

Handout 1

ROADBLOCKS TO REACHING GOALS

Do you ever make big plans but then seem unable to follow them through?
Do you set goals each new year and then feel disappointed by not keeping them?
Ever find you give up on your goals within weeks or perhaps even days.

There are 2 basic reasons for failure to move towards goals:
Conscious reasons and Unconscious reasons.

I. Conscious – Things you're aware of on a conscious level

- Don't know where to start
- Not realistic for where you are now.
- Goal is too big
- Feeling overwhelmed
- Not enough information or time to accomplish the goal
- Not taking action
- Procrastination
- Not have the time or resources to reach the goal
- Putting other's need before your own
- It's what someone else expects, not what you want to do
- Negative thoughts

2. Unconscious Reasons - Underlying patterns/programs

- Belief in opposition/in conflict with the goal
- Fear of failure
- self-doubt
- fear of change (unknown)
- succeeding is scary
- not believe you deserve to succeed
- worry about feeling foolish or what others would think

- Stress response due to old coping skills

Using the No-Fail Goal setting formula
Gives a way to state and structure your goals
so that it increases the likelihood of the goal coming to fruition.

A. Setting NO-FAIL Goals

1. Break your goals down into parts.
2. Start with just one piece of the goal.

Use the SMART goal method, ask yourself is it:

- S = Specific
- M = measurable
- A = achievable
- R = realistic
- T = timely

B. What to do if you find you are procrastinating.

Ask the following QUESTIONS:

- Was the goal too big?
- Did I need more information?
- Do I believe it's possible to reach the goal?
Why? Why not?
- Did I reach any part of the goal?
- Appreciate yourself for what you did accomplish.
- Re-set the goal or part you haven't reached.
- Make it small enough so you can't talk yourself out of it
- Visualize the completion of your goal on regular basis
(having achieved it)

C. Stop Negative Thinking

D. Bring down Stress and Anxiety

- Use Mind Calming breath found at :
www.anxietycontrolcenter.com/stress-breath

- Stop for a moment and be curious about “What are you saying to yourself” that is causing the negative feelings.

E. Build your confidence

- Recall times you have been successful and confident
- State what you want to accomplish, rather than what you are “afraid” might happen.
- Goal needs to be stated in the positive.

F. Join our next online coaching workshop for more information on Self-Hypnosis for stress relief.

Call 917-399-2102 or

contact Audrey by email: anxietycontrol@gmail.com

There are the programs that were set-in early in life and that continue to run in the back of your mind causing anxiety, worry and even self-doubt. These are the programs that make you feel bad about yourself, and feel like you can't do things “good” enough. Because they run at a sub-unconscious level. Even when you have proved again and again that you are good at many things, these unconscious programs take you down.

These aren't programs you would have chosen for yourself. Join Audrey for the next coaching group to change negative programs that aren't working for you.

- Become a part of a community of people who share and work together.
- Learn to change old negative patterns that no longer work.
- Learn how to connect with your own inner guidance system.
- Learn not only how to set no-fail goals but (even more importantly - we think) what to do when even “SMART” goals get off track.

[Join with us for our online coaching workshop.](#)

[Goals for the coaching 4 sessions:](#)

- Learn how to get your conscious and unconscious parts of yourself into rapport
- Begin to change what you don't like.

- Learn to use a self-hypnotic trance state to find your inner guide
- Gain access to the resources held in the unconscious part of the mind.

Sign up for the next online coaching course by calling
Call 917-399-2102 or

contact Audrey by email: anxietycontrol@gmail.com

Anxiety Control Center 917-399-2102

free yourself from the limits of old programs, anxiety and fear.

Looking forward to continuing this journey with you.
Hope to "see" you at our next coaching class.

You should take the online coaching workshop if:

1. You ever doubt yourself or procrastinate.
2. You'd like to change unwanted reactions.
3. You'd like enhance your feeling of well being and confidence
4. Want to have a blueprint for no-fail goal setting

Then this course is for you!

Not sure yet. Sign up for your first
Calming the Mind Video guide at

www.anxietycontrolcenter.com/stress-breath

About the Anxiety Control Center:

Since 1985, therapists from the Anxiety Control Center have been helping people make life-altering changes using the innovative Transformation System developed at the Anxiety Control Center.

The Transformation System uses a 3 pronged approach combining Cognitive/Behavioral techniques with Neuro-Linguistic Programming & Hypnosis (classical and Ericksonian). Even the most resistant problems such as procrastination, panic, anxiety, migraines and Irritable Bowel Syndrome have responded to these techniques.

ANXIETYCONTROLCENTER.COM

EMAIL: ANXIETYCONTROL@GMAIL.COM

856-751-9446 NJ

917-399-2102 NY

Your presenter is: Audrey Sussman, PhD LCSW, NBCCH, CSL is a graduate from the University of Pennsylvania.