

A **StepOne** Goal Setting Pocket Guide

stepone
VISION BOARDS

The Courage to Change Unlocking the Secrets of Goal Achievement



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The Courage to Dream
The Faith to Believe
The Strength to Persist
The Wisdom to Correct as You Go

While much has been written about goals little has been drafted about the courage required to set goals in the first place.

It doesn't take much digging to see many people are living with fear, frustration and doubt. Who among us can say we haven't had a restless night worrying about what disaster could befall us the next day?

The more I read about the science of thought ("The Field" by Lynne McTaggart for example) **the more I'm convinced thoughts are things.** Our thoughts can serve up dark images of despair or they can paint pictures of joy, laughter and deep abiding happiness.

"Courage is rightly esteemed the first of human qualities, because it is the quality that guarantees all others."

Sir Winston S. Churchill

It is our thinking, more than our surroundings, which determines our level of happiness. Hold a thought and you will create an emotion. That emotion drives a behavior which in turn creates an event. To change your events you first must change your thoughts.

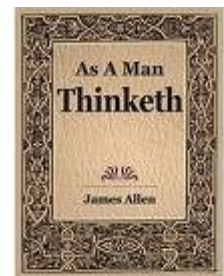
For those of us who have spent any time reading Self Improvement literature 'positive thinking' is not a new idea. In fact it's almost tempting to read the 'thoughts are things' message and dismiss it as a cliché. This Pocket Guide will help you re-frame your thinking by looking more deeply into the concept.

The challenge, for the vast majority of us, is to move from the well worn path of pessimistic thinking to a place where your thoughts create feelings of hope and joy. So how do you do it?

First know that **your thoughts and emotions don't have to rule your life. They can in fact be harnessed to further your goals.** The more you practice becoming conscious of your thoughts and emotions, the greater your ability to shape and control them. Thus encouraging only those thoughts which produce empowering emotions.

Think about the person you want to become. Picture that person going through their normal day. What are they wearing? Where are they going? How do they get there? Who do they spend time with and what kind of conversations do they have with others? What kind of contribution is this person, this "future you", making?

As A Man Thinketh



By James Allen

Get clear on these images.

Now imagine how this person feels. What emotions do they carry with them? When you look at them at their very best, what words come to mind?

What kind of thoughts go through their mind? What thoughts would this person simply not give energy to? Need some help defining some of the positive beliefs and thoughts your future self will carry? Check out the StepOne Affirmation Library. It's well organized and filled with great quotes, beliefs and positive thoughts.

Once you've got clarity on your future thinking, take a moment and write the thoughts down. Capture both the positive thoughts your future self will carry and the negative thoughts you have today that your future self will discount.

You've just taken a significant step forward. **What you have just done** (or maybe you're just about to do) **lays the foundation on which all your other work will stand.** So what's next?

If you're building a StepOne Vision Board enter these thoughts in the Affirmations section of the 'My Profile' page. If you're not yet a StepOne member, print out your Positive Thoughts List on a piece of paper and your Negative Thoughts List on another sheet.

Know that we attract to us that on which our thoughts dwell. If our thoughts are about things we don't want we will attract those things to us; if our thoughts are about those things we do want, we will attract those things to us just as easily. So, think about what you want!

"All that we are is the result of what we have thought. The mind is everything. What we think, we become."

Buddha

Post your Positive Thoughts List in a place where you'll be able to read them every day. As for your Negative Thoughts List, print that out too. Hold the Negative Thoughts List in front of you. Now vow to leave no place in your mind for these thoughts any longer.

The thoughts may pass through your mind again but they will not be allowed to stay. Ideally, say this to yourself in the mirror as if you were making a solemn promise to your best friend. **Now take that Negative Thoughts List and destroy it. What do I mean by destroy it? Crumple it up, cut it up, shred it or burn it over the sink.**

Want to make this experience really powerful? As you're writing down your lists put on your favorite motivational music. Crank the volume! Building your Positive Thoughts List works best when you're on an emotional high and there's nothing like great music to get you there.

So you've got some clarity on your future self. You've defined the thoughts your future self will carry and those they will leave behind.

You've created two lists and obliterated the negative one. The next step is to apply all of this and change your day to day thinking....easier said than done I know.

Here's the good news, if you can catch yourself holding a negative thought early enough you can usually stop it from turning into an emotional reaction. So how do you lift yourself out of negative thinking patterns? Try out the Rubber Band technique.

Get a rubber band that fits snugly on your wrist. Each time you find yourself holding onto a thought that doesn't serve you, snap the rubber band. And not just a little wimpy snap. You're looking for a big, 'SNAP!'. The kind of snap that makes you wince. This is where the normal Rubber Band technique ends.

The StepOne version of the exercise takes it...well...a step further (forgive the pun). As soon as you've stopped reeling from the wicked snapping you've put on yourself repeat the positive thought you want to carry instead. If you can repeat it three times out loud (ideally you're not amongst friends when all this is happening as you'll get some strange looks) then you're hitting the sweet spot of mental reprogramming.

"Self-discipline begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do. Simply, self-discipline enables you to think first and act afterward."

Napoleon Hill

For example let's say you are working hard to reach and then maintain a certain weight – you and about 200 million other people including me. You've identified a negative thought you often repeat that goes something like 'Just have whatever you want, you'll never lose the weight anyways'. After giving yourself a proper snapping you quickly say 'I only eat food that strengthens and replenishes my body'. You repeat this three times.

Now what about that whole “courage” thing?

As you move into the mechanics of setting your goals you'll likely hit moments of doubt, fear and hesitation. In another Pocket Guide we'll talk about the fine art of setting goals that you can achieve that stretch, but don't break you.

When you set your goals, work to ignore the voices of doubt, if even for a moment. Push past the discomfort, the fear of failure, the fear of success and write down the goal. Keep this up until you've drafted a series of goals. Aim for 5 to 15.

Now is the time for deciding.

You've drafted these goals which have come from, at some level, a part of you that is strong, certain and true. If you have a goal that simply looks too large, too overwhelming to achieve in the next 12 months, move it to **what David Allen, author of 'Getting Things Done', calls a 'Someday Maybe' list and look to review it again in 6 months.**

What's an example of a goal that could break you instead of stretching you?

Brian Tracy, author of several best selling Personal Development books, sites the example of a woman who was laid off for poor performance in a job, had not developed any other marketable skill, was extremely in debt and had a goal of earning \$1M in one year. This type of goal with a one year time frame, for the woman in question, probably would only cause her to give up and feel like a failure.

Back to your remaining goal list. When you read through each goal pick out the ones that give you that shot of fear. Now take a moment and read through the following quotes:

- Never be afraid to try something new. Remember, amateurs built the ark, professionals built the Titanic. -- *Unknown*.
- Courage is not the absence of fear, but rather the judgment that something else is more important than fear. -- *Ambrose Redmoon*.
- Do the thing you fear and the death of fear is certain. -- *Mark Twain*.
- Do the thing you fear to do and keep on doing it... that is the quickest and surest way ever yet discovered to conquer fear. -- *Dale Carnegie*.
- Don't fear failure so much that you refuse to try new things. The saddest summary of a life contains three descriptions: could have, might have, and should have. -- *Louis E. Boone*
- You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do. -- [*Eleanor Roosevelt*](#)
- I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear. -- *Rosa Parks*

One day you'll wake up and know you're meant to accomplish something that requires you to become bigger than who you are today.

To paraphrase Brian Tracy in his recent book 'Flight Plan', there are goals where you will only be able to see 'the next step' versus the entire series of steps needed to get to your objective. **What's amazing however is that when the Universe sees you're committed to take 'the next step' the curtains will part and 'the step after that' will be revealed.** The challenge is that taking that 'next step' without knowing what follows can be a scary proposition.

There is a point in all of our lives when we realize that we are far stronger than we ever imagined. You have levels of endurance, courage and power as yet untapped.



You were created from an undying source of strength and as a result you carry a link to that same strength within you.

If you're a StepOne Member, now that you've defined your goals add them into the 'My Profile' section of the site.

After completing the goal entries, add a picture to each goal – you'll find this a highly motivating exercise. Lastly, add music and you'll have your on-line Vision Board ready to go and the content for your Vision Board ready to print.

If you're not yet a StepOne Member, try out our site with a free 15 day trial. Regardless, take the time to add pictures to your goals and look at them daily. The principle of adding images to your goals and then reviewing them on a regular basis will dramatically accelerate your results.

The wonderful thing is that when you do take your 'next step' you'll not only be that much closer to your goal, you'll be a stronger, more confident person. Courage is what's needed to take 'the next step' along with the faith in knowing that another step will be waiting for you.

Live courageously!

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“The secret to getting ahead is getting started.”

Mark Twain