

Live Love

Keys to Your Success

Creating Live Love Vision & Target Goals

Goals should have two components: *A Vision Goal* and *A target Goal*.

The two parts work together and enhance each other.



The vision goal motivates and gives broad direction. The vision goal is the ideal image of what your life will be like when your goal is achieved, specifically what it will feel like. They Inspire, Challenge and Grow YOU. The vision goal makes you a DREAMER first, it raises your capability. Uncage yourself, you are going to grow into that person and you should not limit what you want, to who you are now. You don't have to know now, how this will happen, just decide now that you want it to happen. Most people think too small. Believe in your ability to be whoever you want to be, then use target goals

The **target goal** clarifies and outlines action. The target goal is your typical SMART goal. Target goals are self-imposed checkpoints that keep you on track and ensure that effective action is being made. The targets are checkpoints you establish for yourself to help keep you on track. The target goal is an aid that helps flesh the vision into reality.



The vision is really your true goal.

For this exercise we will be looking at one of your success goals that you created earlier and we'll enhance it through the vision goal process.

Step 1: Pick one of your success goals to work on

Your success goals will probably include many steps required for it to be realised. Choose one of the steps for this exercise. E.g. If you are looking at a physical goal of you living a healthier lifestyle, maybe choose a new eating regime or a new physical activity or exercising aerobically three times per week.

Step 2: Outcome Visualisation

Outcome visualisation involves envisioning yourself achieving your goal. To do this, create a detailed mental image of the desired outcome using all of your senses. For the new physical activity visualise you performing it three times a week. See it scheduled in your calendar, say three times per week. See you driving to where you will perform it, see you doing it with ease, you showering after it and then you driving away to your next scheduled activity. Visualise and feel, how great you will be feeling as you're driving away. Visualise your new body from doing this activity. People commenting on how great you look.

Step 3: Write Out a Successful Outcome Draft

Some people find it easier to write out their goal in detail before they sit and visualise it. Follow these tips and your visioning will work better:

1. Put something wild out there. Get past the 59 reasons why it won't work. Put down what pours out, not what you feel other people want to see.
2. Write as if your vision has already happened.
3. Keep writing for 15 to 30 minutes, regardless of how silly you sound.
4. Build your passions into what you write. Make sure you're part of the vision.

Once you have a vision that you are attached to, sit and visualise, for about 20 minutes, what you and your life will be like when this has become a reality. Tune into "Future You."

See how you will look, talk, walk, dress. How you will feel. Walk yourself through your day. What will you be doing? How has this enhanced your life?

Strategy 4: Create the Target Goals

Now you have visualised the goal becoming a reality it's time for you to create the target goals. All the action steps (checkpoints) required to make this become a reality. For this we utilise the SMART goal framework.

Specific. Measurable. Attainable. Relevant. Time-Based.

Write out all the action steps required that will take you from "present day you" to future you, who has successfully achieved this Vision Goal.

Strategy 5: Utilise Process Visualisation

Process visualization involves envisioning each of the actions necessary to achieve the outcome you want. Focus on completing each of the steps you need to achieve your goal, but not on the overall goal itself.

Create a vivid mental picture of yourself succeeding, envision what you must do during each step of the process. Visualise positive mental imagery strategies you will utilise to stay focused and motivated when you experience obstacles or setbacks.

Visualise your support team that will be there for you. All the way, especially when you hit an obstacle and setback.

Strategy 6: Take Action

This is the easy part, start taking action. One step at a time. Before you know it all the action steps will have been completed and your Vision Goal has become Reality.

Know that visualisation alone, does not guarantee success. It's up to you to do the hard work and practice. But when you combine diligent effort and a strong support network, it is a powerful way to achieve positive, behavioural change and create the life you desire.

Remember you Dreams will work when you Do.