



## Are You Drawn Towards or Moving Away from Your Goals?

I just got back from 7 days of intensive training towards a certification in Neuro Linguistic Programming (NLP) and I thought I would share a fun insight with you. The presenter referred to an interview of Oprah Winfrey. The interviewer asked Oprah, 'Why do you work?' Oprah replied something to the effect that she was pursuing her life's work. It was her mission - her purpose in life. It was her calling. Then the interviewer asked her, 'Why do you workout?' to which she replied 'to not have a fat butt.'

The difference here is huge. When you are drawn towards your goals, you progress effortlessly. They pull you forth. When you set goals to 'not have a fat butt,' or to not procrastinate, or to not eat junk food, or to not be stressed out, your goal is to move away from something. While you can be temporarily motivated to achieve your goals, chances are you will fall back once you take your eye off the ball. This tends to produce a yo-yo effect.

This is because the unconscious mind does not process negatives. Therefore, you get what you are focusing on. Here are some examples. Don't worry. Of course, you worry. Try not to look over there. Where? You look over there. Don't miss your sales goal. Should I be worried that I not going to make my goal? Are you trying to get promoted or do you really just want to make sure you don't get left behind or stuck in the same job?

Here are a few examples of dis-empowering goals and some more empowering options.

Dis-empowering	Empowering
----------------	------------

I don't want to be fat.	I get to be even more tune with my body and to eat right and exercise to be strong and fit.
I don't want to lose my job.	I am excited to be even more engaged and productive doing meaningful work.
I don't want to get divorced.	I will create the relationship I desire with my spouse now.
I am not going to procrastinate.	I am learning to master time management now.

A key here is to really believe and embrace the empowering goals at all levels. Sometimes we may word a goal positively, but our underlying concern is dis-empowering. It is not just the words; it is the energy behind the words that determine the speed of manifestation. It is your emotional state. Our conscience mind and our unconscious mind have to be in alignment that the goal is ecological as well. For instance, I may not want to lose my job, but I may not see any way to have it be meaningful either. In that case, the goal above would have conflicting energy.

Finally, consider your energy as you hear 'I have to ...,' 'I must ...,' 'I need to ...,' or 'I should ...,' vs. 'I get to ...,' 'I am excited to ...,' 'I choose to ...,' 'I am learning to....' The later examples create that 'pull' towards your desires.

**Have some fun with your words for a while and Go Play!**



### **Will You Consider Sponsoring Me for Multiple Sclerosis?**

Many of you know I will be riding in the MS150 bike ride from Irvine to San Diego for the 10<sup>th</sup> year on October 16<sup>th</sup> and 17<sup>th</sup>. It's not too late to join the KPMG All-Star team. But, if you would rather sponsor me, here is a link to my web page

[http://main.nationalmssociety.org/site/TR/Bike/CASBikeEvents?px=3095549&pg=personal&fr\\_id=14192](http://main.nationalmssociety.org/site/TR/Bike/CASBikeEvents?px=3095549&pg=personal&fr_id=14192)

**LOL!**

As always, any donation would be greatly appreciated and it all goes for a great cause.

