

Your Life Plan[©]

Let Your Dream Be Bigger Than Your Fears
5 Simple Steps to achieving something you
want in the next 90 days

Carla Hanlon BHSc.
Naturopath and Life Coach



"Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success." Pablo Picasso



Introduction to "My Life Plan"

Dreaming big is hard. Setting goals can be fraught with obstacles - real and perceived. We want great things for our lives but we are also quick to make excuses; "I could but..." "I would if..." "I will when..." Sound familiar?

Like any skill... getting what we want takes practice - especially if we are in the habit of not getting - not having... we live in a constant state of lack and wanting but not knowing how to change this. Not having tools, support and most importantly - something big enough to enable us to make obstacles disappear and opportunities show up everywhere.

So, let's start small... we want to find an achievable goal - a "win" that we can manage (with a bit of stretching mind you... you only get out what you put in!). Something you can work towards over the next 90 days and feel that wonderful sense of achievement and reward when you get/do/experience/have/see/wear that "thing" that right at this moment you don't think is possible.

Now, get yourself a lined notebook (do we ever need an excuse to buy one of those?) and set aside an hour or so in a quiet place to dream and create your plan.

Step 1. What do you want?

My most recent 90 day goal came to me by accident...I'm a member of an AFL Football Club and every year they hold a "Ladies" lunch which all the players attend and everyone dresses up and enjoys great food, wine and lots of laughs. I know people who go to it every year and rave....but the ticket price is not exactly cheap at \$150.....and every year about three weeks out from the event for the last 7 years I couldn't commit to going (even though I wanted to) and of course, every year there was always something else "more important" (but not pleasurable) that needed the money... so, my "excuse" was: "I can't justify spending this money on the lunch because I have bills".

This year is different. It hasn't even been promoted yet - but I know it will happen and I know approximately when... so I created a mini-goal plan .. and this year I know I will finally go. How you ask? I'll tell you in step 2.

So... In your book write down a list of what you want to do or have in the next 90 days.. list everything - no matter how impossible it seems .. then we'll choose one..or you can be super brave and do two!!! (Be careful ... your mind will start throwing up reasons why you can't possibly achieve it) Don't listen - WRITE.....DREAM!!! This is the perfect opportunity!

"Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway." Earl Nightingale

Step 2. Set the Goal

Ok... so my plan to finally get to the lunch? It is incredibly simple...SAVING UP FOR IT! Yes.. using the awesome power of cash... something we often overlook in this age of pay-wave and credit. I worked out how long before I needed to buy the ticket (at least 2 weeks from the event) and divided 150 by the number of weeks so I knew how much I needed to put away each week. \$20. That's it...twenty dollars each week into a special envelope and I will finally be able to go to the lunch!

Your goal or "want" may be a weekend away with your partner, or a rock concert or school camp, or a car, or that pair of gorgeous winter boots or that luxe coat you've been salivating over in a shop window. It may be to lose 10kgs... or run a 5km marathon, build a website... Anything!

So - In your notebook, write down the date (90 Days from now) as follows:

I will (insert your goal) by (insert date including year)

Then write down a plan... or calculate what you need save up, or what steps you need to take to make it happen.

Step 3. Identify Barriers & Distractions

In order to overcome the inevitable obstacles and mind meddling that will try to thwart you achieving your goal... you need to manifest how you will feel when you are doing/wearing/attending/seeing/driving your goal. For me, it is planning what I'm going to wear... arranging to go with a couple of friends... taking pleasure each week I put that \$20 in the envelope rather than resenting it... Knowing the bills will still be paid. How I'll feel talking to my favourite players and celebrating their success.

In your notebook start a new page and head it "Overcoming Barriers".

Draw a line down the centre of the page. In the left column write down the particular barrier you might anticipate such as; Raiding the cash stash to buy groceries or an unexpected expense or that nasty little voice in your head that says "you don't deserve something that nice" or "are you crazy? That's the groceries for a week"

Then in the right hand column right down creative ideas as to how you will overcome those barriers. Really think about this and hold your goal as non-negotiable. You WILL achieve it.

“Obstacles are those frightful things you see when you take your eyes off your goals.” Henry Ford

Step 4. Change

Setting and achieving goals requires some level of change. Whether it is adopting a new way of looking at our life and immediate environment, or re-evaluating ourselves and our habits. We've all heard the saying "If you keep doing what you've always done, you'll keep getting what you always got"... and this is no truer than when we are challenging our existing behaviors with change, in order to steer us toward our goals.

Our plan is what helps us on track and imagining the FEELING of what it will be like when we have achieved our goal - no matter what it is - helps ease the "pain" of change.

In your notebook list five areas of change that will further support you. Framing these in a positive way is helpful For example:

- I persist at what I do (if you are a person who stops when the going gets tough)
- I handle change well
- I am motivated to achieve
- I am focused on my goal
- I am organised and punctual
- I know what I want and I am decisive

(There is much more detail about this in my full "Your Life Plan" program)

Step 5. Action

There is a saying "**Action Cures Fear**". Fear causes inertia - being "stuck" - you know that feeling when we are overwhelmed, lack motivation and we feel frustrated, helpless and hopeless? Underneath all that is fear of failure... of, once again not finishing. Not this time..... Do something - anything... read something motivational, listen to a pod-cast, write down what your goal means to you.. focus on how you will feel.... clean out a cupboard, file paperwork.... do SOMETHING ... and you will move through the inertia and back onto your path. Having action steps - a plan - will help with inertia - and ultimately be the tool that has you reach your goal. In my "Your Life Plan" program we spend a bit of time on this part of the process as the goals are generally BIG... and long term.... one year.. five years and beyond where you get to really design your life in all aspects. But, for now, let's work on our 90 Day goal:

In your notebook put a heading on 13 consecutive pages with SUNDAY and DATE: (calculate how many weeks until your goal date) On that final date page write your goal and frame it as "I NOW HAVE " or "I NOW OWN...." or "I AM NOW" Whatever is appropriate for your goal. Enter that marathon... put a deposit on the trip, lay-by that item... hang that pair of jeans you want to fit into where you can see them.....whatever will lock you in to your goal and motivate you further! Each Sunday spend 10 to 15 minutes writing what you need to do that week towards your goal, and identifying what might get in the way or distract you in a separate list.

Success!

Taste it, dream it, live it. Think about how it will feel crossing that finish line (either literally or figuratively) in 90 days!

If you're struggling and need support, I'm offering existing clients a special one hour support and motivation session for just \$50 - either via Skype or Zoom or in my clinic.

If you're up for the "big game"... Book "Your Life Plan" step by step program which expands the above steps and more. It comprises 3 x one hour sessions and includes; guidance, worksheets and directions to all the tools, support, tips and tricks you'll need to successfully achieve whatever goals are important to you. Investment: \$175

Let me be your coach and let your dreams become reality!