



Successfully Achieving Your Goals

Are you often disappointed when you find your goals and dreams don't come to fruition? Or perhaps you don't set goals any more for fear of being disappointed again?

Here is a system to ensure you pull your goals towards you like a powerful magnet. If you take massive all out action – the prize will be yours. It's all a question of what you allow to run through your mind, that's where the power is. The "how to" will take care of itself.

May I suggest you print out this article and put it next to your bed, along with a small notebook? Promise yourself you will take 5 minutes every evening and every morning for the next month – just small steps. As you get excited about your mental state changing, expand your attention to 3 or 4 times a day. Waiting in a queue, driving your car, taking a break, you can do this any time. Keep your notebook with you so you can add short affirmations when they come to you.

Let's take a look at how successful sports people achieve their goals, as we can learn so much from how they have fine-tuned their mental abilities to achieve success. The advantage they have is the immediate feedback they receive, contrary to the business world or relationships where cause and effect are often so far distanced from one another, they are not easy to recognise. This system you can also use for your golf game – for every round and every shot.

Set realistic goals

Your goals should be high enough to motivate and excite you, but not so high that they cause you tension and stress. The negative emotions and perhaps even chatter of the intellect with instructions or uncertainty will sabotage your success from the very beginning.

In the Present Tense, with Emotions Attached

Write down your goals as if they have already been achieved. For example: I play my new Handicap effortlessly; I am enjoying hitting 80% of the fairways; I feel wonderful now my weight is; My new job in is well rewarded and exciting; My excellent new staff member enables me to take a wonderful holiday to etc.

When you ask for something in the future – it tends to stay in the future and therefore unreachable. I want.... Remains as a "want" because this is what your subconscious understands. (From book ask & it is given)

The more emotions you can attach to the goal the better.

This is an important point to remember when playing tournaments where you want to reduce your handicap. Gary Player was so confident about winning a major tournament once, he could see himself receiving the trophy before he even teed up in the event.

Throughout the whole tournament this picture stayed with him until he actually did receive the winners trophy. He was not in a state of "wanting" he was in a state of "knowing" – through his powerful belief he had closed the time gap between where he was and the end of the tournament. His subconscious mind did not know the difference between present and future, because the pictures and feelings it was receiving were so powerful.



Create Exciting Mini-Movies

Have you ever seen an Olympic high-jumper or long-jumper preparing for their jump, they look as if they are in a trance, many of them are playing that successful jump through their heads in detail as if it's already happened. Jack Nicklaus says in one of his books "I never hit a golf shot without first visualising very clearly how the ball will fly to my goal." If you make exciting mini-movies around having achieved your goals you will be amazed at the speed and accuracy of your manifesting. Play the movie with you in the main role and feel the feelings of achieving your goal. Remember there should be not a moment of doubt about the goal - as soon as doubt creeps in you are giving your subconscious mind the message it's not possible. This requires awareness and mental discipline, which is what the Kagami method teaches.

Let Go of the Goal

Know it and let go of it. This will stop the doubt creeping in. If you keep nagging about what you want, you are again sending the message to your subconscious that it's difficult to achieve, causing tension and keeping your goal distanced from you.

If you have participated in a Kagami workshop you will recognise this part - we show you how to come back to the NOW just before you take the club away, so that the goal is no longer in your consciousness. You are doing a Kagami exercise and therefore aware of your swing. The goal takes care of itself if you have done your preparation right.

Follow Your Intuition

Let the how's come to you effortlessly - if the "how" is a struggle then you are taking the long hard way towards your goal. The feeling is as if you are floating in a canoe that is taking you downstream and you don't need your oars to propel you. If you feel like you are battling upstream in your journey to your goal, then just stop, relax, centre yourself and let the canoe turn around and go downstream. Then the "how to" will become self-evident.

Tell me at the end of 2010 how your goal setting worked.

Wishing you good visualising.

Sabana Crowcroft

January 2010