

**EFT Tapping, Matrix Reimprinting,
MATRIX GOALS REIMPRINTING**

Foreword by Karl Dawson, author of Matrix Reimprinting

Goal Success

**Tap into your Dreams and Goals
to live the life you love**

Caryl Westmore

GOAL SUCCESS

Tap into your Dreams and Goals to live the Life you Love

using
EFT Tapping
Matrix Reimprinting
Matrix Goals Reimprinting

Caryl Westmore

Learn more and sign up for free stuff at Caryl's websites:

<http://www.breakfreefast.com/>

<http://goalsuccessyes.com>

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Disclaimer

Please note that EFT Tapping, Matrix Reimprinting and Matrix Goals Reimprinting are still considered to be in experimental stages. Caryl Westmore offers these techniques as a personal performance coach under the auspices of the AAMET (Association for the Advancement of Meridian Energy Techniques). She is not a qualified medical professional. Please take full responsibility for your health.

Dedication

To all my wonderful clients, friends, family and Nick

*Thanks with all my heart for playing your part with me to make
my dreams and goals manifest and come true*

*To **you my dear Reader**...may you tap into your special dreams
and goals to fulfil them.*

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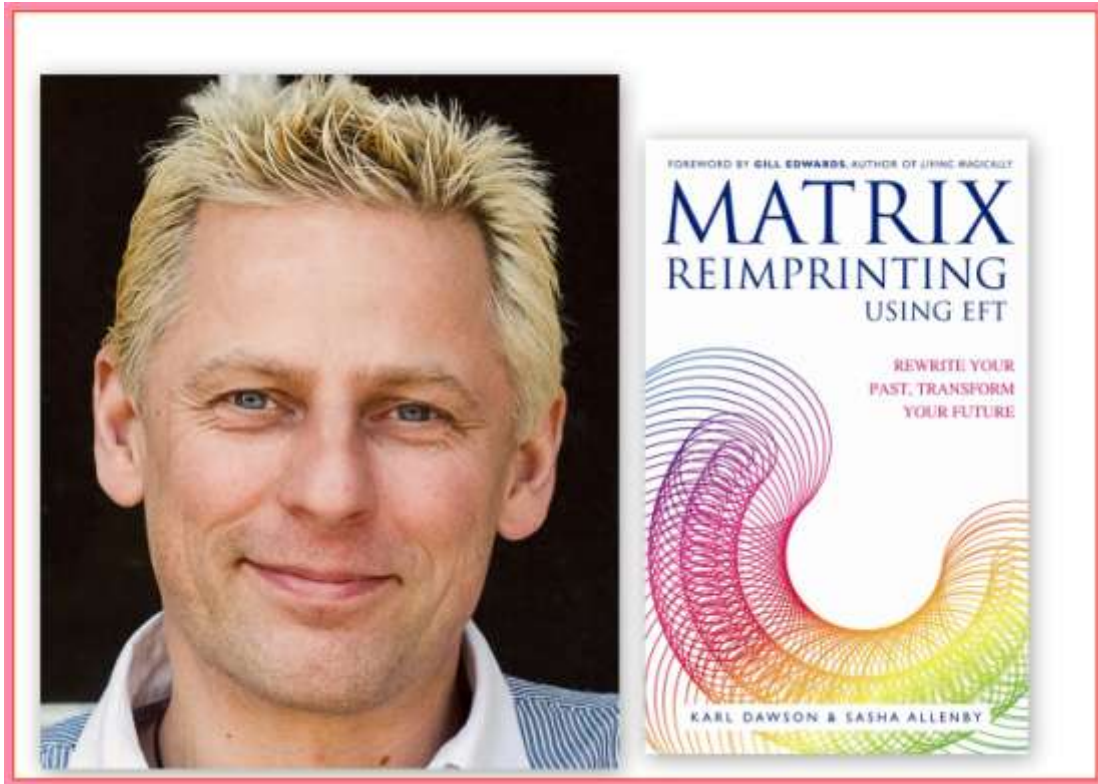
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Foreword

by

Karl Dawson, creator of Matrix Reimprinting, co-author of *Matrix Reimprinting using EFT* (Hay House)



Karl Dawson is one of only 29 EFT Masters worldwide

If you want to break free and tap into your dreams and goals for success in business, life and love, health, weight loss and well being – then I highly recommend this book by Matrix Reimprinting Trainer and EFT expert Caryl Westmore.

This book is for anyone interested in personal goal success, and it will also benefit coaches, therapists and practitioners who can apply Caryl's five-step goal success process when working with clients.

Caryl's book is based on Matrix Reimprinting using EFT, highly acclaimed as a cutting edge break-through in personal development, which draws on latest findings in the New Sciences and quantum physics as well as epigenetics and trauma research.

She quotes cellular biologist Dr Bruce Lipton who says that "*your life is a print out of your beliefs*" with about 95% of these beliefs being set up in early childhood. These continue to program and run your life subconsciously as an adult.

These disempowering, negative beliefs and influences come from caregivers like parents, siblings, teachers, community and even past generations.

The good news is that Matrix Goals Reimprinting using EFT Tapping enables you to access the part of you we call the ECHO (Energy Consciousness Hologram) who is frozen or trapped in a past time of trauma and helplessness, and holding onto beliefs that the world is dangerous or that it was unloved/ not good enough/ imperfect.

By resolving these past memories and beliefs and liberating the ECHO, you give yourself maximum opportunity to succeed with goals – or as Caryl puts it to... **get inspired, get clear, get focused, get going and keep going** until you reach your "Golden Goals" and ultimately live the life you love.

It has worked spectacularly for Caryl and her clients – now buy this book and let it work for YOU!

Karl Dawson,
EFT Master, co-author of *Matrix Reimprinting using EFT* (Hay House)
August 2012
www.matrixreimprinting.com

INTRODUCTION

Dear Reader,

Whatever you wish or dream – this book can help you turn it into reality.

You can apply your inborn natural goal-setting ability to manifest the life you love.

Setting a goal with commitment, passion and intention triggers a subconscious process. The goal-seeking mechanism in your brain sets out to transform your goal into reality.

What makes this book different from other books on achieving your goals?

Firstly this is NOT a goal-setting book that repeats the same tried and tested formula you've heard before.

This book is unique because it pinpoints how energy psychology tools EFT Tapping, Matrix Reimprinting and Matrix Goals Reimprinting power-boost the familiar goal setting process in a revolutionary way that eradicates your goal stoppers and turbo-charges the Law of Attraction.

Because you are working in a timeless zone called “the matrix” these tools bring healing of goal-stopping trauma and negative beliefs from the *past*, while at the same time (and in the same session) also offering the exciting option to step into the *future* and get wisdom and support from your *Future Self*.

This is a book focused on Emotional Freedom Techniques aka EFT Tapping and how it can skyrocket your goal setting success when used with advanced protocol Matrix Reimprinting. I explain this all clearly for you in **The Tools** section and provide a diagram of the **Tapping Points**.

If you are new to EFT (Emotional Freedom Techniques) and want in depth help, my Amazon/Kindle book ***You Can Break Free Fast EFT Tapping*** is just the ticket. Or you can contact me on Skype: **breakfreefast** for a free 15 minute run-through on EFT.

Who am I?



Caryl Westmore: EFT & Matrix Reimprinting Trainer, Author, Coach

Matrix Goals Reimprinting specialist

My name is Caryl Westmore, and my work evolved out of my own mission to BREAK FREE from a life of stuckness and frustration to achieve my wildest dreams and goals and help others do the same.

I've made my name as a **Break-Free Fast** writer, author, coach and intuitive expert using cutting edge tools like EFT-Matrix Reimprinting and my speciality Matrix Goals Reimprinting to achieve what I consider a worthy mission and goal for everyone to... **ATTRACT AND LIVE THE LIFE YOU LOVE.**

From my teens I have been fascinated by teachings and books that delved into the power of the mind and positive thinking to shift our so-called reality.

I learned that all great achievers have set goals and achieved them.

“What the mind can conceive and believe – the mind can achieve.” (Napoleon Hill, *Think and Grow Rich*).

And as I went through life it worked for me ***some of the time***.

But in mid-life, despite my best efforts, everything came crashing down around me, as described in *You Can Break Free Fast*. I was flat broke, unemployed, lonely after my marriage of 25 years ended in divorce and virtually homeless after a house fire in which I lost my border collie dog Sparky and most possessions.

I was in despair because despite all my knowledge about the mind and positive thinking my life was unraveling. I felt a big fat failure.

I prayed to die – or be shown how to live my life with passion, purpose and meaning.

Soon I was catapulted on a healing journey, both scary and empowering, that impelled me to seek out the ***something more*** I will reveal in these pages.

My Goal Success

Let me share with you some of my own goal achievements since then.

This is not to boast but to encourage and inspire YOU, dear reader, to discover in this book the magical way to manifest your Golden Goals and seemingly impossible dreams.

My goal successes include the following dreams I longed for and finally fulfilled:

- ***Meet and marry my soul mate*** and live blissfully happy ever after. (It’s been five honeymoon years now with Nick and it keeps getting better).
- ***Be financially free*** to fulfil my life purpose as a transformational writer, speaker, coach and trainer. Modest by some standards, my lifestyle today suits me perfectly because it’s care-free, secure, healthy, happy.
- ***Lose 50 lbs*** and be radiantly healthy while never having to go hungry (after a lifetime of futile yo-yo starvation diets, believe me this is a Big Miracle).
- ***Travel to warm paradise places for work and play***. I travel extensively with Nick, living the life we love, spending time on the Isle of Wight in the UK and in sunny places like South Africa, Turkey and Malaysia. We’ve put Bali, the USA, South America and Australia on our goal map for the future!

- **Write books that uplift and inspire people worldwide.** When I was 11 years old and saw my first letter-to-the-editor in print in our local newspaper, I fell in love with the printed word and writing. Later I became a journalist, photographer and editor. As time went on I passionately wanted to be a published author and share my inspirational message. Now thanks to the internet, blogging, Amazon/Kindle my goals are being fulfilled beyond my wildest dreams.

Now it's YOUR turn

With tools like EFT tapping and Matrix Goals Reimprinting – and the goal success steps in this book – I sincerely believe that you too can have your best shot ever at achieving **your** cherished dreams and goals.

Imagine how good you'll feel when you have a way to...

- Attract and Live the *Life you Love*
- Enjoy and sustain the *Relationships you Love*
- Feel good at your ideal weight as you radiate the *Health you Love*
- Enjoy financial freedom doing the *Work you Love*
- Achieve your number one "Golden Goal" to _____ (stop and fill in YOUR big dream or goal right here)

Wishcraft

Many years ago author Barbara Sher gave me true hope and inspiration when I read her book *Wishcraft* and attended her workshop in New York. Sher proved to me that with the right tools, attitude and support, vague yearnings and "impossible" dreams can come true.

This was decades before EFT tapping and Matrix Reimprinting had revolutionized our goal setting world, but here are two of my favorite quotes from her:

- ***"Anything you want can come true if you cast it in the form of a perfect goal."***
- ***"Life is not a miser – you have the right to everything you love."***

Barbara Sher, Wishcraft

Why Most People Don't Set Goals

We know that goal setting is important so why don't more people do it? It seems that less than 5% of the population set goals.

Why? Here are some of the reasons people don't set goals – see if any resonate with YOU.

- They don't understand the power of goal setting.
- They don't know how. Goal setting may be the number one life skill for success, but it's not a skill most of us are ever taught. Worse – parents, society, the church, teachers may actually imprint negative disempowering goal-setting-and-getting beliefs into us.
- It takes time and effort. (It's work).
- They fear failure.
- They fear success.
- They've failed so often in the past that they lose faith, hope and belief in themselves.

Matrix Reimprinting using EFT Tapping and Matrix Goals Reimprinting make all the difference at any stage of exploring the above issues and learning how to set and get goals to achieve your dreams for living the life you love.

At **any and every step of the way** we can stop and process doubts, fears and challenges using the tools. That is what makes this method unique and almost 100% guaranteed for goal success.

THE TOOLS

In this section you will learn the key tools you will use in the 5-step Goal Success process. *These are the techniques that make this method of goal setting and achieving your goals so uniquely powerful. They turbo-charge the entire process.*

You can refer back to this section to clarify each tool as you work through the steps.

- EFT Tapping (Emotional Freedom Techniques)
- Matrix Reimprinting
- Matrix Goals Reimprinting

EFT Tapping: (Emotional Freedom Techniques)

EFT Tapping (Emotional Freedom Techniques) is a cutting edge meridian tapping therapy that is the basis of my 5-step goal success formula.

EFT can dissolve the emotions and beliefs behind inner blocks to success and resolve subconscious fears and frustration keeping you stuck.

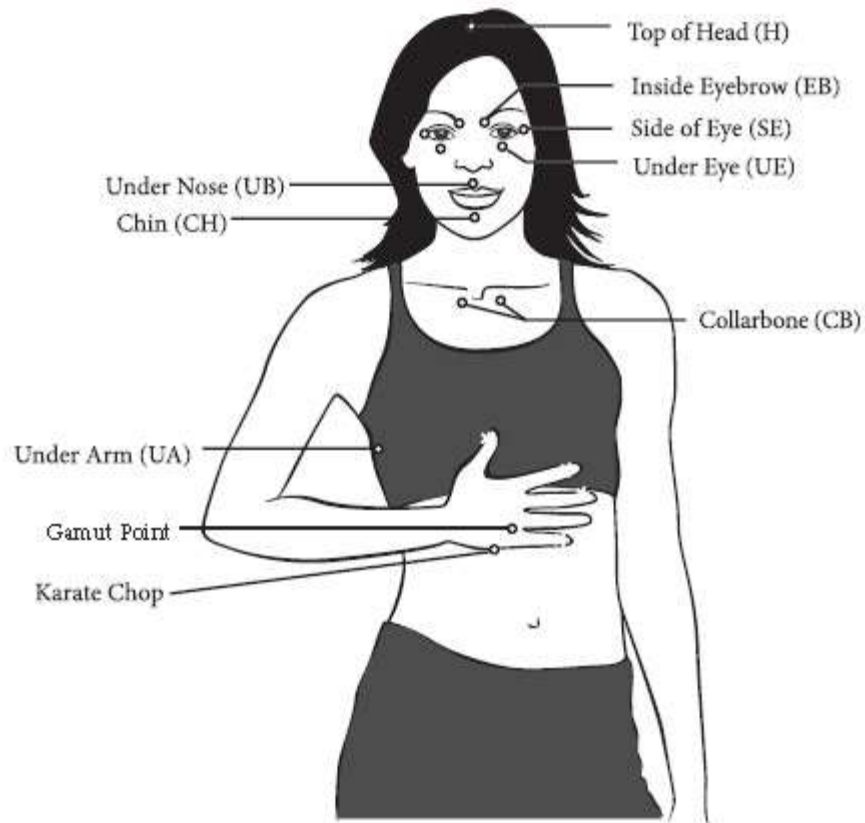
I learned EFT in 2002 from EFT Master Ann Ross under the auspices of the AAMET (Association for the Advancement of Meridian Energy Techniques) in the UK. Since then I have become a trainer of both EFT and its advanced protocol, Matrix Reimprinting, having worked closely with Karl Dawson and Sasha Allenby who pioneered it.

I am also trained to help clients with Matrix Birth Reimprinting using EFT to clear traumas and negative beliefs set up in the womb and at birth. These unconscious memories can be reimprinted for a more powerful life and goal success NOW.

EFT involves tapping with fingers on certain meridian or acupuncture points (see diagram: The Tapping Points) while thinking and speaking out loud about a challenging issue and associated negative memories, people or past events which pop up in the session.

In my book *You Can Break Free Fast* the history of EFT, and a detailed explanation of how to do it, is explained in depth. I also share many useful client case studies to show how this method brings about what I call a “break-free aha”. Instant change can happen in minutes.

THE TAPPING POINTS



Top of head (*H*)

Side of Eye (*SE*)

Under Nose (*UB*)

Collarbone (*CB*)

Inside Eyebrow (*EB*)

Under Eye (*UE*)

Chin (*CH*)

Under Arm (*UA*)

HAND: Thumb, Index Finger, Middle Finger, Little Finger,
Karate Chop/Side of hand.

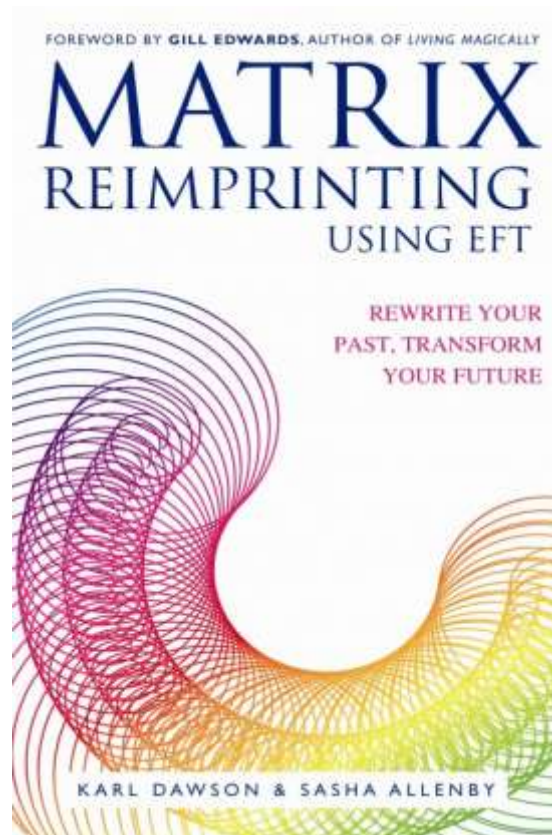
How to Tap

Tap on the body meridian points shown while you think of the issue or problem. Using two fingers of one hand, tap about 7 times on each point of the face, body and hands.

Tap firmly but not hard enough to cause pain. Measure the intensity of the issue before you begin tapping. Measure this on a scale of between 1 and 10. The higher the level, the more intense the pain. As you tap and talk, stop to check how the levels are going down.

When you reach an intensity level of five or less, you know you have made headway in releasing most of the sting in the traumatic memory or pain.

Matrix Reimprinting has been pioneered by **EFT Master Karl Dawson** and co-author of the book *Matrix Reimprinting*, **Sasha Allenby**. It uses traditional emotional freedom EFT tapping but advances it in a number of ways. It draws upon the findings of quantum physics and the New Sciences and recognizes that we are all connected by a unified energy field (called “the matrix”).



Published by Hay House, this book is revolutionizing EFT Tapping

Matrix Reimprinting uses new insights from popular biologists and scientists like Dr Bruce Lipton and Rupert Sheldrake, and combines these with latest research in neuro-science into the workings of the brain. It also incorporates, from modern psychology and sociology, the latest findings on trauma and Post Traumatic Stress Syndrome.

The result is a powerhouse approach that promises to “rewrite your past, transform your future”. It gets quickly to the root cause of negative beliefs and core-issues by defusing and transforming the memory that set them up in the past.

The Matrix refers to the unified energy field or matrix that connects everything and everyone.

Quantum physicist Max Planck first coined the term “matrix” in the 1940s. Now, in the 21st century, it is a buzz word for movies and books by many new-science thinkers like Lynn McTaggart, Bruce Lipton and Gregg Braden who refers in his book “The Divine Matrix” to a place that “bridges time, space, miracles and belief.”

With Matrix Reimprinting, we step into this timeless zone called the matrix, to transform the memory and meaning of disturbing past events and reimprint new empowering thoughts and beliefs.

The ECHO (Energy Consciousness Hologram) refers to the Younger Self who experienced something fearful or traumatic in the past and froze in time as a self-protective mechanism. (The other automatic responses to fear or trauma – namely fight or flight – are usually not options for children).

We view these ECHOs as living entities who we can talk to, tap on and move through their past traumas in this timeless zone called the matrix. This liberates the mind, heart and body cells of the Present-day Self to stop running the old traumatic data and instead imprint new positive scenarios for the future.

The Younger Self (ECHO) is the “client” because he or she went through the trauma. The Present-day Self is really a surrogate. When you “time travel” in the matrix to offer help and support to your ECHO, this shifts the frozen helplessness, collapses the memory that has been running fear in the unconscious and provides an opportunity to create and reimprint an entirely new positive scenario of how he/she would have liked it to be instead!

This activates what movies like *The Secret* refer to as the Law of Attraction in a powerful new way.

Imprinting is a child development psychology term used to refer to the process by which a baby learns who its mother and father are. The process is recognized as beginning in the womb, when the unborn baby starts to recognize its parents' voices.

Reimprinting refers to the way we use pictures, color and strong emotion to erase and override the effect of fearful or traumatic memories imprinted in the past.

We reimprint new positive empowering memories, running them through the:

- brain (pictures)
- heart (feelings)

- body cells (telling them that the threat or trauma is over) and finally
- blasting them from the heart into the Matrix to begin resonating in our “field”

In Matrix Reimprinting we change the pictures in the Matrix so they vibrate a new resonance to change our reality and our world.



Reimprinting pictures in the Matrix

Matrix Reimprinting Results

The results from using Matrix Reimprinting with EFT are powerful cognitive shifts, reframes and transformation of painful past memories into positive empowering ones - all in a single session.

Matrix Reimprinting:

- removes trauma and disempowering beliefs faster
- shifts long-standing physical problems faster
- puts you on track with your dreams and goals faster
- power boosts the Law of Attraction so you manifest your goals consistently

- helps you overcome ongoing obstacles faster and easier
- brings more love, peace and happiness as you apply it to any challenges that arise

Matrix Reimprinting is the most powerful way I have discovered to transform my life and achieve my dreams and goals. As one of the first trainers in the world applying EFT-Matrix Reimprinting for myself and others, I have enjoyed more good fortune, success, wellbeing, inner peace, love and health than ever before and I've been able to help my clients and members of my family shift dramatically.

It is also the reason I combined Matrix Reimprinting and EFT Tapping protocols with my Goal Success teachings as Matrix Goals Reimprinting.

My clients love how together we can change their lives "in the matrix" - past, present and future. Think of it as Theatre of the Mind in which we liberate those parts of us frozen in time due to a past trauma. But it goes way beyond that!

Empowering and Inspiring

How empowering to have a way to go back in time to help and heal your Younger Self or ECHO when he or she felt fearful, abandoned, isolated or lonely.

How magnificent to be able to go back in time and memory to resolve key traumas in your life with dramatic positive effects on your health and happiness NOW and in the future!

How inspiring to get wisdom, support and absolute certainty from your FUTURE SELF, showing you how you WILL SUCCEED with goals like writing that book, meeting your soul mate, healing your health issues!

Matrix Goals Reimprinting

This is an application using all the tools above in a unique way for you – and all success coaches and goal setting gurus - to raise the level of success when it comes to setting and achieving dreams and goals.

Matrix Goals Reimprinting addresses one of the most fundamental Goal Stoppers that evade the rational mind – negative CORE BELIEFS. These are the real saboteurs behind why you are NOT successful when it comes to:

- Achieving New Year resolutions
- Changing addictive patterns and bad habits
- Achieving goals you set for life, health, sports, business, relationships and more

A CORE BELIEF is always an internal “I” statement showing feelings of low self worth as in **I am...**

- Unlovable – “I must be perfect to be loved”
- Insignificant – “Nothing I say matters”
- Not good enough – “I’m hopeless... I’m a failure”
- Unworthy – “I’m not safe”
- Unwanted – “I’ll always be rejected and lonely”
- Defective – “I’m a bad person...I’m unforgiveable”
- Powerless – “I’m helpless...I always fail... I can’t change or achieve anything”

A negative **CORE BELIEF** is usually accompanied by one or more **supporting beliefs** which continue to prove the core belief is true. This is usually because you repeatedly tell stories about how the world and other people “always” treat you and thus you totally expect to be treated the same way in the future *which becomes a self-fulfilling prophecy*.

Examples are:

- Life is difficult
- You can’t trust anyone because they always lie to you
- Other people always come first
- People always put me down
- People always take advantage of me

These all set up lifelong patterns (or **fields**, as we say in Matrix Goals Reimprinting) that repeat themselves so often that you no longer even question whether they are true or not. Some of these beliefs are passed down through the generations so you are “born” believing them. Others you learn from the influences of parents, family, school, church and community.

As a therapist I can usually pick up a client’s beliefs in their language patterns. When I do, I normally gently inquire something like this: “You say your boss often *puts you down*. And you’ve also mentioned that term with regard to your husband and close friends. So let me check with you – is there a belief or pattern running in your life that ‘people always put me down’?”

I also use a technique pioneered by Frank Farrelly and often used by Australian EFT expert Steve Lake called **Provocative Energy Techniques** (PET). This uses intense rapport, empathy and compassion mixed with humor about the paradoxical nature of the problem, while doing EFT Tapping to explode the person’s faulty belief system. In the process they begin to see for themselves how ridiculous or improbable it is to generalize about the belief they hold.

Matrix Goals Reimprinting offers a way to transform negative core beliefs and belief patterns that otherwise run deep in the subconscious and repeat themselves throughout life, hijacking happiness and success.

In dealing with ECHOs at the time they went through shock or trauma, we get to understand from their perspective why they internalized a belief or made a decision about life on the basis of what they were experiencing at the time when they felt helpless, threatened and fearful.

Most important now is to give the ECHOs (and yourself) a second chance at life with the message that the trauma is over and new positive scenarios can be invoked to create new empowering beliefs and attitudes to life and goals.

Case Study: Fear of Public Speaking

Several years ago a client came to me with one of the most common fears people share in my goal setting workshops – the fear of public speaking.

“My goal is to expand my business internationally, but I’m never going to achieve that if I don’t stand up and share my knowledge,” said my client (who I will call Kate).

Kate was top in her expertise regarding body therapy with a unique speciality. She was often invited to international conferences to share her knowledge by giving talks and demonstrations. But due to her chronic fear of public speaking she usually turned down these invitations.

Outwardly, Kate was a mature, confident woman who often ran small training workshops successfully. So she felt frustrated and angry with herself and wondered if I could help with her with her goal to be a confident public speaker and ultimately grow her business internationally.

“I know it’s ridiculous but I feel ill even thinking of speaking in front of an audience,” she said.

During our session, I asked her: “When was the last time you experienced this terror?”

“It was a lunch time event,” she said. “I could feel the tension rising as my turn came to speak. I was well prepared. Yet the minute I stood up my mouth dried up, my mind froze and I almost fainted. I got through it somehow that time, but each subsequent time it happens I vow *never again*.”

We began to tap and talk, as she “ran the movie” of the event. It was obvious that on a scale of 1 to 10 her intensity was 9 or 10.

The first thing I do in a situation like this is reduce the intensity with tapping and talking and bring some peace to the client’s agitation.

When we had successfully reduced the intensity for Kate to a 5, she was calmer and able to describe to me where she held the tension in her body and what it felt and looked like in shape and color.

She described it as a “sharp, jagged, dark grey feeling in my stomach”.

Once she was associated with this feeling in her body I put the following question to her: “Kate, this sharp, jagged, dark grey feeling in your stomach...when have you felt something like this before?”

As she continued to tap and tune into the feeling, suddenly she remembered...

“Oh my gawd,” she whispered, “that terrible night of the school play when I was supposed to have my moment of glory as the star...it all went horribly wrong.” Tears came to her eyes as we continued to explore the memory while tapping on the meridian points.

“I was 10-years old and had been chosen as the lead in the school play – it was a part requiring some improvisation and humor which the teacher directing the play encouraged.

But on the night of the play, with all the parents watching in the audience, the Headmistress objected to the humor.

“I was just getting into my scene when she stormed onto the stage, demanding that we stop the play immediately, berating me and the others publicly before bringing the curtain down.

The shock of this trauma had stayed alive in Kate all these years although she had forgotten about it consciously. However, it still held huge negative power over her life and her goal success.

Using Matrix Reimprinting, I encouraged Kate to “step into the matrix” and introduce herself to the ECHO just *before* she went on stage. This is a technique we use to prepare the ECHO in advance and take the edge off feeling alone and helpless.

She told her ECHO she had come from the future to help her and wanted to tell her about this magical “tapping tool” that you do with your fingers to feel good inside. She also assured little Kate that she could also call in others to support her (like her guardian angel or favourite aunt) whenever she needed it.

Little Kate was happy to see her and told her she felt nervous and excited about her debut on the stage.

“No matter what happens, you’ve still a great little girl...you’ll be okay...” was how Kate reassured her, imagining gently tapping on her ECHO’s hand and even putting her arm around her to pat her back (there are meridian points down the spine).

As the story unfolded, we stopped and tapped at each stage of the events (called “running the movie” in EFT). This was done by freeze-framing the scenes and tapping down the intensity

each time. When it came to the public humiliation scene, Kate froze the Headmistress and audience and took her ECHO away to a place she wanted to go to process it.

The ECHO told Kate she felt shamed, guilty and humiliated...and made up her mind NEVER to go on stage or do a play again. She had a core belief of unworthiness and formed the belief that *it's dangerous to stand up and speak in front of others.*

This is the exciting part of Matrix Reimprinting...as Kate tapped on her ECHO, she was able to transform the trauma, fear and shame and bring in new resources to repair and reimprint a new empowering memory of the play.

Little Kate soon came to understand that she was not to blame...she had been following the orders of the play's director. She saw that the Headmistress was too unhappy to see the humor in the play and was herself scared of being criticised or even fired for not being good enough.

Most importantly in a situation like this, little Kate was given the opportunity to re-enact the play as she would have liked it be instead. An alternative scene was created in which she was the STAR, applauded with gusto by the audience. They LOVED her performance and cheered and clapped. She was smiling and soaked up the feeling of achievement and pride in being an actress.

Having created a positive memory to over-ride the previous one, we then reimprinted it by bringing it down into the head, heart and body cells, giving them the message that the trauma was over long ago and that it's safe and enjoyable to speak on stage now. Finally, we shot this image 360 degrees into Kate's matrix or energy field.

Next we checked on the ECHO who was in the school play (she was peaceful and had gone off with her mother).

Meet the Future Self

A wonderful way to end a Matrix Goals Reimprinting session is to ask the client to "step into the future"(also known as Matrix Future Reimprinting) to engage with a Future Self who has all the tools and resources to have already achieved success, confidence and the imagined goal.

I invited Kate to ask her Future Self to share with her how she was feeling about herself, her life, and her business. Kate was enthralled by the answers proving that her Future Self was everything she could have hoped her to be – including tops in growing her business using public speaking.

"Ask her for any tips she can give you to become like her and let me know when you are ready to move on," I said.

I gave Kate some quiet time to dialogue with her Future Self. She asked her Future Self to do some tapping on her as well to release any lingering fears about public speaking.

Finally when she felt complete, I encouraged her to STEP INTO HER FUTURE SELF, acting, seeing, feeling, hearing, speaking with the confidence and poise she demonstrated.

A session like this would also include sending this positive empowering energy “down the timeline” to all the younger selves or ECHOs, including the 10-year-old who had experienced the trauma.

Within months Kate reported huge progress in her speaking confidence and within three years was making her mark on the international speaking circuit as an expert in her field.

To Sum up

In the Introduction you learned about the key tools that turbo charge the 5-step Goal Success method and kick-start the Law of Attraction for achieving your goals. These are:

- EFT Tapping (Emotional Freedom Techniques)
- Matrix Reimprinting
- Matrix Goals Reimprinting

I also shared with you a case study demonstrating how it all works together in a single session with regard to a client, Kate, whose business goals were being sabotaged by her fear of public speaking. I hope you see clearly the transforming power of EFT and Matrix Goals Reimprinting to help **you** achieve your goals.

GOAL SUCCESS in 5 EASY STEPS

Chapter 1

Goal Success Step #1: Get Inspired

“Reach high, for stars lie hidden in your soul. Dream deep, for every dream precedes a goal”.

Pamela Vaull Starr

In this chapter you are going to learn:

- The value of good preparation
- The difference between wishes, dreams and goals
- Your mission statement
- Three exercises to access your authentic self

Preparation

Like a good gardener you need to prepare the soil well before you plant the seeds of your goal. Good preparation will save you much perspiration and possible failure.

We begin by digging deep into your **wishes** and **dreams**, while also paying close attention to your **values and mission**.

A great goal springs from the intersection of your wishes, dreams, desires, beliefs and values.

Let's define these one by one.

Wishes, Dreams and Goals

What's the difference between a wish and a dream and a goal?

Wishes

You know the concept of the Amazon Wishlist? Or Pinterest? Both offer a way to collate things we like, need or love and would like to own...maybe...someday!

There is no commitment to buying that Amazon product – but it appeals to you. You admit you really like it...could easily decide to buy it...would like to tell the Universe you'd be thrilled to own it. But you may also forget about it – until Amazon reminds you, that is.

Wishes feed into our dreams and goals and you can always convert a playful wish into a dream or a goal.

Dreams

Dreams are your ultimate destination representing your deep desires and the reason WHY they call to you. Goals represent your specific plan to achieve one or more of these dreams.

Difference between Dreams and Goals

“Throw your dreams into space like a kite, and you do not know what it will bring back, a new life, a new friend, a new love, a new country.” Anais Nin, French-Cuban writer, who defined success on her terms and inspired my own devotion to keeping creative writing and goal setting journals for the past 30 years.



When you dream you engage your imagination, heart and soul

<http://www.flickr.com/photos/alicepopkorn/>

When you dream you tap into a higher consciousness where all things are possible and roam creatively “beyond your wildest fantasies” without judgment or criticism. Dreams are often as light as gossamer; unexpected and fanciful. Dreams can be spiritual and intuitive.

Goals

A goal on its own is really a mind-focused strategy to achieve the dream by breaking it down into actionable steps that result in hitting your goal target.

Like the Amazon Wishlist you can convert a wish or dream into a goal with a specific plan and steps to convert it into reality. Or delete it as a wish and choose something else instead.

A goal is not the same as a vague yearning, desire or dream. For me a goal needs to be:

- Specific or concrete. How will you know you have achieved it?
- Measureable – the subconscious likes you to be specific.
- Targeted at a date. By when do you aim to achieve it?
- Authentic. Not based on “should” or another’s expectations.
- Passion-driven. You feel the fire of desire burning brightly in your heart and soul.
- Committed. You become willing to go to almost any length, overcome obstacles that are bound to arise and sacrifice short-term pleasures or distractions to focus, focus, focus.

Yet to tackle and stick with a goal it helps if you have chosen a goal that *makes your heart sing*. Such a rich and meaningful goal usually comes from digging deep in the preparation phase of your process.

Goals without personal meaning cause stress. When a goal resonates with “should” or “have to” it’s guaranteed you are heading for failure.

It’s vital to find inspiration from your wishes and dreams to light that fire in your heart. This will result in goal-driven action that brings fantastic success.

Mission Statement

Steven Covey writes about the importance of developing a personal mission statement or philosophy in his book “The Seven Habits of Highly Effective People”. He says “begin with the end in mind” and a personal mission statement.

“A personal mission statement focuses on what you want to be (character) and to do (contributions and achievements) and on the values or principles upon which being and doing are based.”

Your own Funeral

One way to reveal what your mission statement might be is to take some quiet time and imagine you are at your own funeral. Four speakers come forward from different areas of your life – one is from your family, the second is a friend, the third from your work or profession and the fourth from a church or community organization where you gave service.



Pic courtesy Museum of Funeral Customs, Springfield, Illinois, 2006

What would you like each speaker to be saying about you and your life?

What characteristics would you like them to commend... what achievements and contributions to remember you?

Or a variation on this is the fast forward to your final hours on your death-bed...as you come to the end of your life, what do you still regret *not having done or accomplished?*

This kind of exercise reveals your important ROLES and heart-felt GOALS pretty fast so I recommend you consider doing it and recording your insights in a journal to review as you go through the five key steps to goal success in this book.

Also use your journal for the following three exercises, giving yourself uninterrupted time to reflect and write.

Exploring your Wishes and Dreams

Having verbalized your Mission Statement, let's continue by exploring your truly authentic heart's desires. You will need a journal or notebook for this.

Exercise #1

Five Lives

This exercise is recommended by two of my favorite self-help authors Barbara Sher, who wrote Wishcraft and many other books on finding your true calling, and Julia Cameron, author of The Artist's Way, which teaches you to discover and recover your creativity.

Imagine you had five lives – in each one you are still you – but you focus on a different talent, interest or lifestyle.

In my case for example I'd choose lives as:

1. A writer (which I am)
2. A painter/photographer
3. A speaker, coach and trainer in alternative therapies like EFT-Matrix Reimprinting (which I am)
4. A pilates or yoga teacher running retreats in beautiful places
5. A meditating mystic

Now stop and do it yourself.

First close your eyes, scan and relax every part of your body as you take three deep breaths and drop into your heart.

Eyes closed or open, turn them upwards to access that part of your brain that dreams and imagine yourself living a life devoted to doing things you love.

Now write down between three to five lives and explore them for the next few days.

Remember happy times you've had doing them – perhaps as a child. Describe in your journal what it is about each life that appeals to you.

The next exercise is to help you clarify what you **DON'T want** in life and thus realize strongly what you **DO want** instead.

Exercise #2

My Day From Hell

Take a clean page in your journal, write the heading: “My Day from Hell”. Then close your eyes and imagine from the time you get up to when you go to bed, you are engaged in activity doing what you loathe.

For me this would firstly be rushing my breakfast to then enduring a long commute into the city by train or driving bumper to bumper in traffic.

Secondly, my day from hell would be to dress up in high heels and be in a job standing on my feet all day – say serving customers in a fashion boutique.

Many years ago, when I explored all the reasons I would hate living my life like that, it became clear why I so enjoy being my own boss, working from home, comfortably dressed as a writer and coaching consultant.

Now let’s do the exciting bit – imagining your ideal day.

Exercise #3

My Day from Heaven

In this exercise you take a nice slow walk through a “perfect day”. We are not talking about a holiday or weekend here – simply a regular day in a life you love.

Describe your day from early morning to last thing at night, using present tense and as much vivid detail as you can.

What time do you wake up and what do you do in the early morning? What clothes are you wearing, what kind of breakfast do you eat? How do you spend the morning, afternoon, evening?

At each time of the day, describe if you are with lots of people – or quiet and alone. Are you mainly in the outdoors – or indoors?

I had a big aha when I did this exercise many years ago. My perfect day started quietly with journaling and meditation followed by breakfast with my loving partner and a productive morning of writing without interruptions.

By lunch time I visualized myself wanting company and cycling or walking into the village to meet friends for lunch and run errands. My ideal environment was a small country town where I imagined myself successfully working from home.

One thing I changed immediately when I first did this exercise 25 years ago was to get up an hour early before my family woke and my kids got ready for school... to meditate and journal. This made such a difference to my day that I have continued to do it ever since. It certainly contributed to my inner peace and creativity.

And I hope this exercise helps you focalize your own way forward.

The Way Forward

These exercises usually unearth some important information about **what is not right in your life**. This should then inspire you to dream about **what you would really prefer** in living the life you love.

The contrast of what you DON'T want shoots a huge rocket of desire up into the Universe to aim for what you DO want. And from this will come your golden, special, heart-centered goals.

To Sum Up

Goal Success Step #1 invites you to tap into your **authentic self** and thus ensure you are choosing goals that are truly motivating and inspiring for you. These are the goals that make for successful goal setting. The exercises I suggested are geared to prepare the way for you to feel so inspired that you can't wait to move ahead into the next exciting steps!

Chapter 2

Goal Success Step # 2: Get Clear

In this chapter you will learn about the importance of clearing the emotional and energetic road-blocks to your goal success using EFT Tapping and Matrix Goals Reimprinting. Topics covered include:

- What is a goal success block – and how do you clear it?
- Case Study: clearing and repairing a block with EFT-Matrix Reimprinting (Jim's story)
- How EFT-Matrix Reimprinting clears blocks from fear and trauma
- The **Vibrational Scale** of emotions for goal setting
- Why you must rise up the Vibrational Scale to **love or above**
- Matching your vibration to your dreams and goals

What's the Block?

Have you ever repeatedly failed at a goal you vowed you wanted desperately to achieve? Perhaps you ended up believing you are hopeless, lazy or worse.

A better way is to identify the most important constraint or limitation that is holding you back – and CLEAR IT.

There are two kinds of blocks that may be keeping you stuck and frustrated:

- **External blocks** that require action – such as a learning a new skill, eliminating a time-wasting habit or getting yourself to a yoga class or networking meeting once a week.
- **Internal blocks** that require self-work or inner clearing emotionally, using tools like EFT-Matrix Reimprinting. These are usually unconscious beliefs and patterns that go back to early childhood programming. But the good news is they can be removed like a virus on your computer and actually transformed and reprinted with a positive empowering program.

CASE STUDY: The Businessman holding himself back

Let's use an example of my client who I will call Jim (35), a businessman who felt he was being left behind in the game of life. He described numerous set-backs and disappointments with regard to his career and how he was the one "least likely to succeed in my family."

As we began to tap and talk, I asked Jim for a recent memory that brought this home to him.

"Last weekend at a family get-together, my older brother was boasting about his booming business and by comparison I felt like a failure."

As we worked with this memory, I asked Jim to go back to the incident and step into the picture so we could give his ECHO of the previous week some help with Matrix Reimprinting. Once he had introduced himself, he began to do some tapping and talking, eliciting the feelings that his ECHO felt on hearing about his brother's success and seeing his father's pride in him.

As he tuned into these feelings, suddenly he was taken back to an earlier incident when his ECHO (Younger Self) was about 15 years old.

"My brother and I used to jog every day with my father after work in our neighborhood," he said. "We both kept pace with Dad though we wanted to go faster. But that particular day my brother decided to take off like a greyhound, leaving us behind. I remember feeling torn between following him – or staying behind with Dad."

Wanting to be the "good boy" Jim **held himself back**. And this is was exactly what he was continuing to do in life and work.

As we worked to transform this pattern, other earlier ECHOs were revealed who believed that they had to put others first in order to get love.

The important point is that we now had the tools to do the clearing of the old patterns and bring awareness to Jim and his ECHOs that this pattern no longer served him and could be REIMPRINTED with new empowering pictures, beliefs and behaviors.

By the end of the session he was clear that he could still be a kind loving person – while at the same time forging forward with his goals, even if it meant leaving close friends and family "behind him".

By reimprinting new vividly colored "memory" pictures into his brain, heart and body – and then sending them into the matrix and down his timeline – past and future – Jim's energy field and vibration made a positive shift which would continue to transform his life in the real world.

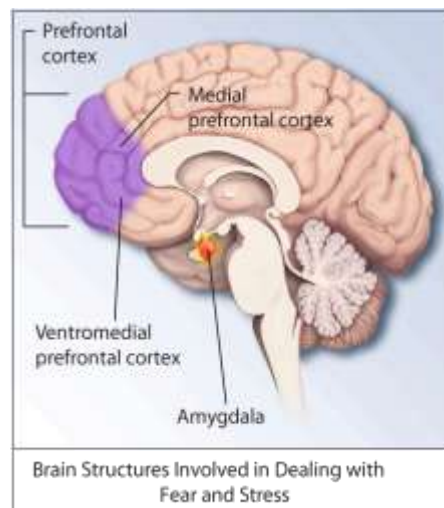
How EFT-Matrix Reimprinting clears blocks from Fear and Trauma

EFT Tapping and Matrix Reimprinting works by:

- clearing the block hampering your energetic flow or vibration
- reimprinting new empowering positive pictures and feelings that generate the “love and above” vibration which in turn activate the Law of Attraction.

Fear is the most pervasive emotion human beings experience. It is programmed into us (in the brain’s amygdala) as an evolutionary survival mechanism from 50 000 years ago when our cave-man ancestors faced sabre toothed tigers and ferocious predators.

Feelings buried alive never die. Our brains and nervous systems are wired to remember threatening, frightening experiences to protect us from future danger. It’s called the fight, flight or freeze response.



Cellular biologist and author Dr Bruce Lipton often talks about **your life being a print-out of your beliefs**. What he means is that 95 to 99% of your life is a result of influences from your past. Starting in the womb, where you are learning to recognize your mother’s voice and pick up on strong feelings like fear and depression, your early childhood is all about soaking up the imprints of those around you.

You learn to fear a list of things including losing a parent’s love through disapproval – like Jim’s ECHO in the story above – which is linked to being abandoned to die by the tribe in primitive times.

The bad news is that once embedded and “frozen in time”, these fears continue to hijack our peace of mind in the present, especially when we have reminders – called triggers – that press our buttons and take us right back to feeling as hopeless or helpless as we did as a child.

Talk therapy takes place in the cognitive part of the brain that we use for thinking, words and rationalization. This is not the same part of the brain that stores the fear or trauma.

The good news is we have EFT Tapping and Matrix Reimprinting to repair and replace the fear memory so that it ceases to sabotage your goal success.

Apply this system in your life and gradually you will notice results that are almost magical when you “get clear” and shift to a higher resonance that can attract money, love, health and success.

You know when you’re on track because you wake up every day enthusiastic and rearing to go, brimming with energy and eager to start on your work. It’s that leap of love in your heart for your partner, your kids, and your co-workers that signals you’re vibrating positively.

Projects seem so easy and effortless – and profitable - when you feel like this. And the Universe seems to conspire on your behalf in wonderful and unexpected ways.

Let’s look more closely at the concept of VIBRATION and why I say that clearing with EFT-Matrix Reimprinting shifts you to a “higher resonance that attracts money, love, health and success”.

The Vibrational Scale of Emotions

According to psychiatrist and consciousness researcher Dr David Hawkins in his book *Power vs. Force* (2002) energy vibrates on a **Vibrational Scale**.

On the basis that all atoms and sub-atoms are energy, Hawkins produced a scientifically validated doctorate dissertation that proved ALL objects possess energy.

He used muscle testing and kinesiology to grade people on their emotional-energy frequency and came up with something like this:

Imagine a vibrational pyramid which at its base has the low emotional frequencies of ...

Fear, grief, depression, despair and powerlessness

As you rise up the pyramid, the feelings include...

Shame, guilt, blame, unworthiness, worry, revenge, anger, rage, hatred

Followed higher up by:

Doubt, overwhelm, frustration, stuckness, boredom

Up to this level your vibration would be unlikely to shift your reality in order for you to achieve your dreams and goals.

The news media seems to conspire to keep you swimming in this grey depressed vibrational soup of misery and pain. If you talk about the news and shake your head as you listen to the headlines, on the hour, is it any wonder that your vision and vibration remains so low that you begin to believe and feel that life is the pits and then you die!!

Dr Hawkins calibrated the level of *doubt, overwhelm, frustration, stuckness, boredom* to be 207 on the vibrational scale. And that is where the average person on the earth is **stuck**.

Here is the good news

Once you go higher up the scale to ...

hope, contentment, love, gratitude and above, you hit the 500+ mark and you've broken the barrier to wellness, joy and success.

How high can you go? Well according to Hawkins, you rise up the scale through...

bliss, peace, compassion, eagerness, passion, appreciation/gratitude, enthusiasm to joy and freedom.

Masters of *enlightenment* resonate at 1000.

Simply put, you will be good for goal success the higher you rise above love (500) on the vibrational scale.

Gratitude

Studies show that people who keep a gratitude journal, like Oprah Winfrey recommends, improve their brain's circuitry. Simply writing down in a journal every night five things you are grateful for, and consciously expanding the feeling of gratitude in your heart, for just five minutes – can be shown to improve immune system and over all well-being

I've learned that the best short-cut to love and abundance is GRATITUDE. Even saying the word has an uplifting ring to it don't you think?

Gratitude Tap

Take a minute to close your eyes and do slow tapping around your head, face, body and hands while saying out loud:

*I am so grateful that...
I am so thankful for...
Isn't it wonderful
I am so grateful...
...filled with gratitude for my blessings
In the flow of abundance and well being
Supported by intuitive guidance and insights
I am so grateful.*

While you go round the tapping points say generally: *"I am grateful/thankful/appreciate..."*
Then alternate that with naming specific things you are grateful for.

Abraham-Hicks says that using gratitude is like "swiping a gold card" to the abundance of the Universe. I like that idea.

When I look back to myself a decade ago, I am so glad I got the message and began to practice being grateful as a kind of self-discipline. I knew it was my only hope to shift my vibration to one of abundance and joy.

Slowly but surely my life began to change and shift positively and upwards. Increasingly my wishes and dreams began to manifest.

Was it chance – or my rising vibration steeped in appreciation and gratitude – that caused me to pick up a book in a bookstore that was to change my life, finances and future?

The book, *The Journey*, by Brandon Bays, gave me goose bumps as she described her life of childhood trauma and how in her 30s this had somehow caused her body to develop a life-threatening uterine tumor the size of a football .

She experimented with going inside her body and dialoguing with the tumor and with feeling the emotions connected with it. Memories of childhood abuse, growing up in a dysfunctional home, surfaced. In the process Brandon was shown a way of forgiveness and release – which she believed was a key factor in the tumor healing completely in six and a half weeks.

She called this process The Journey and began to teach it to others as a way to heal physically and emotionally through connecting to love, forgiveness and what she called spiritual Source. I invited Brandon to South Africa - where I was living at the time – to share her process of love and forgiveness with the “new South Africa”. Nelson Mandela had just been released and the country was emerging from decades of apartheid. We desperately needed a way to forgive and move forward.

I was privileged to work with Brandon as her publicist and promoter for several years – while also training as a Journey Practitioner. Journey work has since touched the lives of thousands of people in South Africa and all over the world.



Brandon Bays (left) and Caryl Morgan (now Westmore) in 2003

For me it was the start of deeply clearing all my own negative inner beliefs and programming going back to childhood. This raised my emotional well being in terms of the vibrational scale. I also applied the tools of the Law of Attraction and my life improved dramatically.

My income expanded doing work that fulfilled and inspired me. I was practicing as a Journey therapist while also building a reputation for promoting top international self-help authors. Opportunities came my way to travel to Australia, the UK and the USA.

And just when I thought things couldn't get any better – I was introduced to EFT Tapping and subsequently Matrix Reimprinting with Karl Dawson which took the clearing work to a whole new level and has now developed into Matrix Goals Reimprinting.



EFT Master Karl Dawson with SA promoter and trainer in EFT-Matrix Reimprinting, Caryl Westmore in Cape Town 2011

Matching your Vibration to your Desired Goals

So what I learned and proved beyond a shadow of a doubt was that as I cleared my past pain, so too my energetic frequency or vibration became more upbeat and positive and magnetized good things into my life.

Your **energetic frequency** consists of all your habitual thoughts, feelings and beliefs. These are putting out a signal to the world like a radio transmitter. The frequency attracts or magnetizes to you the people, things and events that match what you are transmitting, consciously or unconsciously.

So now you can see why I consider this Goal Success Step # 2 so crucial for your ultimate success.

To Sum up:

In this chapter we looked at the concept of “getting clear” of whatever is blocking you on the journey to goal success. These blocks can be external – but are frequently internal, unconscious negative beliefs and patterning going back to early childhood.

Check where you are on the Vibrational Scale because the higher your emotional frequency the more likely you are to be a match to your dreams and desired goals.

Jim’s case study showed how this past patterning was “holding him back” from his goal business success and I demonstrated with EFT-Matrix Reimprinting how to clear it.

If your goal is to stop smoking, lose weight, improve your income, heal chronic pain - or meet the love of your life - then I urge you to GET CLEAR in the ways described in this chapter so that you can BREAK FREE to live the life you love!

Chapter 3

Goal Success Step #3: Get Focused

In this chapter you will learn:

- Focus - put first things first
- Too many goals leads to overwhelm
- The difference between a **fixed mindset** and a **growth mindset** for focused goal setting
- Indecision destroys goal success - Case Study of a novelist who couldn't write.
- Roles, Goals and the Golden Goal
- 3 Top Ways for Goal Focus: Mind Mapping, Goal Mapping and/or a Vision Board

Focus - put First things First

The one thing all successful men have in common says Steven Covey in the book *The Seven Habits of Highly Effective People* is the habit of **putting first things first**.

I have distilled this into my Matrix Goals Reimprinting blueprint in this question:

“What one goal – if you were to accomplish it this coming year – would have the greatest POSITIVE IMPACT on your other goals and your life?”

This becomes your “Golden Goal”.

Too Many Goals leads to Overwhelm

Do you ever want to chuck in your goals because of **overwhelm**? I know the feeling well and that's exactly why I developed this Get Focused Step #3 in Matrix Goals Reimprinting.

Being a Capricorn astrologically means I'm serious, ambitious and love having a goal to aim for...a mountain to ascend. But I'm also creative and easily distracted.

Trauma and unexpected stress in life can result in a feeling of “it's all too much”. This was exactly what I faced after the serious blows I experienced in my late forties, including the house fire in which I lost my dog, divorce and being broke and unemployable.

I felt numb, overwhelmed and panicky about my life and the way forward. How much time did I have left to achieve my important life goals? I was starting over so I had a long list and I wanted all of those goals immediately!

How was I to achieve success in love, money, work, weight loss, travel, family and spiritual connection? By aiming for all those goals at the same time I was setting myself up for failure.

Some of the indecision was removed because of money concerns. I threw myself into building up a successful business promoting workshops in South Africa for international best-selling authors.

My Golden Goal was obvious. But I soon found out that this meant sacrificing other roles and goals.

For instance it nearly broke my heart when I had to miss my daughter Lorian's 21st birthday due to work pressure promoting Brandon Bays. This was due to travel arrangements away from home to fit in with Brandon's international schedule travelling between the UK, USA, Australia and South Africa.

I also desperately longed for love and companionship. I worked from home and spent so much time online on my computer taking workshop bookings and sending out press releases that I felt totally isolated and unable to plan any socializing.

But one lonely night I took the brave leap into online dating.

Out of that experience came some wonderful learning experiences, romances and eventually meeting and marrying my soul mate Nick. But that's another story – and another book!

[Update note – we're gloriously happy and celebrating our fifth wedding anniversary this year, 2012]

The point is although I ventured into online dating in 2000, it was a sub-goal during the time I had to focus on the more important Golden Goal of building up my business.

You could say I have been blessed with tenacity and a **growth mindset** because I turn every challenge into a learning experience and set myself the goal to excel despite feeling overwhelmed at the outset. What is a "growth mindset"?

Growth Mindset vs Fixed Mindset

In her ground-breaking book *MINDSET: The New Psychology of Success*, Stanford psychologist Dr Carol Dweck found that people fall into two camps – those with a FIXED MINDSET and those with a GROWTH MINDSET.

“My research has shown,” she writes, “that *the view you adopt for yourself* profoundly affects the way you lead your life. It can determine whether you become the person you want to be and whether you accomplish the things you value.”

The FIXED MINDSET believes their qualities and intelligence are carved in stone. They want to prove their prowess over and over and not fall down or fail...so they are risk averse.

Says Dweck:

“Some of us are trained in this mindset from an early age. If you had parents or teachers who praised and overemphasised your achievements and how smart you are...you may grow up with the belief that you have to keep proving yourself a success in the eyes of others.”

Dweck calls this the FIXED MINDSET and the downside for people like this is that they fear risk, challenge and effort – all important traits for goal achievers!

By contrast the GROWTH MINDSET is based on the belief that your basic qualities can be cultivated and changed by your efforts, application and experience. You’ll enjoy stretching yourself to overcome obstacles and challenges and stick to learning new things in pursuit of your dreams and goals.

“The passion for stretching yourself and sticking to it, even (or especially) when it’s not going well, is the hallmark of the growth mindset. This is the mindset that allows people to thrive during some of the most challenging times in their lives,” says Dweck.

Thanks to Matrix Reimprinting with EFT Tapping, we can shift the fixed mindset to become a growth mindset with a winning attitude to life and goals. How? By finding the ECHO or younger self who was imprinted by parents and teachers to fear risk, challenge and effort in the belief that they will think less of you if you are not perfect.

We can change that belief in our memory – and imprint the qualities of a GROWTH MINDSET – as the way forward.

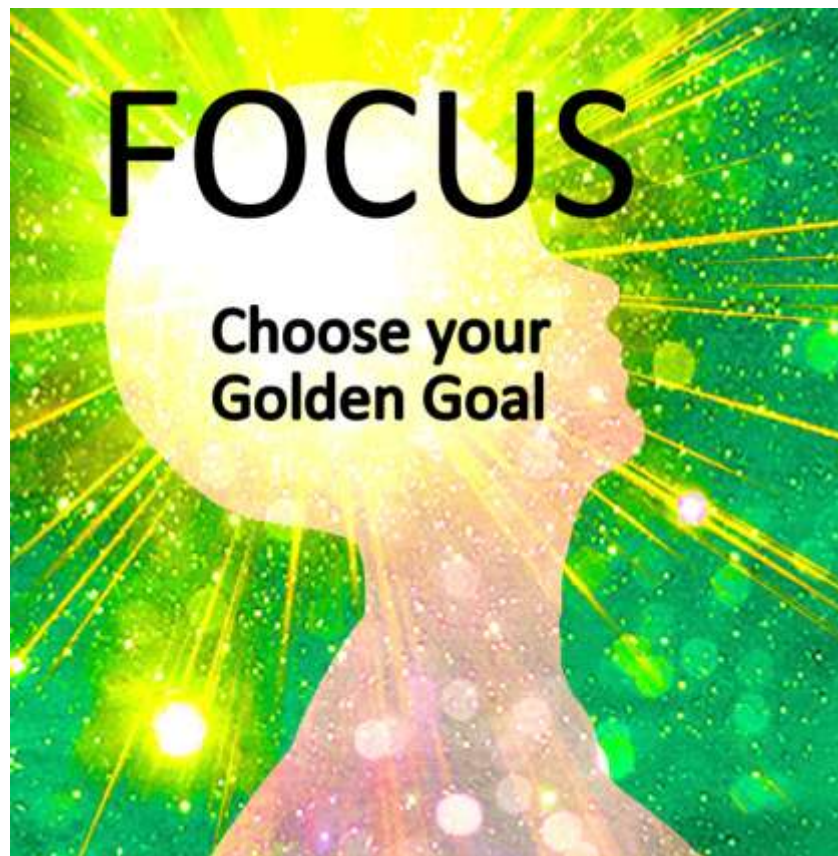
Ask yourself – what goals do you want to achieve and which mindset will take you there? Mindsets are just beliefs. They’re powerful beliefs, but they’re just something in your mind, and you can change your mind with EFT Tapping and Matrix Reimprinting.

Indecision destroys Success

Dithering or being undecided when it comes to choosing your goals, is very destructive to your success. I like this quote from Abraham-Hicks in one of their workshops about any decision being better than no decision.

"Any decision that you choose, if you are able to align it with your source energy, it is the right decision. It is the **indecision** that is more destructive to your experience than all other things... just make a decision, just decide.

"Haven't you felt the discomfort of indecision and then the comfort of the release of energy when you finally decide one way or the other? Just make a decision and GO with it for a while, and feel the exhilaration of having decided!"



When you are trapped in a prison of indecision, usually accompanied by procrastination, EFT-Matrix Reimprinting quickly helps you find the PART OF YOU or ECHO that is dithering and stuck. It may be connected to a traumatic memory, a past life, a negative belief or some seemingly well-meaning remark from someone you trusted as a child, that is holding you back.

Case Study: “I want to write my novel – but I can’t”

For instance a client who I will call Jane wanted help with her goal to write a novel and earn her living as a freelance journalist. She had sold up her catering business and moved to the country to fulfill this dream. But she phoned me in tears for help.

“I want to write my novel – but I can’t,” she said. “I’m now undecided – did I make the right decision selling up my business and devoting myself to writing? Worse still, I have several commissions for articles that I have started writing – but can’t seem to finish.”

We tapped on the problem, using phrases like:

Even though I can’t write... I’m okay anyway

Even if I never write my novel...I love myself anyway

All this confusion about being a writer

I’ll never be a writer

Not good enough to be a writer

Should have stayed a chef

Writer...Chef...Writer...Chef

Suddenly she had her “break-free-aha” moment when a memory popped up going back to age 13. She had always loved writing poetry and short stories and one day showed her work to her father, a very authoritative Judge, and confided in him that she wanted to be a writer one day.

His reply:

“You can’t JUST be a writer.”

Though well-meaning, his words seared into her heart and subconscious mind.

To comply with his advice, Jane had trained as a chef and for 10 years run her own successful catering business which she had now sold to give her the opportunity to move to the country and...write.

Thanks to the EFT Tapping Jane had unearthed the root cause of her dilemma and indecision. A part of her – her authentic self – wanted to write. But another part of her – her ECHO aged 13 – was frozen in time, brainwashed by her father’s words that fulltime writing was NOT AN OPTION.

Thanks to Matrix Reimprinting and Matrix Goals Reimprinting, it did not take long for me to help Jane to step into the matrix to release her ECHO from this bind and set her free. The session involved dialoguing with her father in “the theatre of the mind” and forgiving him for being so dogmatic.

She created a new empowering memory in which her father actually encouraged and praised her creativity as a writer. She then sent this vivid picture into her brain, heart, body cells and then out into the matrix.

During her session she had called in both a mentor and a spiritual guide to give her advice about how best to proceed with her writing. To complete things I suggested she step into the future where she encountered the ECHO of her Future Self who gave her encouragement and showed her the already completed novel, with instructions and insights about the plot, characters and even a suggested ending, all of which captivated Jane’s imagination.

Jane felt a tremendous relief after the session because she had freed up the part of her keeping her stuck in indecision. A week or so later Jane reported back to me that she had completed all her freelance article assignments and was highly motivated to continue with her novel.

Roles, Goals and the Golden Goal

Before you choose a single Golden Goal to focus on, I recommend you spend time thinking about your various **roles** in life. Take your journal or a sheet of paper and ask yourself:

What roles do I play in my life?

General headings are: Personal, Health, Recreation, Family, Friendship, Community, Career, Financial, Household, Spiritual.

Next, hone in on specific goals within those headings – writer, manager, wife, mother, father, grandparent, friend, web-designer, fund-raiser. Remember to add in caring for yourself – Self-Coach. And note any roles you have neglected and would like to bring back into your life.

Now choose one goal for every role listed above.

You can keep these as sub-goals for reference.

But your remit is to distill this list into five roles/goals.

Start looking for the one single goal that will make the most difference to all the others you wrote down.

Remember the insights you gathered in Goal Success Step #1 about your perfect day as you choose one **Golden Goal** to be your focus for the next 12 months.

Yes, it requires discipline to say no to other roles and goals. Yes, you need passion and commitment. And yes you will have to sacrifice some inviting opportunities to keep your focus as you proceed.

Console yourself with the thought that you can either spend another year half achieving a number of goals. Or have the joy and satisfaction of achieving your single chosen Golden Goal.

Examples:

You will have written a book and nothing beats the feeling of holding that book in your hands.

You will have found an eating and exercise program that helped you achieve considerable weight loss and feel great!

You will have walked the Camino de Santiago de Compostela (Way of St James) in Spain.

You will have spent 3 months as a volunteer in Costa Rica.

You will have learned Spanish or Italian.

Dear reader, now stop and imagine your own Golden Goal achievement...

I will have _____

Losing 50 lbs: My Golden Goal



2011-2012 was the year I made my Golden Goal to shed 50lbs/22 kg.

Like I recommend to you, I had asked myself the key question to sift through all my goals:

“What one goal – if you were to accomplish it this coming year – would have the greatest POSITIVE IMPACT on your other goals and your life?”

I realized that the one goal that would make the most difference to all my other goals – and possibly save my life – was losing excess fat.

I realized that the weight was holding me back from being of most service in the world and success with my work.

I wanted to reduce my high blood pressure so I could live a happier healthier longer life and ultimately be a better wife, mother, grandmother, writer, coach.

So I went ahead and gave it Golden Goal focus.

We get habituated to doing things a certain way. I had to change a lifetime of bad habits – when and what I ate; the tendency to eat when excited, upset, fearful or bored; the necessity for rest, routine and structure to my life.

Having a single Golden Goal for focus made all the difference to my success.

Three Top ways to “Get Focused”

1. Mind Mapping
2. Goal Mapping
3. The Vision Board

1. Mind Mapping

Mind mapping is a creative, innovative method of exploring an idea or topic created by Tony Buzan, the world’s top expert and author on the brain and thinking. It uses both left and right sides of the brain and is ideal for **setting goals** and exploring ways to achieve them because it allows you to explore and brainstorm ideas creatively and organize your thoughts.

Here is a great example:



Mind Map of Tony Buzan which I found at his website: www.thinkbuzan.com

How To Mind Map

Place your sheet of paper horizontally and start with sketching an IMAGE of your focus in the centre. You can also put a picture of yourself like the example shown.

Give it a title or label e.g. MY GOALS

Using colored pens, draw thick curved lines radiating out from the central image like branches of a tree. Each of these could be a different goal.

From the main branches more curved lines will flow, each relating to a different idea. The Mind Map combines use of words as well as images, symbols and drawings.

Once you have chosen your Golden Goal, it is time to create another Mind Map devoted solely to the Golden Goal and all your inspired ideas for achieving it.

2. Goal Mapping

Goal Mapping is similar to Mind Mapping in one major respect – it uses both sides of the brain to access imagery, the language of the subconscious.

Both methods bring color, words, symbols and pictures into your creative process.

Goal Mapping was developed by Brian Mayne in 1995 to help him overcome his own challenges...but it has gone on to huge success in the fields of corporate business and student education as well as for goal setters like you and me!

Here are the main steps adapted from the book and DVD on Goal Mapping by Brian Mayne:

7 Steps of Goal Mapping

- Dream – what do you want?
- Order – what's your priority?
- Draw – what does it look like?
- Why – why do you want it?
- When - when do you want it?
- Who – who can help you achieve your goal?

The answers to these questions are committed to paper – a concrete visual Goal Map which answers the above questions – in words and drawings. So you write the goal in words on one template – and draw it out in the other. I sometimes get myself pictures from magazines and the internet to illustrate my images – but it is highly recommended you draw as well.

You can use the blank template freely available on Brian Mayne's site:
www.lifeinternational.com

Here is an example:



Goal Mapping showing the right-brain Template (from www.liftinternational.com)

3. Vision Board

The Vision Board is definitely my most favoured method of anchoring my goals and forging goal success. Bob Proctor, author of best-selling book *You Were Born Rich* says:

“I recommend using a vision board more than any other method of visualization. It’s an excellent method of attracting all the good you desire – in all areas of your life.”

All of the great achievers of the past have been visionary thinkers – they projected what might be onto the screen of the future.

Once you have chosen a single Golden Goal, the Vision Board will give you your own mental imagery and the power to manifest what you have dreamed for goal success.

Your Vision Board creates a visual focus 24/7, 365 days a year as a vital reminder to your subconscious and a magnet for the Law of Attraction. Be creative and inventive using pictures, drawings and words. You can choose a power word to title the Vision Board. As you can see from my Weight Loss Vision Board I used lots of words taken from magazines and visual images of delicious healthy food, slim healthy bodies, and a visual FAT to THIN picture to remind me that was how my body was going to shift. Without that picture, I found it impossible to imagine myself in a slimmer body.



Caryl's WEIGHT LOSS VISION BOARD CREATED IN JANUARY 2011.

To Sum up this chapter on "Getting Focused"

The third step in your journey to Goal Success is all about FOCUS. It's about putting first things first and choosing one single Golden Goal after sifting through your many roles and a long list of possible goals.

It's about recognising how indecision and trying to juggle too many goals at once leads to almost certain failure. Instead I urge you to choose one **Golden Goal**.

To facilitate focus, I recommend three top tools: Mind Mapping, Goal Mapping and/or a Vision Board. All these can help you as you prepare for the next step of the journey: "Get Going".

Chapter 4

Goal Success Step #4: Get Going

In this chapter we are going to look at:

- Immediate action towards your Golden Goal
- Daily action towards your Golden Goal
- 30 day's action towards your Golden Goal
- Affirmations and Affirmations
- Matrix Future Reimprinting
- Case Study: Overcoming Writer's Block

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 is required.

Let's say your Golden Goal is to leave your day job and set up business as a life coach within the next year. By no means take a huge step and hand in your notice at this step. Here is a do-able action instead: pick up the phone and contact two or three coaching academies about their courses. Or contact a successful life coach and offer to buy them lunch so you can pick their brains. Alternatively book a session with them to clarify your goal and pick their brains at the same time!

Taking immediate action shows the Universe and YOU that you mean business. Do something every day that moves you toward your most important goal. Make a habit of getting up each morning, planning your day to ensure you do something, anything, that moves you at least one step closer to what is most important to you.

As a result you begin moving faster and faster towards your goal and your goal moves faster and faster towards you.

For instance when I made 2011 the year for my Golden Goal of weight loss quite honestly I felt I needed a miracle. I knew so many different ways of dieting – but could never find “one that worked for me”.

My first immediate action ...was make and put up a Weight Loss Vision Board (see Chapter 3) and put it right above my dining room table. That way I would be reminded of my Golden Goal on a *daily basis* whenever I sat down to eat.

Daily Action

There's a good reason why addicts in the 12-step programs (like Alcoholics Anonymous) are told to take it "one day at a time." If you apply this to achieving a long-term Golden Goal, the focus of 24-hours at a time takes all the pressure off while keeping the end in sight.

For example, using my Weight Loss Vision Board for inspiration, I chose daily action steps to reinforce my resolve. Things like – chew more slowly; drink 8 glasses of water, exercise at the gym ...these all started out as "one day at a time" daily actions that over time built into good habits.

Author Martha Beck added to my success with this daily action strategy by explaining the concept of the "four day win" in her book *The Four Day Win*. Her theory is that the first four days of a weight loss program (or any starting any new habit) are the most difficult, but that once you get over that four-day hump – it's so much easier.

Extend this for 30 days and you have all the makings of a new habit.

30 Day Rule

In his work on morphic fields and morphic resonance with plants, animals and people, innovative UK biologist Rupert Sheldrake explains that as well as the fields that surround our body that shape our form, our customs and behaviors also have their own fields.

Changing the established morphic field or pattern **requires intention, attention and application.**

Thus when you want to form a new habit, you have to put consistent application into changing it for at least 30 days. Sasha Allenby's **Field Clearing Technique** is one way of doing this if your Golden Goal involves changing bad habits (like not exercising) or beating addictive behavior (like binge eating, smoking or drugging).

Used with a swop partner or buddy who holds the space while you go through the exercise doing EFT Tapping and verbalizing clearing statements and affirmations, Field Clearing does what it says – clears your morphic field to set up new habits.

But note – it can also be used for imprinting any goal into your field or to manifest a specific thing.



Sasha Allenby

I suggest you download the full technique which is available for free at Sasha's website www.matrixreprintingcourses.com

However as I learned it from Sasha and have personal experience using it, let me summarize it briefly here.

Field Clearing Technique

In the Field Clearing Technique you begin by tapping on the karate chop point saying three times...

Even though I haven't always (thing you want to change or manifest).....I deeply love and accept myself anyway.

As you continue to tap around the body – head, face and hands – you continue with phrases like:

I want to always

I choose to always

I love to always.....

Then say out loud WHY you would love to do or manifest this new habit/thing.

As you continue tapping you bring to mind all the PICTURES that you see when you are doing this new habit, plus the sounds, smells etc as you do in NLP (Neuro Linguistic Programming).

Now do the Matrix Reimprinting protocol sending the vividly colored pictures of yourself achieving/living your new goal to your brain, heart and throughout your body. Then send the new pictures into the field or matrix. Finish with speaking out how grateful you are about achieving this new habit or goal. Sasha suggests you get up and do a “gratitude dance” which is a fun way I like to anchor it!

Affirmations

Affirmations are positive words of power that imprint into your mind and field the outcome you desire for your life and your goals. You can write them, chant them, say them mentally or out loud or do them with EFT Tapping in front of a mirror. You can post them around your home and office and put them in your purse to keep them front of mind.

The greatness of our human minds is that we can think, say and imagine something that does not seem to exist or is different from our current reality. And the result often manifests because of this mental image. One of my favorite stories is how success expert and best-selling author Jack Canfield succeeded many years ago with his “outrageous” goal to make \$100 000 a year.

He began with an affirmation and visualization.

As he tells the story, Jack started by putting a huge (three feet by two feet) \$100 000 dollar bill on the ceiling above his bed where he would see it on waking. He would say the following affirmation: "*God is my unlimited supply. May large sums of money come to me quickly and easily under the grace of God, for the highest good of all concerned. I am easily earning, saving, and investing \$100,000 a year.*"

He followed the affirmation by closing his eyes and visualizing his \$100 000 lifestyle – the house, car, lifestyle of his dreams.

He took certain steps, followed ideas that came to him – and eventually he manifested the \$100 000 earnings and lifestyle as he had affirmed it.

Can you think of ways to use affirmations in your life to change the programming of your subconscious mind? Imagine the results as you transform your thinking, habits and ultimately the life you live thanks to combining affirmations with EFT tapping and Matrix Goals Reimprinting.



Affirmations: 8 Tips

1. Begin an affirmation by saying I AM. This is a powerful message for the subconscious which takes it as a command or directive to make it happen.
2. Make sure it is in the PRESENT TENSE
3. Make it POSITIVE – what you want, not what you don't want
4. Keep it short and sweet – like an advertising jingle
5. Be specific
6. Include an ACTION ending in ING
7. Include an emotional feeling word like *...enjoying, happily, lovingly, enthusiastically*
8. End with the words *"This – or something better"*

I suggest you come up with a personal affirmation something like Jack Canfield's or try this one I adapted from Gay Hendricks, author of *The Big Leap*:

"I am expanding in abundance, success and love every day, as I joyfully inspire those around me to do the same. This – or something better."

While many people get brilliant results using Affirmations, there is a spin on them worth considering called **Afformations**. With both forms of self-suggestion, you can use EFT Tapping to reinforce the message to your subconscious. And then send them into the matrix with Matrix Reimprinting

Afformations

The subconscious mind responds to questions. Your mind has an automatic search function...it will go find the answer to an open ended question. Even saying “I wonder” is inviting a solution to a question.

But if you ask disempowering questions like “How come I never achieve any of my goals and resolutions?” you get disempowering answers.

Rather, says Noah St John in his book *The Little Book of Afformations*, ask a question that **assumes that what you want is already true/has already happened.**

Afformations: 3 Tips

1. Know what you want and write it down
2. Form your desire into a question that assumes that what you want is already true.
3. Let your mind search for the answers to your question and by the Law of Attraction, find the positive goal-affirming answer!

Examples:

Why am I so happy?

Why do I have enough?

Why am I so loved?

How come it was so easy to achieve my goal?

Why am I so happy, healthy and wealthy?

Why am I such an outrageous success?

Why is it so easy and okay to have, be and do anything I want?

Why am I so lucky to meet the perfect girl for me so quickly?

Try both Affirmations and Affirmations as part of your goal success process – you'll be glad you did.

Matrix Future Reimprinting



What does your future hold? Ask your Future Self!

Credit pic: <http://www.flickr.com/photos/jpovey/>

If you could look into a crystal ball and see clearly that your dream or goal was already a success, how would you feel? This is the reason why people consult psychics – seeking predictions that their dreams WILL come true...to meet their soul mate; get a new job; manifest money; be happy.

With Matrix Future Reimprinting you have the luxury of being your own psychic and predicting – and experiencing - precisely the kind of future you desire.

From a quantum physics perspective there are many possible futures open to us in life. These depend on chance and actions taken or missed. If you use Matrix Reimprinting to imprint a positive future or access a Future Self already living that future, you are calling in that vibration and field of reality and are thus more likely to attract it.

How to do Matrix Future Reimprinting

During your Matrix Goals Reimprinting session we set the intention for you to meet your Future Self - or ECHO - who has already achieved your desired goal. Step into the scene. Tune in to this most brilliant, wise, happy and successful, version of YOU. Take a moment to feel totally happy with your Future Self. Look at how he or she stands, breathes, smiles, walks and talks. Go and introduce yourself. Ask what resources, skills, ideas and people would most support your goal and what next best action steps to take.

One of my clients, a London businessman, always ends his sessions feeling uplifted because of the input from his Future Self. He also gets wisdom by calling in Tony Robbins or Richard Branson and is amazed at the insights he gets as a result.

When you send a message to your subconscious that the goal outcome you desire has already happened because you consulted your Future Self who is already living it, a powerful anchor is activated within you.

At the end of the session you **step into and synthesize with your Future Self** and look out at the world through their eyes. Feel what they feel, see what they see, hear what they hear – having achieved the Golden Goal. While in the matrix take the time to really soak up their positive vibration so it becomes YOUR vibration and you end the session feeling inspired and confident.

Case Study: Writer's Block resolved

*It's the dream of many people to **write a book** and there's nothing worse than the goal eluding you because of writer's block. It's often difficult to pin down what causes the block but in my experience it usually goes back to a person or event in childhood when the writer was humiliated or embarrassed in some way for the way they expressed themselves. This case study is a typical example of a teacher humiliating my client Maryann.*

Maryann came to my Matrix Goals Reimprinting workshop with an issue common to many writers, artists and creatives. Passionate about writing and photography, she felt unable to achieve her goals to write a book and have a photography exhibition eluded her.

"I even run Artist's Way 12-week programs for other writers and creatives to help them with their blocks," she said. "Why can't I help myself?"

We began tapping slowly around the hands and body, after first setting up the session:

Karate chop: *Even though I can't seem to write a book, I love and accept myself anyway*

Even though I can help others, but not myself...I accept myself anyway

Even though I don't believe my photos are good enough...or that people will want to see them...I accept myself and all these feelings

Even though I can't write a book because of unknown reasons...I am willing to find and clear these...help the part of me that feels stuck...I want her to know I love and accept her anyway.

Then I mirrored her as she tapped slowly around her head, hands and body.

At first Maryann couldn't immediately access a specific memory or reason for her creative block, so I used an approach very useful in Matrix Reimprinting to find an ECHO in the past. I asked her how it made her feel and where she felt it in her body.

She responded with words like "frustration, anger, sadness".

She checked her body to find where she was storing those feelings and described their color as "musty grey"

This is a very effective way to find an ECHO and a memory connected to the issue.

Within minutes Maryann tracked the memory to an ECHO aged 12 years.

Always a sensitive child, she recalled the day her English teacher publicly humiliated her in front of the class for an essay she had written. It was a creative writing exercise in which they had been instructed to fantasize about a topic. Maryann had spent hours absorbed in writing it.

Imagine her shock to be hauled in front of the class and criticized for her efforts.

This is a perfect example of how Matrix Reimprinting using EFT tapping can repair traumatic memories from the past which otherwise block creativity, happiness and goals in the present.

First off, we stepped into the memory – *before the shock of the trauma began*. Maryann found her ECHO outside the classroom and introduced herself and told her she was here from the future to help and support her in any way she could.

She told her that she loved her, had a magical tapping technique to help her any time she needed it and that if anything happened to her when she went into class that day, she promised she would stand by her like a guardian angel (which her ECHO understood).

We then moved on into the classroom until the scene when the teacher called her out and held up her essay.

The nature of a trauma according to Meta-Medicine is that it is:

- Unexpected

- Dramatic
- Isolating
- No resources/helpless

By pre-warning the ECHO, the edge was taken off the shock.

We froze the teacher and the class and took the ECHO out of the situation to a place where she felt safe and happy to dialogue with Maryann. We asked what other support she wanted to call in and she mentioned her Guardian Angel and a wise aunt who always encouraged her to write and paint.

Maryann tapped on the ECHO in the scene saying:

“Even though you’ve had a shock – you’re still a beautiful little girl and you’re safe”.

She continued to tap, bringing down the intensity of the shock for the ECHO.

All this shock, feeling humiliated, you thought you’d done a good job...etc

Once the shock was reduced, the little ECHO could hear what those who loved her had to say.

She showed her aunt the essay and was assured it was a genuinely brilliant and imaginative piece of work. Her aunt said the teacher’s response was only his opinion and he just didn’t get it because of his closed mind.

So what was the learning from this incident?

Maryann assured her ECHO that she could release the need to please everyone – that most creative writers and artists learn to produce their art anyway – some will love it, some will not, and that it’s all part of life, especially if you have an special talents like the ECHO.

Next step was to reimprint a new empowering memory

To reimprint the memory any way her ECHO would have like it, they created a scene right then and there where a whole bunch of people, adults and children, were listening spellbound to someone reading the essay and when it was finished they all clapped and cheered.

The next step in the session was to freeze-frame the picture, infusing it with a color that Maryann chose and to bring it through the top of her head into her brain to allow all the neurons of her brain to fire up with this vivid and positive picture. The picture was then flooded down the back of the neck into the body and heart to a message to all the cells of the body that the trauma is over.

Back into the heart, the new picture was intensified emotionally with all the good feelings, sights and sounds associated with the new memory and finally sent 360 degrees out of the heart into the matrix where to resonate its positivity.

Next step was to check on the ECHO back in the classroom scene.

Maryann reported that her ECHO was feeling so much better. She felt affirmed and happy that she had supporters to encourage her creativity. She said she actually felt sorry for the teacher for missing out on the world she had created. She was smiling and settled.

This was a good time to check with this ECHO if she could lead Maryann to other ECHOs related to this issue.

Maryanne flashed suddenly back into to a Past life...several Past Lives in fact - which we cleared in a similar way.

By the end of the session, it was time to access an ECHO in the future to see how they have succeeded with the goal. And do what we call a Matrix Future Reimprinting.

Maryann asked her Future Self to give her some tips and wisdom as to how she could be the successful writer and photographer she had become."How did you get to be so successful and write so many books...become acknowledged as a landscape photographer?

Her Future Self dialogued with her for several minutes while I held the space silently. As she ended the dialogue with her Future Self, she described how she had been shown how to cut emotional-energy cords between her and close family members who were holding her back.

I then encouraged her to step into the Future Self and become her... feel the feelings, joyous, successful, and creative. Revel in the feeling of recognition and happiness. Grateful for a fulfilling creative life.

Magically she came out of her session released, relieved and inspired to write several books her Future Self had assured her she already had in waiting to be written.

To Sum up

This chapter covered some ideas to *get going* with your Golden Goal. This means taking action – immediately, daily and for 30 days to form new goal-achieving habits.

We also looked at Affirmations and Afformations for fuelling your enthusiasm and focusing your *mind*.

I explained Matrix Future Reimprinting where you connect with your Future Self or Future ECHO who has already achieved your Golden Goal and other dreams and goals in your life.

Finally I shared a Case Study of Maryann a wannabe author who had blocks about fulfilling her dreams and goals to be a writer and photographer.

In the next chapter we look at how to keep the momentum going and stay on track with your goals.

Chapter 5

Goal Success Step #5: Keep Going

In this chapter I will show you how to keep on track and motivated until you can say – ***“I did it...I reached my Golden Goal.”*** This includes:

- Plan for setbacks – try journaling
- Evaluate your progress – daily, weekly, every three months (quarterly)
- Get real-world support and coaching
- Enjoy the Journey: rewards and celebrations
- Balance body, mind, heart and soul

Plan for setbacks

Setbacks are a natural part of behavior change. Everyone who successfully makes changes in his or her life has experienced setbacks. Identifying potential roadblocks and brainstorming specific strategies to overcome them can help you stay on course or get back on course.

I recommend daily journalling which helps to put down on paper any challenges that arise. Draw a line down the middle of the page and head one column with the words PROS and the other with the word CONS.

Listing the negatives and positives about a situation challenging you collapses the confusion and indecision underlying it. And gives you an opportunity to do some specific EFT Tapping to erase the glitches causing your goal success program to falter.

Evaluate your progress

Review your Golden Goal daily, weekly and every three months. This highlights what's working and what isn't – and why.



Pic courtesy Jayel Aheram, Flickr

Daily

Every night, or first thing in the morning, check your diary and make a To Do list of at least five things that you want to accomplish that day. Include at least one thing that pertains to your Golden Goal.

Weekly

Every Sunday night have a one hour planning session with yourself for the coming week where you make sure you give a high priority to achieving at least one important step in the direction of your Golden Goal.

Do this while mapping out the week's activities and appointments in your diary. Check in with your family for activities that involve you and which you need to diarize. And remember to block out periods for me-time for exercise, relaxation and self-care.

Quarterly

At the start of each year I diarize at three monthly intervals, an entire Review Day in which I devote to brainstorming, reflecting and championing my efforts to achieving my Golden Goal.

Don't be disappointed if you have had set-backs (see above). The key reason for doing this quarterly review is to get back on track as soon as possible. You may need to book a session with a coach or EFT-Matrix Reimprinting practitioner to sift through some of the debris that comes up.

Alternatively you may want to brainstorm what's not working with your accountability buddy to see if you need to readjust your expectations or time/date for achieving your Golden Goal.

Although I recommend a 12-month period to achieve your Golden Goal, I have found that some of my Golden Goals happen over 18 months to two years.

Get renewed motivation to KEEP GOING by making a new Vision Board – it will bring home to your subconscious and your heart why you are passionate about this goal and why it will pay you to keep persevering.

Get real-world support and coaching

You've probably gathered by now that I put my money where my mouth is and only recommend tools and tips that I've tested myself and can recommend from personal experience will likely ensure your goal success. For example:

- Ongoing sessions with an EFT-Matrix Reimprinting and/or Law of Attraction coach. To keep going you may need to recognize that you need to put aside time and money for professional coaching.
- Masterminding or having an accountability buddy is also recommended.

Enjoy the Journey: rewards and celebrations

Beware: you will burn out if you drive yourself too hard. Enjoying the journey to your destination is one of the biggest lessons I have had teach myself for Golden Goal success.

O Magazine columnist and coach Martha Beck, author of books like *Finding your True North Star*, *The Joy Diet*, *The Four Day Win* and *Steering by Starlight*, makes it mandatory to reward yourself daily with **non-edible treats** that will deflect you from comfort eating and nourish your body, mind and spirit.

Some of my best self-nurturing ideas include: bubble baths, doodling with glitter pens, painting mandalas, walking in nature and massage like aromatherapy, reflexology, Trager or any body-based therapy that takes me out of my mind and soothes and energizes my nervous system .



My grandson Finley enjoying the kind of bubble bath I love!

Julia Cameron, best known for her best-selling book *The Artist's Way*, a 12 week course to “discover and recover your creative self,” advises artists and writers to take an “Artist’s Date” once a week to replenish the inner well of creativity and nurture themselves. Her method has contributed to thousands of creatives – myself and my clients included – achieving real goal success with their artistic endeavors.

The bottom line is to make your journey of goal success as enjoyable as you can. Stop to visit a park or rose garden and smell the roses! Treat yourself to a spa day with massage and sauna.

Remember that FEELING GOOD raises your vibration and a higher vibration magnetizes your goals easily, effortlessly and joyfully.

And plan a BIG CELEBRATORY reward for the end of the road when you have achieved your Golden Goal. For me, this is something that involves a holiday in nature doing things like yoga, hiking and chilling out by the sea. To celebrate I once took myself off to Turkey for two weeks – one week at a Detox Spa and the other week relaxing on the coast.



Paradise in Turkey: my idea of Celebrating a Golden Goal

Balance body, mind, heart and soul

Ever been burnt out from neglecting to care for yourself properly? Many people today get ME, depression or other illnesses as a warning sign that their body cannot take any more stress and punishment.

This can cost you time and money – and cripple your cherished dreams and goals. In the long run it simply is not worth it.

There was a time when I used to drive myself relentlessly, working seven days a week, cutting my sleep time and not paying proper attention to eating, exercise and regular meditation – all things essential to my highly sensitive nervous system.

I learned my lessons the hard way and one day made a vow to myself that I would invest in prevention and develop regular good eating, exercise, meditation and journaling habits – rather than wait for burn out to force me to rest.

To this day, when I get intensely involved in a goal or project and my passion turns to obsession, I take it as an early warning sign that I must slow down and take time out. And I do. I have an affirmation that **work projects must be fun, easy and profitable, with guaranteed rewards along the way.**

I urge you to do the same because the end result is a happier, balanced life – with all your dreams and fulfilled, one Golden Goal at a time.

To Sum up Goal Success Step #5: Keep Going

In this chapter I advised you to prepare and plan for setbacks – but to keep going anyway!

I suggested you evaluate your progress daily, weekly and quarterly and to get real-world support in the way of EFT-Matrix Reimprinting coaching, mentors and an accountability buddy.

Build rewards and celebrations into your resolve to keep going. Give your self regular treats for milestones and plan a big meaningful reward for when you achieve your Golden Goal.

Above all: enjoy the journey, finding ways to avoid burn out and feed your body, mind and soul. Rewards will come when you balance your life and pace yourself.

How to Stay in Touch

Sincere thanks to YOU dear Reader for sharing my story and teachings all aimed to bring YOU Goal Success using EFT Tapping, Matrix Reimprinting and Matrix Goals Reimprinting.

As a bonus gift to you, I'd like to offer a **Free Report** to boost your efforts and ensure your success. Called: **10 Goal Stoppers & How to Break Free with EFT-Matrix Reimprinting/Matrix Goals Reimprinting**. It will give you some insights into how to press on with your Golden Goal, no matter what!

This is free to you at my website www.breakfreefast.com – go get it now!

I'D LOVE TO STAY CONNECTED WITH YOU and get your feedback and views at the following places starting at You Tube where you can find me going through the 5 Goal Success Steps in person:

You Tube: <http://www.youtube.com/watch?v=enYAwpwZI-s>

Skype: breakfreefast

Email: goalsuccessyes@gmail.com

Twitter: @breakfreefast <https://twitter.com/Breakfreefast>

Facebook: <https://www.facebook.com/CarylWestmore>

Linkedin: http://www.linkedin.com/profile/view?id=49590756&trk=tab_pro

Blog and websites:

<http://www.breakfreefast.com>

<http://www.goalsuccessyes.com>