

Day 26 – Step #4 Get Going

Motto for This Lesson: **Dream Big, Start Small, Act Now**

Take Immediate Action!

As soon as you have inspiration, clarity and focus on your Golden Goal, you must show commitment to yourself and your goal by taking immediate action.

A small do-able but significant act is all that it takes.

Let's say your Golden Goal is to leave your day job and set up business as a life coach.

DO NOT take a huge step and hand in your notice at this stage.

Here are 3 do-able baby steps instead:

- Pick up the phone and contact two or three coaching academies about their courses.
- Contact a successful life coach and offer to buy them lunch so you can pick their brains.
- Book a session with a top coach to clarify your goal and get mentoring at the same time.

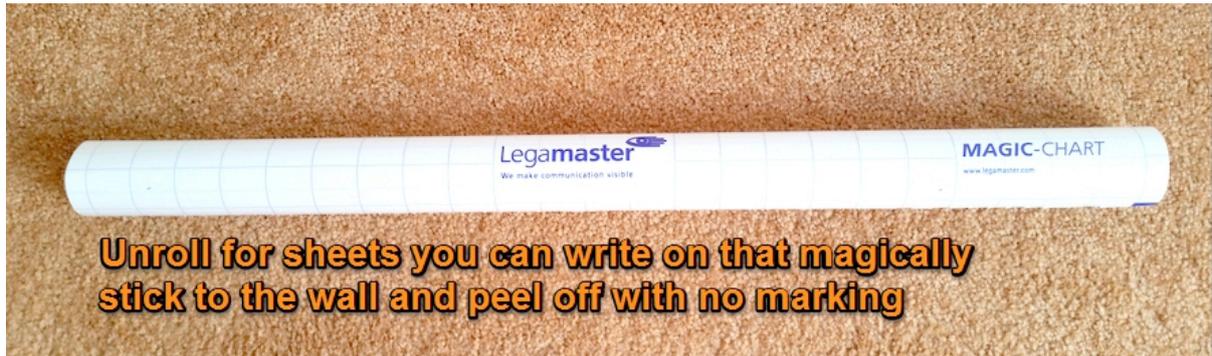
Taking immediate action shows the Universe and YOU that you mean business.

Golden Goal Wall Flow Chart

You will need:

- A large dedicated wall preferably where you see it every day - in your office/bedroom/private room in your home
- Large poster board – or, my preference: a MAGIC CHART plastic self sticking sheet like this roll from Legamaster which you can write on with markers, and affix sticky notes or images.

Goal Success



Suggested Template:

- 12 month calendar going from bottom left to top right. This positioning is an NLP technique based on eye movement – but it also suggests a slow but steady climb upwards...your Golden Goal is your “mountain to climb” step by step, one month at a time.
- Chunk it back from your GOAL ACHIEVED DATE to the date you GET GOING.
- Note the half-way and quarter marks so that you can plan to shoot for shorter goals on your way to your Golden Goal.
- Expand using a marker pen with your own words (and pictures) next to each month.





Now for the WALL CALENDAR

The 12-month Calendar is useful in conjunction with the Flow Chart to show your year at a glance and drill down to specific dates and events that you will note in the coming year.

Mark some dates with stickers and pen.

Calendar 2015											
January	February	March	April	May	June	July	August	September	October	November	December
1 Th	1 Su	1 Su	1 Wv	1 Fr	1 Mo	1 Wv	1 Sa	1 Tu	1 Th	1 Su	1 Tu
2 Fr	2 Mo	2 Th	2 Sa	2 Tu	2 Th	2 Sa	2 Wv	2 Fr	2 Mo	2 Th	2 Wv
3 Sa	3 Tu	3 Fr	3 Su	3 Wv	3 Fr	3 Mo	3 Th	3 Sa	3 Tu	3 Th	3 Wv
4 Su	4 Wv	4 Wv	4 Sa	4 Mo	4 Th	4 Sa	4 Tu	4 Fr	4 Su	4 Wv	4 Fr
5 Mo	5 Th	5 Th	5 Su	5 Tu	5 Fr	5 Mo	5 Wv	5 Sa	5 Mo	5 Th	5 Sa
6 Tu	6 Fr	6 Fr	6 Mo	6 Wv	6 Sa	6 Mo	6 Th	6 Su	6 Tu	6 Fr	6 Su
7 Wv	7 Sa	7 Sa	7 Tu	7 Th	7 Su	7 Tu	7 Fr	7 Mo	7 Wv	7 Sa	7 Mo
8 Th	8 Su	8 Su	8 Wv	8 Fr	8 Mo	8 Wv	8 Sa	8 Tu	8 Th	8 Su	8 Tu
9 Fr	9 Mo	9 Mo	9 Th	9 Sa	9 Tu	9 Th	9 Su	9 Wv	9 Fr	9 Mo	9 Wv
10 Sa	10 Tu	10 Tu	10 Fr	10 Su	10 Wv	10 Fr	10 Mo	10 Th	10 Sa	10 Tu	10 Th
11 Su	11 Wv	11 Wv	11 Sa	11 Mo	11 Th	11 Sa	11 Tu	11 Fr	11 Su	11 Wv	11 Fr
12 Mo	12 Th	12 Th	12 Su	12 Tu	12 Fr	12 Mo	12 Wv	12 Sa	12 Mo	12 Th	12 Sa
13 Tu	13 Fr	13 Fr	13 Mo	13 Wv	13 Sa	13 Mo	13 Th	13 Su	13 Tu	13 Fr	13 Su
14 Wv	14 Sa	14 Sa	14 Tu	14 Th	14 Su	14 Tu	14 Fr	14 Mo	14 Wv	14 Sa	14 Mo
15 Th	15 Su	15 Su	15 Wv	15 Fr	15 Mo	15 Wv	15 Sa	15 Tu	15 Th	15 Su	15 Tu
16 Fr	16 Mo	16 Mo	16 Th	16 Sa	16 Tu	16 Th	16 Su	16 Wv	16 Fr	16 Mo	16 Wv
17 Sa	17 Tu	17 Tu	17 Fr	17 Su	17 Wv	17 Fr	17 Mo	17 Th	17 Sa	17 Tu	17 Th
18 Su	18 Wv	18 Wv	18 Sa	18 Mo	18 Th	18 Sa	18 Tu	18 Fr	18 Su	18 Wv	18 Fr
19 Mo	19 Th	19 Th	19 Mo	19 Wv	19 Sa	19 Mo	19 Th	19 Su	19 Tu	19 Fr	19 Su
20 Tu	20 Fr	20 Fr	20 Mo	20 Wv	20 Sa	20 Mo	20 Th	20 Su	20 Tu	20 Fr	20 Su
21 Wv	21 Sa	21 Sa	21 Tu	21 Th	21 Su	21 Tu	21 Fr	21 Mo	21 Wv	21 Sa	21 Mo
22 Th	22 Su	22 Su	22 Wv	22 Fr	22 Mo	22 Wv	22 Sa	22 Tu	22 Th	22 Su	22 Tu
23 Fr	23 Mo	23 Mo	23 Th	23 Sa	23 Tu	23 Th	23 Su	23 Wv	23 Fr	23 Mo	23 Wv
24 Sa	24 Tu	24 Tu	24 Fr	24 Su	24 Wv	24 Fr	24 Mo	24 Th	24 Sa	24 Tu	24 Th
25 Su	25 Wv	25 Wv	25 Sa	25 Mo	25 Th	25 Sa	25 Tu	25 Fr	25 Su	25 Wv	25 Fr
26 Mo	26 Th	26 Th	26 Mo	26 Wv	26 Sa	26 Mo	26 Th	26 Su	26 Tu	26 Fr	26 Su
27 Tu	27 Fr	27 Fr	27 Mo	27 Wv	27 Sa	27 Mo	27 Th	27 Su	27 Tu	27 Fr	27 Su
28 Wv	28 Sa	28 Sa	28 Tu	28 Th	28 Su	28 Tu	28 Fr	28 Mo	28 Wv	28 Sa	28 Mo
29 Th	29 Su	29 Su	29 Wv	29 Fr	29 Mo	29 Wv	29 Sa	29 Tu	29 Th	29 Su	29 Tu
30 Fr	30 Mo	30 Mo	30 Th	30 Sa	30 Tu	30 Th	30 Su	30 Wv	30 Fr	30 Mo	30 Wv
31 Sa	31 Tu	31 Tu	31 Fr	31 Mo	31 Fr	31 Mo	31 Th	31 Su	31 Tu	31 Th	31 Wv

Your Week at a Glance Calendar –

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
5:00	← Early morning Ritual						
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							

Review on Sunday night

- Review the past week – noting what was DONE and NOT DONE
- Preview your most important tasks for the week ahead
- Every day is marked with your Early Morning Ritual in which you will likely map out a **Daily TO DO List** – I suggest you keep to not more than 5 things. And tick them off with a flourish as you do them.

Keep a weekly record of what is DONE in your Gratitude Journal and that sends a powerful message to your brain that you ARE a successful action taker and achiever with lots to be thankful for.

As a result of doing this essential planning of your year plus the weekly you begin moving faster and faster towards your goal and your goal moves faster and faster towards you.



To quote Abraham-Hicks:

The better it gets...the better it gets...

In terms of neuroscience you are sparking dopamine in your brain every time you:

- Celebrate the smaller milestones
- Tick the boxes.
- Write down your wins.

How To Prepare For Failure - *But Win In The End!*

Prepare for failure – in a good way.

Moments of failure are inevitable, but most of us abandon the goal entirely when minor failures and setbacks start piling up.

We give up on getting fit when we miss a week at the gym, or we forget about our plan to lose weight after a night of burgers and milkshakes.

“In that moment when you fail, often the first instinct is to push the goal away,” says Kelly McGonigal, a psychologist at Stanford University.

“It’s so uncomfortable to be in that place of self-doubt or self-criticism and guilt.”

The “IF...THEN” Plan

Your task is not to avoid failures, but to plan for them.

Ask yourself: “how am I likely to fail?”

Psychologists call this an *if/then contingency plan*, or *“if this happens, then I’ll do that.”*

It’s a mental plan for how you’ll react to things that might trip you up. Before – or after - you fall off your goal success horse. The “If – Then” plan will keep you on track like your own private GPS.

When detours and roadblocks come up, remind yourself why your goal matters to you. Those simple reminders about why it’s important can buoy your motivation and keep you headed in the right direction.

Giving a true 100 percent effort is easier if you’re passionate about what you’re doing.

Be like Steve Jobs.

Do you think he had a post-it note on his fridge about designing the IPAD or IPHONE?

No way!

Goal Success

He was passionate and obsessive.

Be willing, as suggested by author Mark Murphy, to “swim through a pit of alligators” to get to your Golden Goal



“Goals get abandoned easily because you don't really care about them,” says Murphy.

Daily Re-check Your WHY And Feelings About Your Golden Goal when you do your Affirmation-Visualization Ritual with positive emotion.

Is your brain humming with your goal...
or ho-hum?

