

Core Coaching Program

Welcome to the Goal Setting program from Lifestyle Revolution. This program has been created to give you the best possible support structure to achieve your goals. This workbook will be the guide for the work you do to set and achieve your goals.

There are 12 distinct steps to work through in this program, and they are all equally powerful and important. The 12 steps are:

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While working through the sessions, be sure to keep implementing new actions, attitudes and ideas as you find them.

The key ingredient necessary for this program to be successful for you is openness and honesty. You must be 'open' to work on these areas, and not 'hold back' your feelings or ideas. It can take courage and objectivity to move past this, and it is important to be conscious of it.

At all times while working through this program you can book yourself a [sample coaching session](#) to support you to make the necessary changes in yourself, so that you may experience a great deal more fulfilment and reward in your life. We are here to help you get the most from yourself!

We hope you enjoy the program and wish you every success!

The Lifestyle Revolution Team
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Set A Goal Worth Going For

Getting to your personal best performance requires you to have an inspiring, visionary goal to pull you forward, to draw the best out of you. It requires that you have a 'goal worth going for'.

This is the aim of our first few coaching sessions. Most people can tell you all the things they'd *like to* have or do in their lives, however few people are really clear about what they truly want. Taking the time and effort to get clear will be a powerful step towards achieving it.

The first part of this section is to make a list of the top five or ten things that you would like in your life. Try to be as specific as you can, and list them down in detail in the space below.

My Wants:

Next, start to get clear on the reasons behind *why* you want these specific things in your life. Take some time to think exactly why you want them, and what they may give you.

My Reasons:

Now we have some clearer ideas on *what* you want, and *why* you want it. Now the big question is which do you want the most? What single item from the list will give you the biggest improvement in your life?

My Most Wanted:

With your goal in mind, we can begin to get clear on what exactly the goal is and what it means to you. With your coach, begin to apply to the SMARTIES formula to your goal.

Specific – get down to the details of what your goal is

Measurable – what parts of it (if any) can be measured?

Achievable – do you know of somebody else who has already achieved it?

Realistic – does the goal seem realistic to you right now?

Time-framed - when would you like to achieve it?

Inspirational – what excites you about the goal?

Emotional – what emotions does it make you feel?

Successful – will the achievement of your goal mean a success for you?

Going through these questions can help you clarify that the goal is the best one for you right now. You can now write your goal so it is inspiring and starts to create a clear vision for you. Sometimes it takes a lot of self-honesty to see what it is that is *really* worth going for in your life, and be willing to go for it as a goal.

My Goal Statement:

Congratulations! You're on your way! Now that you have your goal that is worth going for, keep a copy with you or in a place you can review it and be reminded of it each day.

Get Clear on Where You Are Now

Before starting on a journey of any kind, it is important to figure out your starting point. This enables you to know the best path to follow and to prepare for challenges along the way. Working towards a goal is a journey of the self, as it expands your character as well as giving you success.

Now that you have a destination, we must get clear on your starting point. The key to making this section effective is to be completely honest with yourself. Before we do however, remember that:

- Most people feel a lot of resistance to being clear and honest about their current situation. We often uncover half-truths and 'comfort zones' that have trapped us and stopped us in the past. Rest assured this is natural and don't feel too stressed about it.
- Finding out where you are is also an immensely rewarding experience. It may be the first time in years you have 'faced up' to yourself as you are. If you look forward to discovering the truth about yourself, you are more likely to make this work.

Working together with your coach, begin to get clear on your current situation. Be sure to include both positive and negative factors when discussing. Write them all down in the space below.

Where I Am Right Now:

Bring Your Goal To Life

Now that you have a clear goal, and you know exactly where you are starting from, you can now begin to tap into your mental powers. Many books and studies have given us the keys to using our minds to attract success in our lives. In fact, you may already be practising some of the techniques similar to what we will use.

One key to creating powerful changes in our lives is to re-program our subconscious beliefs about ourselves. There are several ways to do this, and we will start using them in this section. You may feel a little foolish trying to use 'the power of the mind', but it is a genuine part of our everyday existence, and it is wise to use it to our advantage. The techniques you can use are as follows:

Writing Down Your Goal

Every real goal must be written to become a goal. But to truly implant that goal into your mind, you can use the technique of re-writing your goal everyday. Use a spiral notepad for this task and write your goal out each morning when you wake up. You can write it up to 15 times a day, each time giving extra reinforcement. Doing this triggers your subconscious through your muscle memory, and helps to lock your goal in.

Reading Out Your Goal

Another technique for affirming your goal and creating a subconscious change is to read your goal aloud each morning. You can do this in the bathroom or in the car on the way to work, so nobody can hear you. Doing this triggers the subconscious through your auditory senses and helps to lock your goal in.

Visualising Your Goal

Perhaps the most powerful technique is to visualise and emotionalise your goal each day. Your mind tends to work in pictures more than words, so visualising your goal and feeling it being achieved will work extremely well to lock it into place. Be sure to details when you visualize, and keep the images strong. Doing this triggers your subconscious through your emotional and visual senses and helps to lock your goal in.

You may also like to use all three techniques together, or at different times. All of them will help you to develop confidence, commitment and also attract a great deal of success to you.

What's In The Gap?

Now you are well on the way to making some progress with your goal, and have some clear perspective on where we are starting. By doing these two things, you have created what is known as 'The Gap'.



The space in between where you are now and your goal is 'The Gap'. The purpose of this section is to uncover what's in The Gap. Finding the answer to this questions will be of great value and will move you significantly towards the achievement of your goal. While this is exciting, it isn't always easy to find the answer. Generally speaking, it isn't very obvious to us when we begin looking.

Working with your coach at this stage, and also obtaining input from mentors and peers can greatly improve your chances of finding the answer.

The best way to do this is to make a list of all the things in The Gap between where you are and your goal. Even the things that seem silly or trivial, be sure to list them too. Try for at least 10 things that you can see in the gap.

Things In The Gap:

Now leave the list for a few days, and come back to it with a fresh mind. Maybe even go over the list with a mentor or friend. See if you can find any patterns in the list – is there something bigger or deeper in The Gap? Be as honest as possible.

What's Really In The Gap:

Congratulations – you have just completed one of the tougher sections of the coaching program – this is a huge step towards your goals achievement.

Research Your Options

Before heading off towards achieving your goal, it is important to think about what is the best way to go about it. Now it is time to see what others do, look for role models, brainstorm, mind map and ask for suggestions.

This is your chance to really open up to all possibilities that will move you towards your goal. It's important at this stage that you don't just jump in and do the first thing that comes to mind. Treat your life and your new goal with the respect it deserves. Too often we do what is already familiar or easy. That's also often the reason our efforts don't succeed for us – we're working with the wrong 'tools' for the job.

Start thinking about some other people you could speak to, books or articles you could read or other information sources available to you.

People I could speak to about my challenge:

Books/ Articles I could read about my challenge:

Other information I could obtain about my challenge:

Note: [Lifestyle Revolution](#) also has a great deal of ideas and coaching and personal development workbooks available for you to use in your research. Speak to your coach in more detail about your situation and they will get the resources prepared for you.

Make A Choice

Now that you have some great ideas and methods by which to achieve your goal, it's time to decide the best methods to get to your goal. Sometimes making this choice is clear and easy, other times it is difficult. In either case, it is good to use a decision-making tool.

This tool uses a basic method of grading your different options against the parameters you feel are important. The tool is perhaps best explained in the table below.

Goal	Parameter 1	Parameter 2	Parameter 3	Totals
Option 1				
Option 2				
Option 3				
Option 4				
Option 5				

Go through this exercise with your coach completing the table. This should give you a better idea of where you should best focus your efforts. Now that you have a clear idea of what you should do towards your goal, you can begin to plan it better. List your first steps below for clarification.

My first steps:

Prepare For Success

This is the final step before the action phase, and an important one to ensure a smooth flow through the rest of the program. Most of us will need to use several of these strategies during our action stage, so it is important to be aware of them now. There are seven key strategies, which can prepare us for success. They are as follows:

1) Getting Support

Most of us have a strong in-built desire to try and do everything ourselves. Especially if it's a personal, challenging or important task, we tend not to want help. The challenge with this type of behaviour is that most of us don't work anywhere near our potential when we're working on our own. It doesn't matter if it's a friend, partner, business partner coach or mentor – you must have the counsel and support of other people while working towards your goal.

2) Get Clarity

It's common once we start planning for something we can see elements of it everywhere. So that you don't get distracted halfway through it's important that you get clarity early on about what you see as important. Now that you have your plans, be sure to be clear about the results you need.

3) Managing Your Time

Work expands to fill the time available for its completion, so it's important that you start to put proper time frames on everything. This is not to create stress, but rather productivity. Whatever actions you plan to take on in the coming weeks and months, you must now plan time frames for. Set some deadlines for certain actions to be completed by and commit yourself to them. You can do this each day, week, month or quarter. The important thing is the time limit you choose must be realistic for you.

4) Making Room for Success

A lot of us may have a challenge with not having enough 'space' in our lives for new things. This can be in the form of clutter, too many activities, commitments or people who drain our energy and time. Sometimes before we start on a new course of action, we must remove some of the old restrictions. If you already feel a little overwhelmed even before starting out for a new goal, then this is definitely one to work through now.

5) Looking for success (not failure)

Some people, no matter how well they prepare their external environment are not ready for success. This is because their 'success thermostat' is not working very well. This means that they tend to see the potential failures in life, instead of the potential successes. For you to achieve your success, you must be able to see it in everyday life. If your attitude tends to be more failure focused than success focused, make a resolution now to start to change it.

6) Get Educated

Often we need to learn new skills to realize our goals. We might need to learn to speak a language or even use our current language differently! Or we might need to learn to write or use a computer. If you have something you need to learn, the best way to begin is to focus on it. Also be sure to have a level of enjoyment in your learning, as this builds your memories retention. You can also use different learning styles such as visual, auditory or kinesthetic. Try a few variations and see what works best for you.

7) Get serious

You can always tell the difference between being serious about something and not being serious about it. It's the person who is serious about making changes in their life that does. This means making your goal and the actions necessary a top priority in your life. It may mean forgoing some pleasures so that you move ahead, but it's important that give your goals a serious amount of time in your life. A great idea is to put your actions and goals into your work diary and on your calendar at home, so other things don't overshadow them at the last minute.

Questions to help you through this section:

- What strategies could help me to better work towards my goals?
- What things are important to start work on straight away?

Start Taking Dynamic Action

Now is the step you've been waiting for: time to start to action those plans. This requires you to *do something now* to make a start towards your goal. This step will be a large deciding factor in whether you succeed or not. If you choose to avoid action, then there is really no way to achieve your goal.

Use your weekly coaching sheet to determine what you need to take action on in the next week. You can use this sheet as your guide, as well using your diary, calendar or personal organiser.

My Action Steps:

Note: There may be some time now between this step and the next one. It all depends on how soon you want to get going and how fast you can work towards your goal. If you need a few weeks of solid action to make a real change in your life, then get started. Whatever the cost at this point, be sure to pay it.

Be Ready For Change

When starting to take action, you will experience change as well as some repercussions of change. There are three main ways that you can be proactive about the repercussions you will experience. They are:

1) Be Prepared for Internal Resistance to change (from yourself)

Sometimes when we start to take responsibility for what we say we want in our lives, our whole world starts to 'kick back' against us. It's often our old habits kicking and screaming on their way out the door. A 'comfort zone' is labelled as such for obvious reasons, and sometimes change seems scary and uncertain.

At this point you have to choose between a future that looks just like the past *or* a future you can't quite see yet. This experience can be one of life's most challenging moments and also one of it's most fulfilling. It's the opportunity to push past your current habits, beliefs and way of life and develop new ones.

2) Be Prepared for External Resistance to change (from other people)

The other way our world can 'kick back' at us is through other people. Often the people we know and love are the first to challenge our desires to change. This is because *they* have become comfortable with you being the way you are. Your desire to change and improve can represent a threat to their sense of normality. This can cause people to criticise or try to discourage you.

You must sometimes make a choice between growing and changing as a person *or* keeping a steady relationship. You can always encourage the other person to grow and develop as well, though they may refuse to. If this is the case, you must make the choice to commit to changing your life for the better with or without their support. It's tough, but sometimes a necessary choice.

3) Acknowledge Small Breakthroughs and Achievements along the way

Sometimes doing something we consider a small action can actually change our lives. Often this happens without us realizing it; and we tend to feel that we aren't making any progress. For this reason, we need to be ready to 'catch ourselves doing good'. We must notice our own breakthroughs when they happen so we can acknowledge ourselves for pushing past our comfort zones. This helps us build on our success.

When we fall into the habit of not acknowledging ourselves, we don't give ourselves the pat on the back that we really need. You can see people doing this all time: trying to be humble about their achievements and actions. They feel foolish for announcing their success, and yet they feel very disappointed with their lack of progress.

Staying On The Path

By this stage of your journey it's likely you've made some fundamental changes to your life. This is the time to cement these changes and turn them into habits. Sometimes this is easy, and other times it can be hard.

It all comes down to one word: commitment.

Commitment is always a daily choice – and one that is often most difficult to make at the most important times. It is just when you really feel like stopping or quitting on a project that you *must* continue.

Keeping in action and developing new habits takes time and discipline. This doesn't mean that it will be fun, easy or even rewarding in the short term. John McGrath says that he 'chooses the pain of discipline and commitment, rather than the pain of regret'. This is a powerful idea to keep in mind while you are developing new habits in your life.

Three questions to help you along:

What part of your changes are finding most difficult to keep going with?

What do you feel about the word commitment?

Are you willing to experience short-term pain to achieve your goals?

Giving It All You've Got

Now is the time to start 'ramping up' your actions and attitudes. This is a crucial stage of your journey as you can often begin to see small results of your efforts.

At this stage, you can start creating larger changes in your life, by increasing action, taking bigger risks and asking for more. If you've procrastinated about things that you know could change everything, this is the time to make them a priority. *Go for it!*

Six questions to help you give that extra effort:

Is there a way you can double your targets or efforts?

What are the distractions that you need to ignore or put aside at the moment?

What are the big decisions you need to make?

What would it mean for you to 'bite the bullet' with your goal?

Is there a way that you could ask people for what you want or need?

What actions can you take on that will create a powerful sense of momentum?

Celebrating Your Journey

Congratulations! You made it to the other side – you’ve achieved your goal! Now it is time to celebrate your journey. The journey is what we’re celebrating here, not the destination (goal). It is who you’ve become as a person, what you can now do and what you’ve learned about yourself that is so important.

Eleven questions to help you celebrate your journey:

Where you started:

- What was your attitude like before starting out for this goal?
- What doubts, fears and worries were plaguing you?
- What was blocked in your life before beginning this journey?

Achievements & Breakthroughs:

- What has been a significant change for you through this journey?
- What doubts and fears have you confronted?
- Where have you shown courage?
- Where have you shown commitment?
- What are you now able to do that you couldn’t previously?

What you’ve learned:

- What would you tell somebody about start this journey?
- How has this journey affected you personally?
- What do you notice about yourself that may now be different?

Congratulations once again on all your efforts, fantastic attitudes and courage in working towards your goal. You now have the chance to move ahead faster than ever before in your life. You can use this same Core Coaching Program to help you achieve *any* goal that you truly desire. If you like, you can go back to your wants list in the first section and start thinking again about what you’d like to achieve next.

We hope you’ve enjoyed working through this program together with your coach, and be sure to visit us online for more great success tools, ideas and resources.

www.lifestylerevolution.com.au