

# Reach your goals faster

With NLP

The NLP goal setting process brings your goals to life. It also builds your motivation – so that taking action becomes a breeze. Take twenty minutes to try it now.

You might find it helpful to have someone else guide this process. Give them the questions below. Ask them to read each question and write down your answers for you. Close your eyes. After each question, take a moment to think about the question. Then answer out loud in as much detail as possible. Make sure your partner writes your answers down.

1. What, exactly, do you want to achieve?
2. What will you see, hear and feel when you achieve it
3. How will you know when you've achieved your outcome?
4. What evidence of success will you have?
5. What will this outcome get for you?
6. When do you want to experience it?
7. What resources (financial, physical, emotional, social) do you already have which will help you achieve your goal?
8. What (financial, physical, emotional, social) resources do you need to acquire?
9. How will you get them?
10. What limiting beliefs have you held in the past which have stopped you achieving your desired outcome?
11. How can you use those same beliefs to support you now?
12. What steps do you need to take to achieve your goal?
13. When will you take the first step?

You'll be amazed at how quickly these questions prompt change. If you'd like to share your success stories, send them to [Eleanor@thinklearnsucceed.com.au](mailto:Eleanor@thinklearnsucceed.com.au)

## Learn More About It

If you want to turn dreams into reality, book into Creating Success With NLP. By throwing away old, unhelpful thought patterns and taking on new, positive ones you'll hurtle towards success. Hear how to "program success" by redesigning thinking strategies. See how to create a compelling vision. Try out new ways of feeling resourceful.

This is a great program for an entire team to attend together. We'll also be running it Bali during August 2009. Get your brochure here.

**Book NLP training for your team.**

Call 0433 126 841

