

IMPOSSIBLE GOAL

This exercise is an exercise for your brain. It's meant to stretch you, get you outside of your comfort zone, create energy!

This exercise works that muscle of believing in the result before there is evidence.

We don't create the result first and then become the person we want to be. We must become the person that creates the result, and then create the result.

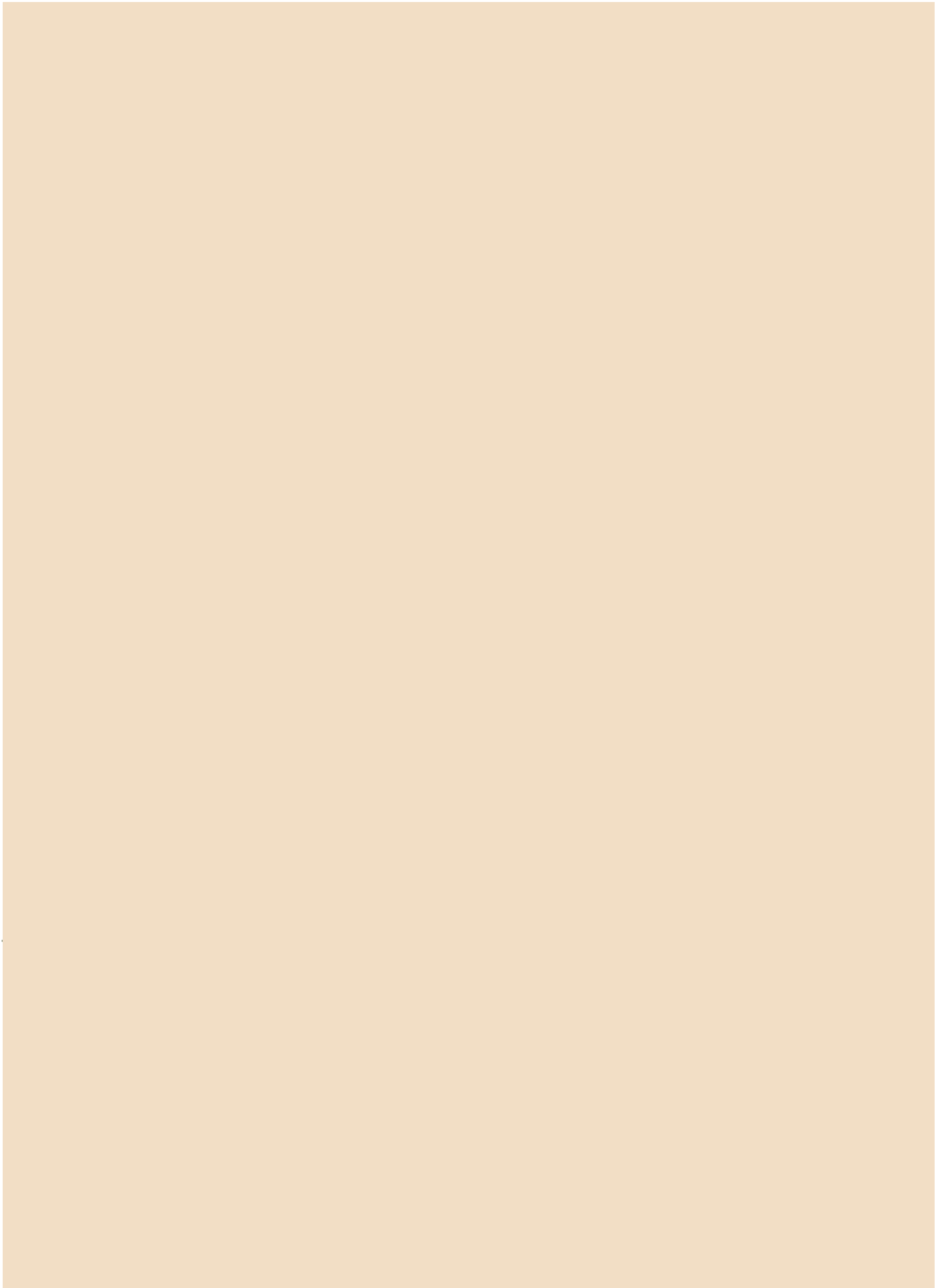
So how do we do that if we aren't there yet, if we aren't that person yet?

Step 1

Brainstorm with yourself and write down all of the things. The goals, the dreams, the hopes the wishes. Don't hold back, don't discriminate, use the next page to write it all down.

This isn't about playing safe in the zone of possibility. Think outside of what you think is even possible.

IMPOSSIBLE GOAL STEP 1



IMPOSSIBLE GOAL STEP 2

Step 2:

Choose 1 of your goals as your Impossible Goal. Just one.

Sit with this goal, clearly written and clearly describes and write down all the reasons that you won't be able to accomplish this goal. Write down all the reasons that your brain tells you that you can't accomplish this goal.

Let your brain throw a fit, it will. As soon as you land on a goal, your brain will start filling you with fear, doubt, worry, anxiety, all the things. Let it. It's ok. Think about this goal all week long and let your brain tell you all the things.

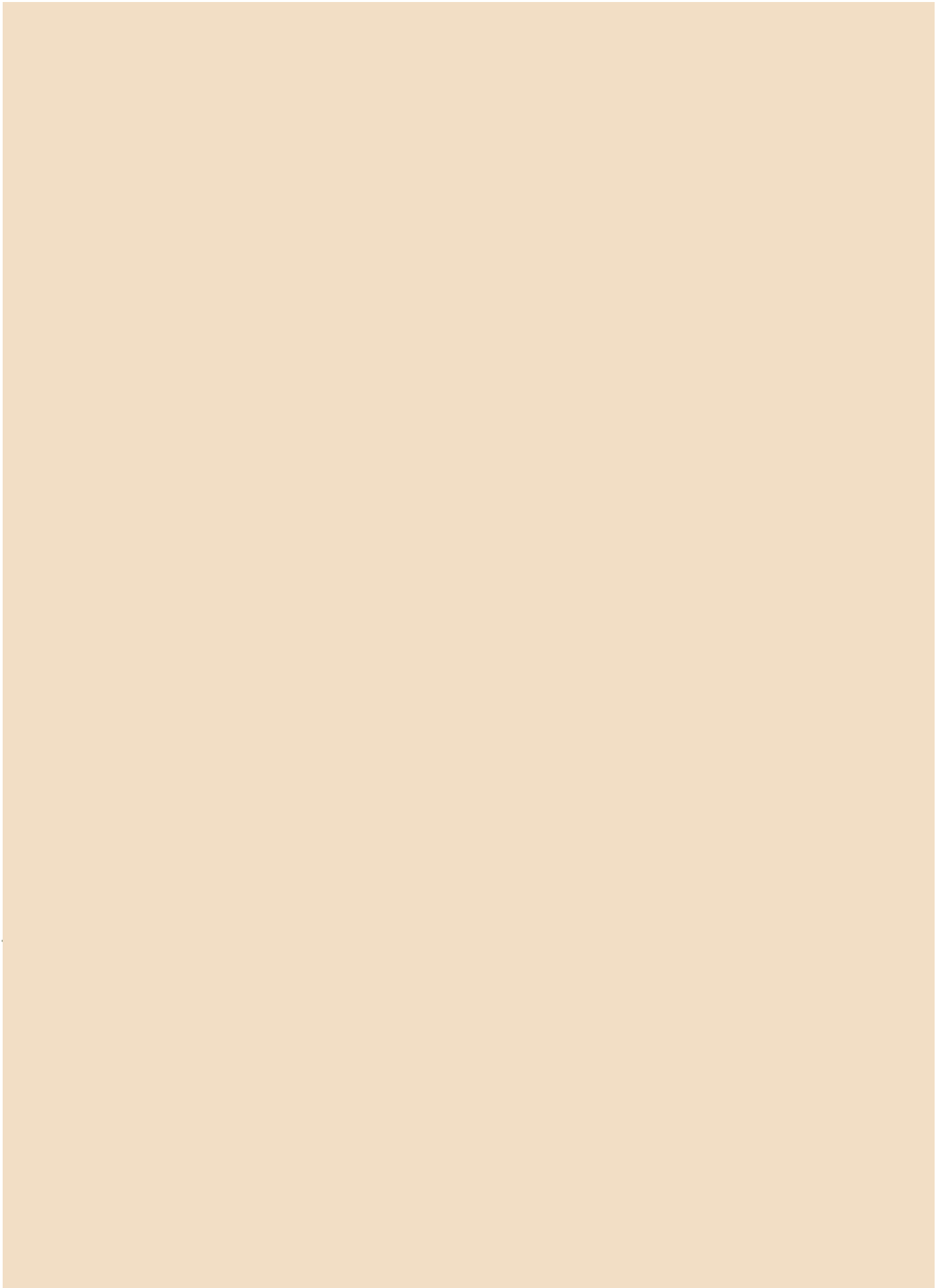
Remember, your brain likes safe, it loves routine, it loves just staying in bed, drinking beer, eating Cheetos and watching Netflix.

Don't judge the thoughts and obstacles that come up for you this week. Just be with them and write them all down.

This might be the first time that you have ever thought this big or challenged yourself this much...it's all good.

Ok brain...let's do this, what are all the reasons?

ALL THE OBSTACLES



IMPOSSIBLE GOAL STEP 3

Step 3

Let's add some detail around your Impossible Goal.

Write down the date that you will have accomplished, acquired or achieved your goals.

Date:_____ Time:_____

Now, describe that exact result that will prove you have hit your target.

For example, if you have a weight goals it might be that you weight this_____. My example of starting a group coaching program with at least 50 members by December 31st would be proven by how many members I actually have on December 31st.

I will know I hit my goal by:_____

When you think about this goal, the result should be clear, concise and constrained.

IMPOSSIBLE GOAL STEP 4

Step 4

This is the fun part in my opinion. It's called, "Who Do I Have to Become."

Think of someone who has accomplished your goal or could step into your life and accomplish your goal.

Name: _____

How do they think or act? How do they show up in the world What attributes do they possess?

What type of person do you have to become to accomplish your impossible goals? _____

As you embody the person that you have to become, fast forward to a year from now and think about that person who as already accomplished this goal.

Go back to the obstacles page and brainstorm with your future self about how she/he overcame each obstacles.

IMPOSSIBLE GOAL STEP 5

Step 5

Now that you have brainstormed with your future self about all of your obstacles, it's time to write out your strategy for each obstacle.

Take your time and go through each obstacle. Create a clear and concise plan to go around, over or through each obstacle that your brain presented to you.

Step 4 was to brainstorm, step 5 is to strategize.

IMPOSSIBLE GOAL STEP 6

Step 6

By now, you have your goal, you have your objections which actually became your "to do" list. You have created a strategy from your future self.

Now it's time to be willing to fail. Yes...fail!!!

How badly do you want this goal? As long as it's easy, doesn't cost anything or doesn't make you feel icky?

Or do you want this thing no matter what? No matter how hard, how many times you fail or how uncomfortable you will feel during the process?

Don't be lured by the win...that's not where growth is. Growth is in your willingness to fail and keep showing up anyway.

Let's plan the fails!!! Make of list of all the ways that you are willing to fail. This is a tough concept right? Exactly!

For example, I was wiling to fail at the following:

Creating a website

Writing blogs

Doing workshops

Managing subscribers

Running group coaching calls...you get the idea.

IMPOSSIBLE GOAL STEP 6

Step 6

None of the fails were fun but I grew each time. I also learned that failing doesn't mean that I am a failure.

Failing is a verb, it's something you do, not who you are.

Being willing to be uncomfortable is the key to success. Being bad at something is not comfortable and that is the point.

We aren't going to grow from our comfort zone.

Each time I failed, I got closer and closer to my future self. The one who knows how to do this.

List at least 10 things that you are willing to try and be very bad at and fail at.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

IMPOSSIBLE GOAL STEP 7

Step 7

Now it's time to take action. Take action every day.

Your brain presented obstacles to you and those became your objectives to overcome.

You brainstormed to overcome the objections that your brain presented to you, that become your "to do" list.

Time to turn your "to do" list into a "ta da" list.

Plan it out and then work your plan. Start from the end and work backwards. What do you need to have done one week before your deadline, one month before that? Where do you need to be three months before your deadline and three months before that?

How will you measure? How will you know that you are on track?

Plan a little bit of goaling every single day. Thought model daily so that you have the thoughts working for you that will serve your results.

Let me know how it's going and for sure let me know if I can help.