



HEAD COACH

small steps, big changes

Goal

SETTING

DREAM. PLAN. ACHIEVE.

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Life Coach

Introduction

Setting goals is not about finding happiness or glory at the end.
We can be happy now and into the future.
We set goals to focus our energies on what we know is important
in our lives.

So often we have goals that never come to fruition and this is
because you have not planned for them accordingly. Working
towards a goal or dream does require action.

The reason we don't take the action is we often fall into the trap
of not "feeling" like it.

This is where it is going to change.

I am going to teach you to take action even when you don't feel
like it. You will do it because you have looked at your future life
and have decided this is worth doing. This is the person you want
to become.

Let's build some trust with yourself to show up for you!

Added bonus:

Because I absolutely love you have taken the plunge to better your life, I am
giving you a great freebie to make it even easier to dive into the work on YOU.

- FREE 30 minute private coaching session on any topic

Please don't miss this opportunity to be coached.
Head to the below link to book your free consult;

<https://app.delenta.com/ta/@pruesulicich>

Strategy one

DECIDE & CONSTRAIN

This is where we begin.

To be specific gives clarity, and clarity is power.

Here you need to look at your life as a whole and decide what it is you want.

No wishy-washy nonsense. Just clear, powerful goals.

To make a goal become reality, this is your first step.
Language is key!

*Be brave and courageous...dare to
dream even without any guarantees of
success!*

*Come from a place of abundance.
Scarcity will always kills your
dreams.*

List 25 things you really want

The trick here is to add things to this list that you already have.
This is coming from abundance!

Tip: practice wanting what you already have. (different to being grateful)

Goals for 2021

What is the **ONE** thing you want to change or achieve in each category of your life:

Start the sentence with I want and explain why you want it.

SELF

BODY

LOVE & RELATIONSHIPS

CAREER

MONEY

YOUR HOME

FUN & ADVENTURE

Goals for 2021

What is the **ONE** thing you want to change or achieve in each category of your life:

FAMILY

FRIENDS

SPIRITUALITY

COMMUNITY

What **SCARES** you about making changes in your life?

What **EXCITES** you about making changes in your life?

Pick three

Now, to constrain.

We love to have lots on the go, however, as you may have found, it is also the reason we fail at them all. Our brains were not meant to multitask, it's a myth.

We also use this as the perfect excuse to fail...let's break the trend and constrain ourselves to three goals.

This step also asks you to be SPECIFIC.

Allow yourself to add timeframes, dates, amounts, etc.

Stretch bigger than you are willing to believe.

If you are not feeling doubt, fear, or shame...chances are you are not stretching enough.

DO NOT LET YOUR BRAIN GO TO "THE HOW" JUST YET.

1

2

3

Strategy two

ELIMINATE EXCUSES

Self deception is your enemy. Break free of this cycle by owning your behaviour.

Allow the possibility that when you don't do something, it is a choice you make, not that you can't do it.

Change CAN'T to WON'T.

CAN'T = VICTIM MENTALITY

**WON'T = HONEST, ALIGNED AND
TAKING FULL RESPONSIBILITY.**

examples:

I won't control myself around food.

I won't get up to workout every day.

I won't put in the effort to get the result.

Let's expand our awareness and figure out
what is blocking us from achieving our
success.

Personal greatest hits

List your top ten excuses.

Then, write why it is BS.

Then, write what you are willing to do instead

1

2

3

4

5

6

7

8

9

10

Strategy three

ACTION

No goal was achieved without taking the action to get it done.

**Massive Action is defined as;
taking action until you get the result you want.**

ARE YOU WILLING?

There is always an excuse to stop taking action.
The biggest roadblock to action is a feeling.

FEAR, SHAME, DOUBT are some common emotions that come up when you are doing something that you have never done before or know how to do.

This means you are doing it right.

To solve this problem, you need to figure out the steps to get it done.
Your brain will immediately go to "I Don't Know."
This is a complete dream stealer.

Your brain is just doing its job and protecting you from negative emotions, however, we can choose to feel any emotion and take action anyway.

Go into the future

The way to figure out the steps to get it done is to go into the future and tap into your brain once the goal has already been achieved.

Reflect back on the thoughts you had in the present tense (when you are planning your goal) and from that place write your action plan.

Start at the end and move backwards.

One step at a time.

The specifics may be muddled at first, it's OK.
As long as your committed to figuring it out, you will.

Break it down into small steps by first writing a random list of everything you need to do.

From there, you need to categorise and prioritise.

ALWAYS THINK BIGGER.

Set yourself up for success by committing to your goal.

Take all means necessary to succeed.

*Ask yourself; what am I willing to do to
succeed?*

Goal Summary

GOAL 1

DATE ACHIEVED

/ /

COMPLETED

☐

WHY I WANT TO ACHIEVE THIS GOAL

WHAT IS HOLDING ME BACK? WHAT IS THE BIGGEST OBSTACLES?

HOW DOES THINKING ABOUT THIS GOAL MAKE ME FEEL?

THOUGHT BRAINSTORM (PRESENT TENSE)

The magic 20

This is where you get to use your brain to think up all the possible steps which will get you to achieve your goal.

Don't drop off after ten...you need to write the full 20 to get the magic!

keep going...

Action steps

Time frames. Categorise. Plan.

Goal Summary

GOAL 2

DATE ACHIEVED

/ /

COMPLETED

☐

WHY I WANT TO ACHIEVE THIS GOAL

WHAT IS HOLDING ME BACK? WHAT IS THE BIGGEST OBSTACLES?

HOW DOES THINKING ABOUT THIS GOAL MAKE ME FEEL?

THOUGHT BRAINSTORM

The magic 20

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keep going...

Action steps

Time frames. Categorise. Plan.

Goal Summary

GOAL 3

DATE ACHIEVED

/ /

COMPLETED

☐

WHY I WANT TO ACHIEVE THIS GOAL

WHAT IS HOLDING ME BACK? WHAT IS THE BIGGEST OBSTACLES?

HOW DOES THINKING ABOUT THIS GOAL MAKE ME FEEL?

THOUGHT BRAINSTORM

The magic 20

This is where you get to use your brain to think up all the possible steps which will get you to achieve your goal.

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Action steps

Time frames. Categorise. Plan.

Strategy four

AWARENESS

This is where the power truly lies.

It is about understanding our own minds and the reasons we do not follow through on our goals.

Use the Self Coaching Model to understand your thinking and how your thoughts impact your results.

Become the master of your own mind.

Whatever is blocking you, whether it be an action, inaction, behaviour, thought or feeling; the model can be used to understand why.

**WE ARE WHAT WE
THINK WE ARE.**

The Model

This model was created by Brooke Castillo from The Life Coach School and it demonstrates how our thinking works.

Our circumstances (facts of our lives) trigger us to have thoughts (sentences in our minds), which cause our feelings (vibrations in our body), and our feelings drive our actions (or inaction) and behaviour, and our actions create our results.

If the result is negative, you need to change your thinking.

C- Circumstance

can trigger

T- Thoughts

which creates

F- Feelings

which drives

A- Action

which creates

R- Results

The Model practice

Actual Model:

C

T

F

A

R

Intentional Model:

C

T

F

A

R

The Model practice

Actual Model:

C- Someone does not reply to your text

T- They don't care about me

F- Isolated

A- Overthink. Doubt yourself and rethink all situations. Cry. Eat food for comfort. Snap at a loved one. Bitch about them behind their back. Vow to never message them again.

R- Self-isolation.

Intentional Model:

C- Someone doesn't reply to your text

T- I am not sure what is going in their life. This is not a problem.

F- Understanding

A- Continue life as usual. look after yourself. Reach out again if necessary. Talk kindly about them.

R- Nothing anyone does is a problem. Calm.

Moving forward

From here, it is up to you to commit and do the work to complete your goal.

Remember, it is not about being happy in the future, it is being happy and content now and pushing towards being the best version of you.

Give your brain direction and have clear guideposts to get it there.

Anything is possible, but first, you have to be willing to dream .

"CLEAR IS KIND"

- Brene Brown

Lastly, have faith.

Let the universe or whatever higher being you believe in, give you guidance.

Use your intuition. Tap into your awareness.

Never lose optimism.

NOW GO OUT AND GET IT DONE!

What you need to achieve

1. Thought management;

You need to know how to manage your thinking and start thinking the thoughts that will get your dreams done and stop the thinking which will keep you spinning or unachieving.

2. Feelings management;

You need to learn that life is full of all types of emotion and to stop believing you need to feel positive emotions all of the time.

By allowing negative emotions will propel you into capability and allow you to do the work that achieving your goals require.

If you know a feeling is the worst thing that can happen, then you can stop living in fear and be willing to feel it all.

3. Massive Action;

To achieve any goal; massive action is required. It is the type of action that is deliberate and you keep doing to reach the end.

It will require you to manage both your thoughts and feelings and to keep showing up, no matter what, until it's done.

4. Decision making;

Indecision is stagnation. By learning how to make solid decisions, you keep moving towards your goals.

Many are afraid of making the wrong decision, so they choose not to do anything. Doing nothing is a choice. It keeps you where you are and not where you want to be.

Be a good decision maker will give you results; sometimes they are not always the result you were expecting, yet kept you moving.


5. Constraint;

The world offers so much. We need to show constraint when we want to achieve our goals.

My suggestion is to pick one thing and work on that. Don't do it all at once. Focus, achieve it, build trust, capability, confidence...then do it again for a new goal.

6. Unconditional love;

You need to know, nothing needs to change for you to be worthy. No-one is better or worse than you. Choose to go at your dreams from a place of love and abundance. Love yourself all the way to your goal; be compassionate and kind.

Two yellow daisies with green stems and leaves are positioned behind the text.

T H A N K Y O U

I am here for you anytime.

Please feel free to contact me if you would like extra assistance to build on the tools I have provided today.

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