

Welcome To Success Lab!

CONGRATULATIONS

Foundation Membership Is Sold Out



Traditional Goal Setting is Floored

- ✗ Usually based on what we don't want
- ✗ Often conflicts with values
- ✗ Usually unrealistic
- ✗ Normally trying to 'make up' for a failure/
pain/shortcoming
- ✗ Mostly unsustainable
- ✗ Doesn't consider what we bring to the
table



Goals for Success

- ✓ Addresses values and conflicts
- ✓ Considers consequences (positive & negative)
- ✓ Uses your strengths & weaknesses
- ✓ Has milestones
- ✓ Addresses mindset issues & beliefs blocking you
- ✓ Uses your 'why'
- ✓ Driven by emotion
- ✓ Includes education, accountability & guidance



Goal Writing Formula

It is [date] and I am [target/goal].
I feel/am [emotion / results].

SUCCESS



Example

It is Christmas 2017 and I am 62kgs.
I am full of energy and excitement
about my life and my goals.

SUCCESS



Pick One Goal...

How does this goal fit
with my *values*?

(conflict or complement?)

SUCCESS



Pick One Goal...

What other *goals will
be effected by
reaching* this one?

(positive & negative)

SUCCESS



Pick One Goal...

What other *goals will
be effected by
missing* this one?

(positive & negative)

SUCCESS



Pick One Goal...

What *strengths*
am I bringing to
this challenge?

SUCCESS



Pick One Goal...

What *weaknesses*
am I bringing to
this challenge?

SUCCESS



Pick One Goal...

What are the *milestones*?

break the goal down into the smallest possible chunks
set milestones MATHEMATICALLY

SUCCESS



Pick One Goal...

What do I need to
stop doing to reach
this goal?

what are the consequences of stopping this behaviour?

SUCCESS



Pick One Goal...

What do I need to
start doing to reach
this goal?

what are the consequences of starting this behaviour?

SUCCESS



Pick One Goal...

What do I need to
focus on doing to reach
this goal?

how do you feel about that?

SUCCESS



Pick One Goal...

What is the *mindset*
issue I need to overcome
to reach this goal?

how will you do this?
what do you need to learn?

SUCCESS



Pick One Goal...

What is your
WHY
for this goal?

it's deeper than the surface!

SUCCESS



Pick One Goal...

What *emotion* am I
trying to create by
reaching this goal?

why do you want to feel that emotion?

SUCCESS



Pick One Goal...

What *emotion* am I
trying to prevent by
reaching this goal?

why do you want to feel that emotion?

SUCCESS



Pick One Goal...

What do I *need to learn*
to reach this goal?

where? who? how? when?

SUCCESS



Pick One Goal...

What do I
need to unlearn to
reach this goal?

where? who? how? when?

SUCCESS



Pick One Goal...

Who is my
accountability
buddy?

SUCCESS



Pick One Goal...

What is my
mantra?

(eg. I am a slim, trim, fit & healthy 62 kgs)

SUCCESS



Pick One Goal...

What bottom line
beliefs do I need
to change?

SUCCESS



Pick One Goal...

WHO can
help me?

SUCCESS



Example...

How does the goal fit with my values ?	Treat my body as a temple, be a good example to my kids, feel healthier - have integrity with myself.
What do I need to stop doing?	Unplanned meals!!! Treats that are food. Snacking & grazing.
What do I need to start doing?	
What do I need to focus on doing?	Fresh pure & Natural food in SMALL PORTIONS. Eat SLOWLY. Put knife & fork down while eating.
What is the mindset issue?	Food = Love



Example...

What are the milestones ?	3Kgs by end Jan then 1Kg per week until reaching 62Kgs in late November. (I have a month up my sleeve)
What other goals are effected by reaching this one?	Overall fitness and energy levels -ability to get more done - elevated self esteem.
What goals are effected by missing this one?	Lack of energy to play with kids and get more done in a day -self esteem plunges (again)
What strengths am I bringing to this challenge?	Tenacity and willingness to stick with the plan
What weaknesses do I need to overcome to reach this target?	I'm not great on my own and will cave to temptation such as biscuits if they are in the house.



Example...

What is my WHY ?	Feel good about myself because I rose above challenge.
What is the emotion I am trying to create by reaching this goal?	Strong, capable, happy, successful & energetic.
What is the emotion I am trying to prevent by reaching this goal?	
What do I need to learn ?	Glass of what first when hungry, ask myself if hungry, the gap.
What do I need to unlearn ?	Eating when not hungry



Example...

Accountability Buddy?	Meet Pete in the gym 5 days a week
What is my mantra ?	I am a slim trim, fit & healthy 62Kgs
What bottom line beliefs do I need to change?	Food = Love (treat)
Who can help me?	Ask Paul how to change Food = Love
What actions do I need to take each week/day?	



Assignments

1	Decide on the major goals for 2017 and run the main ones through the checklist. Eliminate Values Conflicts! Identify time frames (milestones) and accountability systems.
2	Identify the main MINDSET ISSUE preventing each goal from being achieved. Get this issue into written form. (This is actually your personal development plan for 2017)
3	Identify the background feeling you want experience in 2017. How are you going to DELIVER that?