



Do you know what you actually want?

Do you know what you actually want? If not, you are not alone. The majority of people don't, or if they do, they don't spend enough time focusing on it and taking the necessary steps to make it happen. Divorce is a catalyst for change; it is an opportunity to re-evaluate who you are and what you want for your life.

Achieving new goals requires a different strategy to what you have done before. This change must happen on two levels: in your conscious (thinking mind) and your subconscious (emotional mind). As 95% of your thoughts, beliefs, habits etc. come from your subconscious you have to get emotionally involved with an idea in order to make it happen. In other words, you have to REALLY want it. Your desire MUST be bigger than your fear of stepping out of your comfort zone otherwise you will stay where you are.

Below is a four-step process to setting goals and creating change in your life.

The 4 steps

1 If you knew you had all the resources, talent, and ability to achieve anything, what would you want? Write it out like the best shopping list you have ever written. Do not limit yourself or problem solve. Use the table below to help you focus your mind

| Be (feel) | Do (experience) | Have (possess) |
|-----------|-----------------|----------------|
| | | |

2 For the next part of the exercise, you need to envision what the above list would give you if this happened? What difference would that make to your family? What difference would it make to your life? What would it look like? What would it feel like?

If I did this, this would happen....

If I did this, this would happen....

Keep going until you run out of ideas

3 Choose two goals from your list to focus on. Write out your two goals in a statement every morning and night. Spend time visualising you in that life with those goals achieved, really feel it.

4 Write down 3 actions you can do today to get you closer to your goal, and go and do them.

Please note to get the most out of this exercise you:

1. Must think BIG
2. Don't hold back
3. Don't think about what you should do
4. Don't think about what you believe to be available to you or why you can't do it
5. Don't waste any time thinking about how to make it happen

If you want more help on moving forward and achieving your goals, please [get in touch](#).