudder back
and forth with the tide...
or go down the road of life like
an automobile
without a steering wheel
until you set upon a goal.*

Brian Tracy



LIFETIME GOALS/DREAMS/DESIRES in the next 10 years
Self/Business/Career/Financial/Personal/Health/Family/Relationships/Community

	<i>Step 1</i> GOAL	<i>Step 2</i> AREA	<i>Step 3</i> YEAR	<i>Step 4</i> RATE
1.				
2.				
3.				
4.				
5.				
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	<i>GOAL</i>	<i>AREA</i>	<i>YEAR</i>	<i>RATE</i>
20.				
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40.				

FANTASTIC *Step 5*

Eg. Health 10 4 4 1 1 ✓

AREA OF LIFE	NO	1	3	5	10	✓/x
Personal/Self						
Career/Business						
Health						
Relationships						
Financial						
Community						
Environment						



People become really quite remarkable when they start thinking that they can do things.

When they believe in themselves they have the first secret of success. – Norman Vincent Peale.

Urgent and VERY VERY Important!

*Chaos demands to be recognised and experienced
before letting itself be converted
into a new order. – Herman Hesse*

**Are the goals that you have rated as important, matching your values?
If yes – fantastic – you are on track!!
If not – what is misaligned?**

- 1 Do your VALUES need to be REASSESSED?
- 2 Do your GOALS that you rated as IMPORTANT need to be REASSESSED?

For you to be successful – your passions, dreams, desires

VALUES and GOALS – MUST BE ALIGNED!!



*What is right for one soul may not be right for another.
It may mean having to stand on your own
and do something strange in the eyes of others.
But do not be daunted.
Do whatever it is because you
know within it is right for you. – Eileen Caddy.*

List any adjustments you will need to address later

*Until thought is linked with purpose, there is no intelligent accomplishment.
With the majority, the bark of thought is allowed
to drift upon the ocean of life.
A man should conceive of legitimate purpose in his heart,
and set out to accomplish it. – James Allen*





You've finished Part 3 of this course.

Pat yourself on your back for your achievement.

Continue thinking and realigning any differences that 'pop' into your mind.

Don't make too many adjustments. Keep to your first and original thought as this is your 'right brain – the creator of magic' working for you. If your left brain takes over the idea...it will decide a 'logical' reason why you can't do something.

ALSO – only share this with people who are supportive of you moving forward and making changes in your life.

Take care...enjoy your journey and Part 4 coming shortly to you in two weeks.

*Dreaming is an act of pure imagination,
attesting in all men a creative power, which,
if it were available in waking,
would make every man a Dante or a Shakespeare. – Hedge.*

REMEMBER – email me if you have any queries.

<mailto:janice@attitudespecialist.co.nz>