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Focus on the Target (or Outcome)

1. Write down exactly what you want to achieve AS if you are experiencing the change now. Use positive/affirmative language, **unequivocal language**. Describe the goal/target as if you see it occurring now (avoid negative language, avoid the word “no.”)
2. Repeat the target over and over. Clearly, assertively. Believe in it! Such as your key phrase.
3. Forbid all other ideas to distract you from the target. If you find yourself getting distracted - interrupt the distracting thoughts, feelings, behaviors - and bring your mind back to your target.
4. Imagine how life will be when you achieve the target. Visualize the details vividly with ALL your senses: sight, sounds, smells, tastes, sensations. Imagine all the benefits.
5. Create a movie in your head and watch yourself achieving your aim - hitting the target.
6. Visualize how others will react to you when you have achieved your target.
7. Speak out clearly and assertively. Your subconscious and the universe will hear you and work with you to make your goal/target happen.
8. Before you sleep, run the target words (from above) three times through your mind (or more!). This is a form of self-hypnosis (the moments before falling to sleep, your mind enters into hypnosis!).
9. Always believe in yourself! Trust in your abilities! Remember that everything you ever did in the past was for a positive intention. The thoughts, feelings, behaviors may have simply exhausted their usefulness. Release judgement, be kind to yourself. You are taking control now!
10. Only you can achieve your target. No one else can do it for you. Seize the responsibility, go for it!

I need you to promise me something:

1. Make a promise to me and yourself to use only kind, positive self-talk (that means you are not allowed to criticize yourself!). Perfection is not possible, but, effort and commitment IS!
2. Read and use pattern interrupts from the Self-directed Neuroplasticity handout!