positive goal visualisation

30 min — active exercise — individual

Without a goal, you do not know where you are going and therefore will not be able to tell if actions are helping you towards a goal, hurting that goal or just creating noise and distracting you from doing something really meaningful (most actions fall into this category).

Most people start crafting a goal, but before you do this your mindset needs to be right as challenges will arise and people with positive motivation are more likely to succeed in their goals.

step one – visualisaion

Sit somewhere quiet and close your eyes, think about a world where the problem did not exist or that you had achieved your goal. Really focus on it, think of the sights, the sounds the smell, how would you notice that things had changed? How are you feeling in this moment? How are others reacting to you? Describe this in detail below:

step two – positive motivation

Psychologically, you are more likely to achieve long term behavioural change if your motivation is for positive reasons, not negative ones. So take a moment to think about your goal and write it with motivating "towards" language (i.e. doing it for benefit, not for punishment). When you have done this, ask yourself 'why' and find another positive reason and keep asking why until you can't go any further or yo discover a negative thought you need to reframe as positive.

my goal is...

why...

why...

why...

why...

step three – keep this close and take action

Take your positive visualisation and reasons why you are changing and put them somewhere where you can easily see them every day and ideally in the place where your values come into conflict. Once you have done this think about the thing which will have the biggest impact on your goal and do it today, that is the only item on your 'to do' list. How did you feel when you did it? Repeat tomorrow and the next day.