




How To



# Choose Your Time Frame Goal Setting Tool



*Step 3: Evening exercise*  
*Part 1 - step 4*

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# Goal Setting Tool

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In the evening exercise - Step 3 - we looked at the importance of:

1. choosing your goal from passion and
2. setting a start date for your transformational process.

We also talked about how long you need to do the exercise in order to see results. We talked about the fact that there is no **one-time-frame-fits-all**.

It's up to you to set the time frame.

How much time do you think you would need to reach your goal? How long will it take to change your limiting beliefs - your subconscious mind so you can transform and reach your goal?

Most Personal Development Programs give you a time frame. They tell you to do the exercises they offer for 3 weeks or 4 weeks or 2 months or 90 days and so on. This is all well and good, but the time frame they set will **not** work for everyone.

Why?

Because we are all «wired differently». We are all carrying different «baggage» with us from childhood. We all have different «buckets of water».



«Buckets with limiting beliefs».



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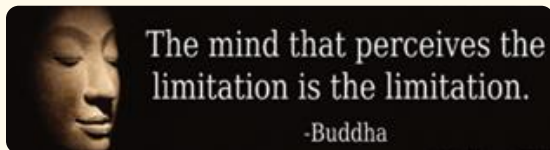
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When we grow up our minds are being fed different beliefs and “truths” about the world. Our minds are being filled up just like an empty bucket being filled up with water.

We have all grown up in different environments and these environments have been shaping and molding our subconscious minds. As a result we have different beliefs running our lives. We have different “buckets of water”. Sadly these beliefs are often limiting and they hold us back from getting what we want.

I want to tell you a story from my own life showing you how I was «programmed» with limiting beliefs from the environment I grew up in.



I grew up in a family with poverty consciousness and a scarcity mentality.

You see, my parents grew up during the Second World War. They were both only 7 years old when the Nazis marched into our country and occupied it. That was in 1940.

The war lasted for 5 years. My parents were 12 years old when the war ended in May 1945.

During those 5 years my parents were influenced and «programmed» with a scarcity mentality and a poverty consciousness. They were poor and didn't have a lot of food. Also, there was a curfew and people had to be in their homes by 9 pm every night. Strict regulations.

From the age of 7 until the age of 12 our subconscious minds are still being «programmed» and shaped because the gateway to the subconscious mind is still open.



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As a result my parents were «programmed» with a scarcity mentality, always saving and hoarding. They got what I call a poverty consciousness.

Also, they were told that «the recipe for success» was all about working really hard to make it, combined with a bit of luck and coincidence.

When I grew up my parents «passed on» their «recipe for success» and their scarcity mentality and poverty consciousness to me.

And I followed their recipe. I was told to work hard in school and then work hard to secure a good and safe job in a safe industry. **Safe** was the key word.

I did well in school and after a while I secured a safe job. My life was going according to «plan». However, even though I was «secure» I struggled reaching many of the goals I wanted to achieve.

My subconscious mind was programmed with a scarcity mentality and since the subconscious mind is «the boss» - it wins every time.

My «bucket of water» was filled up with limiting beliefs from childhood. It was «a big bucket» and I was completely ignorant of this fact.



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I struggled to reach my goals until I realized the mechanisms for success and how everything has to do with what we think and feel. I managed to transform and prosper even though I had «a big bucket» of limiting beliefs.

If I can do it, anyone can. You can do it too.

Yes, we are all wired differently, but we can all transform and prosper.



The habit study from University College London in 2009 with Philippa Lally and her team showed how different we all are.

One person created a new habit in only 18 days. The average was 66 days and it was stipulated that one person would need 254 days.

That's a wide span. Why such a big difference?

It has to do with how strong **the intention** to change is. It has to do with how strong **the burning desire** to reach the goal is and with the amount of «baggage», or «bucket of water», people carry with them from childhood.

The **stronger** your intention is to change your life, the faster it will happen.  
The **stronger** your burning desire is to reach your goal, the faster it will manifest.

Even with a «big bucket of limiting beliefs», like I had, a strong, burning desire to reach your goal goes a long way.



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# Goal Setting Tool

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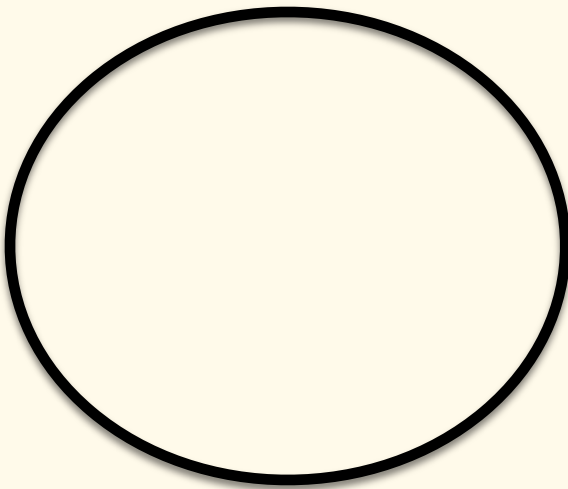
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It's up to you to decide how much time you think you need to reach your goal. How strong is your intention and desire to change?

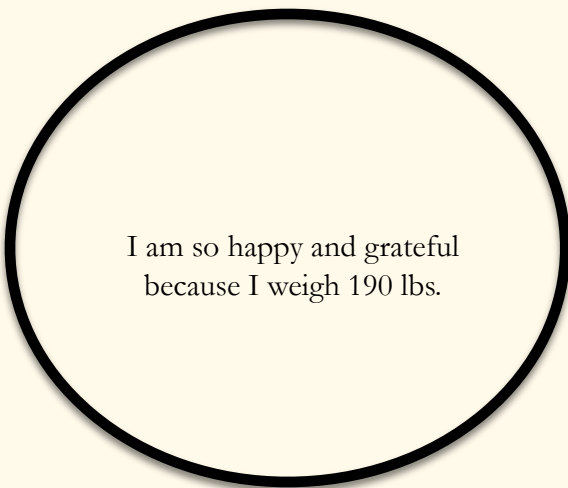
To help you on your way I have created a simple tool you can use – a **goal setting tool** helping you set the time frame for your goal.

Using this tool will make an impact on your subconscious mind.

Let's start.



1. First draw a circle. Use a piece of paper or your computer.
2. Write your goal in the center of the circle. Let's say the goal is to lose 30 lbs. – from 220 to 190 lbs.



Write the goal down as an affirmation in the present tense. This is important because the subconscious mind only relates to the present time. Not the past or the future.



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3. At 12 o'clock right down the start date for your transformational process. This is important because you need to tell your subconscious mind that on this date you will start your transformational journey. "All systems go". Let's use May 8<sup>th</sup> as the start date in this example.



4. Now you have to decide **how much time you think you need to reach that goal.** What **feels** right to you? It must feel right. See if you can get in touch with your inner voice and your intuition to get an answer on the time frame. For this example let's use 6 months. The goal must then be reached by Nov 8<sup>th</sup>.



5. Now you have to **divide the rest of the circle up into time segments.** Let's do it like this: 1 week, 1 month, 2 months, 3 months, 4 months, 5 months and 6 months.



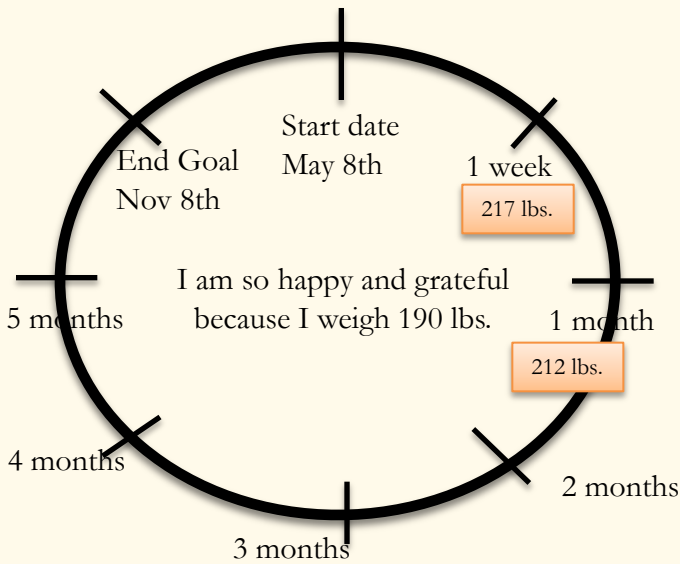
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6. For each time segment you set a sub-goal. So, for the first week it might be to lose 3 lbs. and reach 217 lbs. And for the next time segment – 1 month – it might be to lose another 5 lbs. – so 8 lbs. in total for the first month reaching a sub-goal of 212 lbs.

The reason for setting 1 week as the first time segment is because you want to get going with your transformational process. You must give all your focus and attention to that first week making it easy to reach that first sub-goal. Once you reach your first sub-goal you will feel great and you boost your self-esteem. It will reinforce your confidence that this is working. You are doing it. It will be easier to keep going.

Just set sub-goals for each time segment and go with the plan.

You can use this simple goal setting tool for any goal that you can quantify. Let's say your goal is a financial goal. Let's say you want to double or triple your income. Set a start date, choose a time-frame and then divide the rest of the circle into time-segments with sub-goals.

Or, let's say you want to publish your first book. Same thing. Set a start date and then choose your time frame. How much time do you feel you would need to get your book published?

Divide the circle into segments and sub-goals. Your first sub-goal might be to write 14 pages by week one. That's an average of 2 pages per day. Then you set your second sub-goal and so on.





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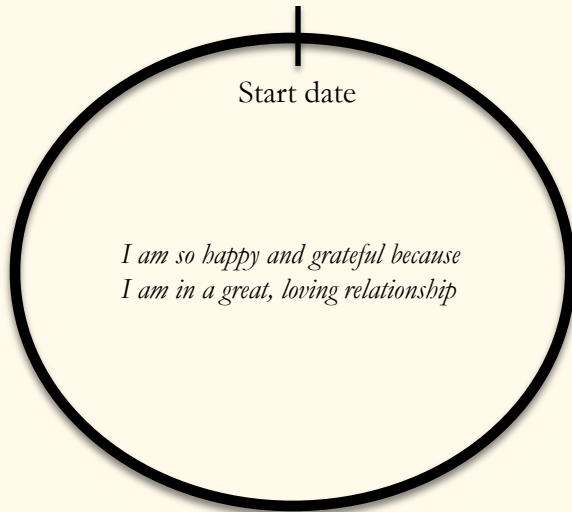
# Goal Setting Tool

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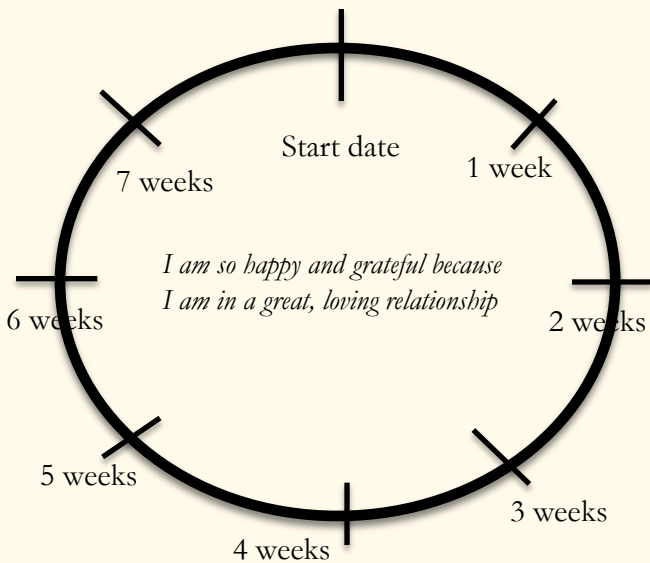
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What about a goal that cannot be quantified like attracting a loving partner?

You can still use the time-frame tool - just be creative. I would do it like this:



1. First create your circle.
2. Write your goal in the center of the circle.
3. Put down your start date at 12 o'clock



4. Now you have to decide how much time you think you need to reach that goal. What **feels** right to you? It must feel right.

For this example let's use 7 weeks.



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# Goal Setting Tool

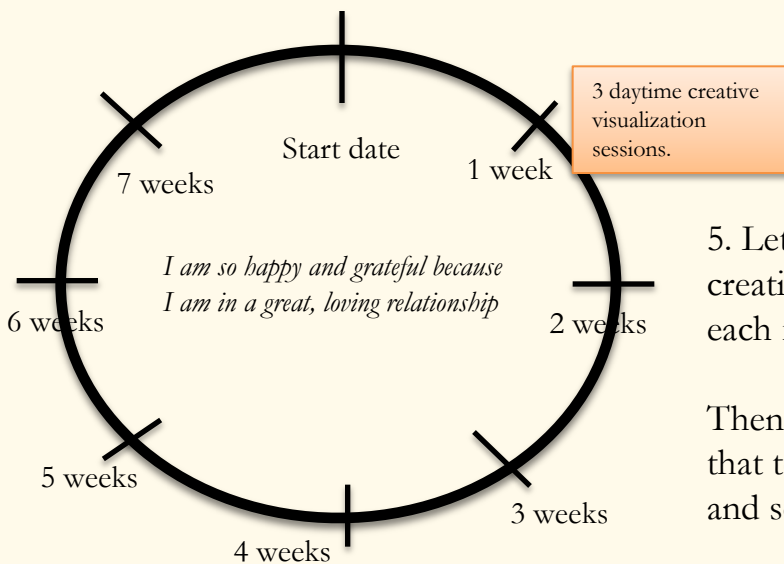
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How are you going to quantify your goal of attracting your perfect partner?

One way of doing it is to start doing **more creative visualization sessions** where you see yourself living with your loving partner. **The more you do creative visualization session the stronger the neural networks in your brain will become.** And the subconscious mind will start to believe what you have fed it. As a result it will start working **for you** 24/7 to match your inner reality (your dream life with your loving partner) with the outer reality.

In addition to the creative visualization session you should do every night as part of this program, you could decide to also do some sessions during **daytime**. Set aside some quiet time to go in silence – to meditate and do your creative visualization exercise of seeing yourself with your loving partner.



5. Let's say we decide to do 3 daytime creative visualization sessions at 15 minutes each for the first week.

Then for the next week you could increase that to an average of 4 daytime sessions and so on.

Now we have managed to set a sub-goal for each time segment.



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You can use this time-frame tool for any goal - just be creative.

The advantage of dividing your end goal into sub-goals is two-fold.

## 1. You send a message to the subconscious mind

You give your subconscious mind a plan to work with. The subconscious mind loves to be occupied and working towards a goal as long as **it knows what it is**. A crystal clear image of what you want is important.

Every night you should take out your plan and look at it. This will feed your subconscious mind with the plan and the sub-goals. Focus on **one sub-goal at a time**. Your subconscious mind will then start working **for you** by generating ideas and action steps that will help you reach those sub-goals and eventually the end goal.

## 2. You send a message to the conscious mind

By creating a plan and dividing your goal into sub-goals you also get your conscious mind onboard. You will see that your plan is doable and it will be much easier to focus on one sub-goal at a time rather than focusing on that big end goal. It's like you are convincing yourself that this is going to work.

It's just like a marathon runner.



He wouldn't focus on the end goal when he's starting the race.



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A marathon is 26,2 miles long. Thinking of running 26,2 miles all at once can be overwhelming and it's easy to give up if you do that.

Instead marathon runners divide the race **into smaller, more manageable segments**, (for instance each mile) and **focus on one segment at a time**.

It's exactly the same with the goal setting tool. Just divide the end goal into smaller segments and sub-goals.

This will convince you that it's doable and you start believing in yourself and that you can do this.

What if you don't reach your end goal in the given timeframe you have set for yourself? Well, then it's easy to give up saying that this tool doesn't work.

**You should never give up.**

You just have to extend your time-frame, because you don't know when your goal will manifest - it could be just around the corner.

You can't see what is going on in your brain. Since you have been sticking with your plan you have been creating new, neural networks in your brain and maybe they just need a little more time to become permanent. Once they are your life will change because new, neural transmitters will be produced setting up a new feeling, making you take new action steps leading to new results.

It's like planting a flower seed in fertile soil and then attending to it by giving it water. After a while it will break through the surface and grow and grow until it blossoms.

You too will blossom. You will transform as long as you don't give up.



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Once again I want to emphasize the importance of choosing a goal you are passionate about. It will be so much easier to endure and keep going until you prosper.

Also, when you look at your circle with your end goal and sub-goals each night use this **Power Question**:

**What would it take for me to ....(reach, accomplish, achieve your sub-goal)**

For example: What would it take for me to earn an extra \$1000 this week?

This simple power question is opening up your subconscious mind to look for new opportunities and actions steps to help you reach your goal.

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## Let's summarize this goal setting tool.

What to do:

1. Create the time-frame tool for your goal.
2. Print it out and keep it at your night table
3. Every night when you go to bed relax, breathe deeply and look at your plan. Focus on one sub-goal at a time.
4. Then ask yourself the Power Question for the sub-goal you are focusing on: *What would it take for me....*
5. Do this every night.

