

**I have heard that wording a goal correctly can really make a difference in achieving it. Do you have some suggestions about the best way to word a goal?**

**Answer**

Here are some simple guidelines on wording a goal;

**· Phrase it in the now.**

Most of us fall into the trap of thinking that we're going to create what we want in the future. And the future never seems to come. How many times have you said to yourself, "I'll do that tomorrow," and you didn't do it?

**· Phrase it in the positive.**

Focus on the solution. Avoid putting in the goal the problem that you're trying to get rid of. For instance, what if you would like to stop smoking? The goal would not be phrased, "I allow myself to stop smoking." The mind does not translate the words "not," "don't," "stop," or any of the other words of negation.

The mind thinks in pictures. Right now, try not to think of a white elephant.

What do you think of?

A white elephant! Put something in the goal that the mind can visualize. For example, "I allow myself to be a non-smoker." You can picture being a non-smoker. That's something you can see: other people who aren't smoking. So it makes a big difference to word your goals in this manner.

**· The goal should feel real or realistic.**

Suppose you are making \$1,000 a week, but what you would really like to earn is \$10,000 a week. Upping your income from \$1,000 to \$10,000 might be too big a jump for you to accept in just one specific goal. So you might want to start with \$2,500 a week. That's a stretch from where you are, but it may seem more real or realistic to you.

The more you make your goals attainable, that is, something that the mind can accept as at least a possibility, the more likely you will be able to release any obstacle you have within you to achieving the goal.

**· Include yourself in the goal statement.**

In other words, if you want to clean your house, you might want to phrase your goal as, "I allow myself to clean my house," as opposed to, "The house is clean." If you say, "The house is clean," you might not believe it. You might also start waiting for a miracle to happen so that

the house gets clean by itself. If you've had tremendous resistance to cleaning your house and then you release on this goal, "I allow myself to easily clean the house," you may just find yourself easily cleaning the house.

- **Be precise and concise.**

Use as few words as possible while at the same time making sure you are enthusiastic when you hear the goal. In other words, you don't want to put everything but the kitchen sink in one goal.

- **Make sure you word it to facilitate letting go.**

One area where you could get yourself into trouble is in the area of relationships. If you make a goal stating: "I allow Mary (or Joe) to love me," that could get you into trouble. First of all, you'll be running around doing all these things to try to get them to love you. And what if they are not even the right person for you?

This could tend to get you really stuck. Whereas if you phrased your goal, "I allow myself to have a loving relationship," then the goal is more open and inclusive. It might be with the person you're having a relationship with now, or it might not.

- **Eliminate the word "want" from your goals.**

We talk in detail about how "wanting" prevents "having" in the audio course. But in general, would you rather *want* to have a lot of money, or would you rather just *have* it? Would you rather *want* the perfect relationship, or would you rather *have* the perfect relationship? Would you rather *want* good health, or would you rather *have* good health? "Want" equates to the feeling of lack, so avoid putting the feeling of lack in the goal.

- **Phrase it so you're focusing on the end result, not your means of achieving it.**

For instance, go back to the earlier example of having a net income of \$2,500 a week. Don't put in *how* you're going to get it.

What you will discover is that very often the actions you think you need to take in order to get the goal have absolutely nothing to do with the goal. They are only limitations or artificial obstacles that you're putting in your way. Also you'll notice as you work on goals with the program that you'll be guided specifically to release on the action steps that you can take in order to achieve a goal.

Always allow for the unexpected. What if someone gives you a large amount of money? What if you win the lottery? There are so many things that could happen to allow that goal to come into your awareness.

• **Word it in a state of courageousness, acceptance, or peace.**

"I allow myself to..." or "I can..." is a good way to start a goal in courageousness. "I have... " is a good way to start a goal in acceptance. And "I am..." is a good way to start a goal in peace. We've talked a lot about the "I allow myself to," which is a very good way of wording a goal.

If you're not in courageousness about a particular topic, getting into courageousness is already a great step forward. And you can always reword the goal later to raise the energy even higher to acceptance or peace. Allow the mind to start using its creativity to start generating possibilities for how this goal can happen or be realized.

**Can you give me some ways to put this into practice now?**

**Answer**

Yes, of course. Simply write your goal at the top of a clean piece of paper. Then allow yourself to explore letting go of your inner obstacles to achieving it by reading the goal silently to yourself and writing the first thought or feeling that comes to mind underneath the goal. Next allow yourself to use the simple releasing questions:

"Could I let this feeling go?"

"Would I let it go?"

"When?"

Remember you are simply letting go of the feelings that are preventing you from achieving your goal, not the goal itself. Also allow yourself to answer these questions with an open mind and heart and as truthfully as possible. Keep letting go using these questions until you feel better. Then repeat this process until you feel more positively about your goal.

If you experiment with this way of working on your goals for even a short period of time I promise that the results you will achieve can be truly miraculous.

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