

## GOAL VISUALIZATION

(TO GET YOU READY FOR THE 8 WEEK CHALLENGE)

### WHY YOU SHOULD TRY IT

Every day people plan to do difficult things and never follow through – even when it's something we really want to do. You have signed up for the 8 Week Challenge – yay!! You can do it. But... because we are human, and because we can sometimes sabotage ourselves let's put some things in place to make sure you achieve what you want to in that time.

### HOW TO DO IT

1. Make sure the goal/s are something you believe you can reach. Tell yourself '**I can do this**' and say it 100 times a day if you need to! Don't allow those toxic thoughts to derail you. You can do this – if you want to!
2. What works is making a vivid, concrete plan. Visualize your goal/s in detail and write it down. What do you see? This is where you make sure what you want to achieve is CLEAR and MEASUREABLE. Also make sure you are REALISTIC. Be specific—you will know what you have to do ahead of time—so at the beginning of each week write down:

What you need to do, and then make a concrete plan to reach your goal by writing down the following as well:

*When will you follow through?*

Where will you do it?

How will you do it?

E.g. "Every morning at 8 a.m. I will go in to the family room, put on the video and do the yoga practice." Or "Tomorrow morning right after I get up I will sit in the lounge room in the arm chair in the corner and do the Mindfulness of the Breath activity."

3. Keep a journal of your progress towards your goal and every week look at how far you have come then *note this in your journal*. This keeps your intention fresh and reminds you of why you are doing what you are doing! Celebrate each step you take towards achieving the goal/s you have set for yourself. Share your progress with others on the Facebook page. There's lots of evidence that shows encouragement is a great motivator... so connect with others doing the challenge and just watch how great it is to be encouraged to keep moving forward -encourage someone else regularly too!

*If you do this exercise, you are making a growth-mindset plan which makes goals feel attainable and manageable. Concrete plans-plans you can visualise- about how, when, and where you are going to do something lead to really high levels of follow-through, which of course ups the chance of success. When you believe that you will be successful at something, it encourages you to work harder toward achieving that goal—and this greater effort increases the chance that you will actually succeed. Plus, the more you succeed, the more confident you will be about future goals.*