

Life Questions....Ask and Answer for Yourself

What do you really want? What is your goal?

Self-help begins with you asking yourself questions. The key is answering those same questions for yourself. Following you will find 18 questions from techniques that I use with clients in Neurological Linguistic Programming (N.L.P.) sessions. I have discovered that by truthfully answering these questions not only do you have a “head start” in accomplishing any goal that you set for yourself...you actually ACCOMPLISH them.

1. *What do you really want, what is your goal? Be specific.*

2. *When, where and with whom do you want it to happen?*

3. *How do you know that what you want, your goal, is worth getting?*

4. *Is your goal within your abilities to accomplish? (Yes/No)*

*(If your answer is No, begin again with another goal. Your goal can be along the same lines as the original goal. Choose a goal that **can** be accomplished by you. Confidence in your own abilities to accomplish the goals you set for yourself is the key to accomplishing them.)*

5. *From a scale of 1-100, what percentage would you estimate that accomplishing your goal is in your control, in your hands? _____% (If your answer is in the range of 0-49% begin again in order to set a goal that is more accomplishable.)*

6. How long, time wise, do you think it will take for you to accomplish your goal?_____

(It will be more rewarding to choose a short term goal; a goal you can accomplish in less than a few weeks or months. Although, if your goal is a long term goal; a goal that may take years to accomplish—I suggest that you continue to answer the questions as follows and when you have finished, answer questions 1-18 again with a short term goal that will advance the accomplishment of your long term goal.)

7. What resources (abilities) do *you* hold within you that will support you in accomplishing your goal?

8. How will you know when you have what you want? How will you know when you have accomplished your goal?

9. How will achieving your goal affect your life? Family? Friends? Business/Job? Education?

10. What will you feel when you have reached your goal? What thoughts will you have when you have reached your goal? How do you act/behave when you have reached your goal?

11. What will your life look like and sound like when you have achieved your goal?

12. What will happen when you accomplish your goal?

13. What *won't* happen when you accomplish your goal?

14. What will happen if you *don't* accomplish your goal?

15. What *won't* happen if you *don't* accomplish your goal?

16. What are the benefits of *not* accomplishing your goal? By not accomplishing your goal, what does it allow you to do? When, where and with whom does *not* accomplishing your goal work for you?

17. Do you still want to accomplish your goal? (Yes/No)

(If you answered no, you may begin again with another goal. Your new goal can be along the same lines as the original goal, only accomplishable.)

18. What will be different as a result of accomplishing your goal?

Walt Disney said, "If you can dream it, you can do it." William Author Ward agreed as he was quoted, "If you can imagine it, you can achieve it. If you can dream it, you can become it."

Now, take a moment...read through the next paragraph and when you have finished reading, with your eyes closed, imagine it... dream it...

Imagine yourself in (the time frame you allotted yourself to reach your goal #6). Imagine that you have accomplished your goal, what is happening there? Where are you? How do you feel, act/behave, and think when you have accomplished your goal? Activate all of your bodily senses, sight, hearing, touch, taste and smell and imagine...live your goal...close your eyes and sense your goal unfolding before your eyes. What do you see? Who are you?...

When you feel and/or think you have experienced your accomplishments, your success, using your imagination you may open your eyes and come back to your here and now bringing with you all of those wonderful Emotions, Actions/behaviors and Thoughts (EATs for short) to guide you along your journey to success.

Do this often with all your positive dreams and goals to develop and transform them into your reality.