

This is a really nice exercise that helps you understand what you need to change in your behaviour and your attitudes in order to achieve your goal. It's also a good way to validate if the goal you have in mind is truly what you desire. If during the visualisation you feel that the "person you need to be" is just too big a change you'll know that you need to break your goal into smaller one. It doesn't mean you're giving up on your original goal but you're being smarter about achieving it. Remember, Rome wasn't built in a day! If however, you feel that even after you adapted your goal you feel that the person you need to be is just not you, then, it may be that you don't really want that goal.

Have fun!

Sanela

PS. I don't remember where I got this exercise so there are no credits for it. If you recognise it please let me know and I'll add the acknowledgements.

Visioning exercise for powerful goal setting

Take your new goal and hold it in your mind. Let your imagination roam and find a picture or a feeling of yourself already having achieved the goal.

Now, look at that version of yourself. What are their gifts and strengths? What are their qualities and how are they living their values? Write down everything that occurs to you about yourself in that future vision.

What is the biggest change that you made in order to achieve that goal? Specifically how did you make that change? Can you do that right now? If not, this why not? Is the change too big right now? How can you break it down? When you feel comfortable with the steps create an action plan for "becoming" the you who has achieved this goal- and take the steps. The goal will follow - and probably more quickly and with more grace.

Remember the power is in the balance between being and doing - we can access our future selves or we can work on our inner self but until we take action it is only a daydream 😊
Action is the multiplier that creates that amazing version of you - that helps you to "become" the person who has your goals.