

Checklist: Six Easy Steps That Will Harmonize Your Goals With Your Spiritual Path

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STEP 1: Eliminate Inner Conflicts

If you want to create a different reality (and achievement of your goals means exactly that), you have to change your behavior. If you continue with your previous behavior, you will get the same results that you always gotten (and your reality will stay the same).

Of course, changing behavior is much easier said than done.

We are not continuing with our ineffective behavior because we are stupid and don't know that we need to change. Do you think that some drunk doesn't know that he shouldn't drink or that a student doesn't know that he should study? Of course they know!

We continue with our negative behaviors because we have feelings that are stopping us from changing them.

So, to have any chance for achieving your goal, you **need to have effective tools** that will allow you to change your problematic emotions and eliminate emotional conflicts in the area of your goal. The best tools for that are different self-improvement techniques that you use for elimination of undesirable emotions.

STEP 2: Transforming Abstract Goal in a Future Experience

Abstract form is not optimal for setting your goals. An abstract definition represents an infinite number of specific experiences, and some of them are not what you really want. This is why such a definition generates emotional conflicts. It's also more difficult to feel and experience an abstract goal and emotionally connect to it.

It's much better to define your goal as a **future experience** you want to have when your goal is achieved. In that way, you get a precise definition of what you really want and you can make your goal attractive for all parts of your being.

Defining your goal as a desirable future experience also makes it much easier for you to feel it and experience it, and because of that, the goal becomes *real* and *desirable*. Such goals also become more important and attractive, which makes them much easier to motivate yourself.

When your goal is in a form of experience, your energy naturally flows toward it.

STEP 3: Identification of the Past of Your Achievement Experience

Even if you set your goals as experiences, you are probably not doing it in the best possible way.

Most people create such goals as imaginary future experiences in which they have what they want, but they don't know how they achieved it, as if it is some experience that will happen magically without events preceding it.

Just think about it: Did you ever have an experience that didn't have a past? That didn't have something else happened five minutes before it, something 24 hours before it, and something three months before it?

No, you didn't.

So whichever experience you set as your goal, it certainly has its past, and you should be aware of it. Whenever you think about your goal (your goal experience) and whenever you work with it or visualize it, you should always be aware of its past, as it is an inseparable part of the goal.

That awareness will make it obvious that in the moment when you are thinking about it, you haven't achieved it, and that some things need to happen before you can have it and enjoy it.

By the way, did you know that many psychology experiments show that simple visualization (without awareness of the past) makes people have worse results than if they don't visualize at all? It is as if such visualization makes you experience your goal in fantasy and reduces your desire and motivation to achieve it in the material world.

STEP 4: Define Action Plan

It's essential for the achievement of your goal to know **how** you will achieve it (step 3. will take care of that) and which specific actions will bring you to that achievement.

You may visualize and give yourself various auto-suggestions and may think that you feel good about the goal, but that feeling will always be flawed if you don't have a clear action plan.

Lack of a clear action plan will always produce some doubts about your success.

In my workshops, I sometimes give an example to the participants: "If you want to have \$xxx in the bank, you at least have to go to the bank and open a bank account. What do you think? Is it easier to go to the bank and open an account or to force the universe to produce it with the strength of your affirmations?"

Even if you are a strong believer in *The Law of Attraction*, you need to take some actions in the material world to help the universe manifest the outcome you desire. And you should better be really clear about which actions you will take and how you will take them.

So, you need a good action plan.

The easiest way to create such a plan is to examine the past of your goal achievement experience (which we discussed with the previous obstacle). Once you know all the outcomes that must happen before your goal can be achieved, it's pretty obvious what has to be done to make those possible. So, once you are aware of the past of your goal experience, it's pretty easy to create an action plan.

STEP 5: Start Taking Actions From Your Action Plan

In my QUICK GOALS system, I have something I call **the Golden Rules of QUICK GOALS**. The fourth of these rules is simple. It just says: Take action!

I know that it's a bad cliché, but it's simply the way things are.

All these previous steps must be taken just to make it easier to start taking actions from your action plan (and to ensure that you will be in harmony while you are taking them).

You need to eliminate inner conflicts in the area (step 1) so that you will take these actions in harmony and not give up the goal when barriers appear. Also, when you eliminate the conflicts, you will not have any problems with motivation.

Goal achievement experience will also improve your motivation, and it will also make it obvious how your goal can be achieved (when you start paying attention to the past of that experience (step 3)).

When you are aware of that past, necessary actions are quite obvious, and it's so easy to create an action plan (step 4).

And when you start taking actions from your action plan, you have the necessary change of behavior (the one we mentioned at the beginning of this checklist).

STEP 6: Know That Your First Action Plan isn't Perfect

Your first action plan (and the idea of how you will achieve your goal) almost certainly won't be perfect. It's just the product of your mind, and it needs a reality check.

Some of the actions you plan will produce expected results and get you closer to the achievement, but some of them won't. **Not understanding that this is normal and expected produces disappointment and can easily make you give up your goal.**

Think about a prototype of a new aircraft.

Engineers know that their first attempts won't be perfect.

This is why they test their prototypes with hundreds of tests and put them through various situations that will be encountered in the real world. Each of these tests is used to find and iron out the imperfections in their initial design.

The same is true with your action plan. You should be aware that the first one won't be perfect and that some of the actions you consider for your action plan won't produce the results you expect. But taking these actions is necessary because it will allow you to learn something new about the goal.

Understand that this is normal and expected and that your action plan is just the first of your "prototypes". In that way, you will know that when some of your actions fail, you just need to learn from them, improve your action plan, and continue taking better actions. (Your new action plan is like the improved prototype of the aircraft.)

If you forget that, when some of your actions fail (and some certainly will), you will become disappointed and give up your goal.

This is how people fail.

Don't fall into that trap. Remember that your action plan is **just the first of the prototypes** which will become perfect only through the improvement of testing (and taking actions from the action plan is your testing). In that way, you will continue taking actions, your action plan will become better and better, and in the end, you will have your perfect achievement.

Conclusion

So, if you want to achieve your goals, and do so in harmony with yourself, you need to take all these steps.

First, you need to eliminate the inner conflicts you have in the area of the goal. Most people interested in self-improvement know some of the techniques for elimination of negative emotions. (My 10 Fingers technique, the Sedona method, EFT (Emotional Freedom Technique), or some of the NLP techniques are just a few examples).

Use any of these techniques to eliminate any **doubts** you have about the achievement of your goal. Just a few days of applying these on the doubts you have can fundamentally change your attitude. That will make it easier to take all following steps.

(Even if you don't know such techniques, just meditate for a few minutes about these doubts. You will see that just a few minutes of such directed meditation will produce great improvements in your attitude toward the goal in just a few days).

Second, transform your abstract goal into the imaginary future experience that you will have when you finally achieve your goal.

Third, always be aware that your goal experience has a past. That means that some outcomes need to happen between the present moment and the achievement experience.

That will make it obvious how your goal can be achieved and what you need to do to make it possible to happen.

Fourth, think about the past you examined in step three and create the action plan (the list of actions that obviously must be taken if you want your goal achieved). Once you are aware of the past of your achievement (step three), such actions are obvious.

Fifth, start taking actions from your action plan. (Remember the fourth Golden Rule of QUICK GOALS?). Maybe a good routine would be to make a list of the things that could be done for the achievement every morning and try to take at least one of these actions every day.

And **sixth**, don't be disappointed when some of the actions from your initial action plan don't produce the result you expected. The actions that don't produce expected results give you new information about your goal, which will help you improve your initial action plan.

Some of the actions you take get you closer to the achievement, and some of them (those that fail) give you new information about the goal, which helps you improve your action plan. Either way, you profit from taking action.

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So, start taking actions and use this checklist to take these steps to transform your goal.

If you liked this material, the easiest way to start practicing these principles is to get my "How to Eliminate Inner Conflicts in the Area of the Goal" material (\$19.95).

Also, check the QUICK GOALS materials on my website, which cover exactly how I work on my goals and with the clients). You can learn more about them here:

(<http://www.spiritualoption.com/Ordering.htm>).

And join my Goals in Harmony mailing list (if you haven't already done it) here:

<http://www.spiritualoption.com/Landing.htm>

Wishing you harmony and success,

Filip Mihajlovic (filip@SpiritualOption.com)