

10 Easy Steps to Help Get What You Really Want in Your Life

Welcome, and thank you for being here. These ten steps are gentle and simple, and you can start them today. Take your time with each one, and come back to them as often as you like.

1. Everything begins with a thought. Sit in a quiet place for 5 to 10 minutes and think about what you want. Get clear on what you want as your goal, and write it down. Post this where you can see the goal everyday.
2. Focus on that goal every day from now on. Keep your focus positive, because what you keep your attention on is what you tend to move toward. Picture the day you achieve the goal and let that picture guide you.
3. Feel what it feels like when you achieve the goal. Let yourself feel it in your body, as if it were happening right now. Notice the joy, the relief or the pride that comes with it.
4. Smell the surroundings when you achieve the goal. Is there fresh air, a favorite meal, flowers or coffee? Let the smells make the picture feel real.
5. Taste what it tastes like when you achieve the goal. Maybe you're celebrating with something sweet, or enjoying a quiet cup of tea. Let that taste become part of the picture.
6. Look around you at the moment you achieve the goal. What do you see? Notice the colors, the people and the place you're standing in. Visualize this clearly.
7. Listen to what you hear when you achieve the goal. It might be laughter, someone congratulating you, or a calm and peaceful quiet. Take it all in.
8. Take your end goal and reverse engineer it into small steps. Start from the day you achieve the goal and work backwards until you reach what you can do today. Be sure to write every step down.
9. Take one small step right after you write your plan. Then take another small step every day. Each one moves you closer to the day you achieve the goal.
10. Repeat all nine steps every day. Daily practice keeps the goal fresh and keeps you moving. Every small step you take brings the day you achieve the goal a little closer.