

The pathway from

Surviving to Thriving



Written by Tammy Biton

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My own pathway from Simply Surviving to Truly Thriving

I grew up in a middle-class family, we were neither wealthy nor poor, we never got brand name things, but then we always had food and even took some road trips to visit family interstate! By all accounts, I remember being a carefree, bubbly, active child. I helped Dad to bang hammers and things as he did home renovations, I even baked with my Mum. Life was amazing. I felt loved and cherished. My parents both worked their backsides off to support the family and I sometimes got left at Nanna's or Uncles – and that was kind of cool. A pretty ordinary childhood.

But then, at about 6, I became a victim of sexual abuse. And as a victim, I found myself in the same situation many times. As with many children, I believed it was my fault and the way it was handled certainly didn't do anything to relieve me of any of that burden. And so, after a few attempts to tell people what was happening, I kept it to myself. The abuse continued for many years and ranged from being forced to watch pornography to being made to replicate the actions. Over time, as I became victim to more than one abuser, it became clear to me, that I must be really bad!

I did have a loving Mother and Father, but my Brother was 10 years older with a brain injury and later developed Schizophrenia. There was loads of guilt from my Mum about my Brother's accident and whilst she was doing the best she could, that guilt impacted the way she parented us both. Needless to say, I became the one who just got on with life, who just self-managed and plodded along through life all the way to my teenage years, with lots of negative beliefs about myself and the world. Nothing was ever my Brother's fault, as he wasn't well. And of course, to me, that again meant, it must have been mine.

When I reached my teens, I did what many teens do, I rebelled. But I did it REALLY well, I found the REALLY REALLY bad boys. I dated guys that had been in the juvenile system, the ones that lived in youth hostels... and just before my 14th Birthday, I found the one that would go on to teach me what emotional and psychological abuse meant, the one that after three years of threats, violence and all kinds of things that a young teenage girl should never go through; finally held a knife to my throat. That was the moment I woke up enough to leave him and called upon some of my teachers and friends to help. I learned so much, and yet, so much damage had been done.

My teens were spent drinking in the park on weekends, smoking marijuana, taking ecstasy and LSD. And it didn't end there; as my education and work life continued, so did my drug use. I'm not even sure how I got good grades

or excelled at my jobs, looking back, it surprises even me. And this continued, my early twenties were spent high on ecstasy and ice, hiding from my world of pain.



In November 2006, my Father was diagnosed with terminal lung cancer. When he was diagnosed, I suddenly felt grossly disrespectful wasting my life away. I was done being a victim. I quit smoking, drugs and all of that partying, I engaged in making sure he really lived in that last year of his life. I joined a gym, started eating healthy and lost 45kg. My Father became one of the most enlightened people I have ever met and in losing him, I found myself.

I became a Personal Trainer and began helping others on their path. I picked all of my old psychology books and began studying them again along with doing certifications in Nutrition and Behaviour Modification. The more I worked with people, the more I realised the difference between those who succeeded in losing weight and those that didn't, **was their mindset**. And in my search to help my clients, I found NLP. After much research, I booked in for the Practitioner course, still not quite realising that it would be another major event for me personally.

In that classroom, for the very first time, I had a breakthrough in dealing with my childhood trauma. I made more progress in 8 days working with



other students than I had in all of those professional counselling sessions. It was truly life changing, it opened up my world to new ways of thinking and being. So much baggage that I thought I had to carry forever had begun to get unpacked and some even got left behind. I had discovered what was meant by brief therapy.

My passion was ignited, I bought the lessons and learnings back to my clients and began working with not only weight loss, but the emotional issues which supported those old habits. I could not get enough of this stuff, I was like a kid in a candy store, researching, learning, studying, implementing; it was exhilarating! I began accumulating wisdom and new ways of helping others; going on to become a Master Practitioner of NLP, Clinical Hypnotherapist, Master Hypnotist along with Diplomas in Weight Loss Consulting and Modern Psychology. Working with clients to help phobias, breaking old habits (like smoking and gambling), overcoming depression and anxiety and the impacts of old trauma.

I was reminded after the birth of my third child, the importance of using these tools and techniques with self (when you know better you CAN do better). After a traumatic caesarean and an MRSA (golden staph) infection

and Hashimoto's diagnosis, so much of who I thought I was, that identity that I had built was challenged. I went from competing in fun runs and teaching fitness classes as well as working out every day, to being completely exhausted if I even did a 30 minute class. It's been a journey, and I have worked on myself, and at times I have reached out a hand to some of the Coaches I work with to help me when I find a "blind spot". Now I am in a place where I accept myself; it doesn't mean I am not working to be even betterer, but I love and accept who I am right now.

I know what my purpose is and I am hugely passionate about it. I am the happiest I have ever been, I am still on a quest to betterment, and I don't think my quest will ever end. There is always more to see, do, experience and learn; but I am so grateful and appreciative for where I am right now.

It's been a pathway from surviving to really thriving. And, writing this now, I know that it's not just my credentials that equip me to help you, it's the knowledge, the wisdom, my experience and my knowing that there really are no confines, anything is possible.

That's right! ANYTHING is POSSIBLE!

If I can, and they can; you can too... can't you?

I have seen hundreds of clients and helped them move along their pathway through depression, anxiety, overcoming traumas and re-discovering who they are and I'd like to share some of their stories with you. In order to protect the confidentiality, I have firstly asked their permission to share these stories and also changed their names.

Suzie's Story

Suzie came to see me after years of childhood abuse and trauma. Her Mum used to lock her in a cupboard as punishment for being naughty. And being naughty to her Mum could have meant just sitting at the table eating breakfast too loudly. Her tale made Cinderella's evil step mother look like an angel.

When Suzie's father died, he left her and her brother the family business. Suzie was told by everyone that she would never succeed and shouldn't even bother trying. She may as well close the business down and fail now rather than failing later.

Suzie could have absolutely surrendered to all of that. She could have listened to everyone that told her she would fail. But she had that little

voice inside her head that told her that suggested that she could do more and be more. And I'm sure you have that voice pop up every now and then, don't you? That's right, you do, and otherwise you wouldn't be reading this book. With that glimmer of hope, Suzie set out to prove everyone wrong. Suzie came to me knowing that she had so much more potential, knowing that she could be so much more, achieve so much more. But she still had that part of her that had been told over and over she'd never amount to anything. Although she could consciously argue with it, she would always end up self-sabotaging her efforts. Together we worked on healing the past trauma, integrating the parts of herself to create more congruence and smashing some of those old limiting beliefs and patterns as well as giving her a little more confidence and trust in herself so that she could achieve her goals around the business as well as other aspects of her personal life.

The last time I spoke to Suzie she had just come back from yet another overseas holiday with her family. You see, Suzie went on to have a beautiful daughter who she honours and respects and loves in the way that every child deserves to be loved. She went on to make the business a multi-million dollar success. And once she achieved that goal, she sold the business to focus on life of her own passions. She is living life on her terms and absolutely smashing it!

Janine's Story

Janine was an average student at school, a typical teen who liked to party. One night, Janine went out to a party, got a little drunk and wound up being gang raped by 4 older boys. Janine came to me suffering from severe anxiety, she hated even leaving the house and the thought of having a relationship with anyone else actually made her feel nauseous.

After several sessions together, I am pleased to say that Janine began to leave the home and started to build a network of friends and even reconnect with old ones. She began to slowly open up and let people in. After our final session, I received an email from Janine that she had started seeing someone and he was loving and gentle and though she was still cautious, she was loving that romantic connection.

I followed up with Janine recently and she was no longer with that guy. But she was happily married to Lucas and they had a beautiful 2 year old girl together. She is active with her Mother's group and loving being a Mum! Something that was inconceivable before we began working together.

Sarah's Story

Sarah had suffered depression on and off for most of her life. She had two gorgeous girls and was a single mother, one of her daughters was severely autistic. She came to me as she had seen the way her depression was impacting on her eldest daughter and the burden that she felt like it was placing on her. Sarah had a reasonable support network, but limited coping skills within herself. So she had been self-medicating with alcohol and junk food to boost her mood.

We worked together for several sessions before Sarah even became clear on what she wanted, all she knew was that she didn't want to be this way anymore. Once we were able to clear so of the old emotions and guilt and change so of her beliefs and upskill her with new coping abilities, Sarah was able to begin counting her blessings. To see what was going well in her life. We continued to work together and it thrills me to say that Sarah is now a Coach herself. She has taken her amazing love of life and passion and her experience and is using it to help others to live their best life too.

Lillian's Story

Lillian came to me weighing around 132kg. She called herself an emotional eater and had been teased through childhood for being a 'big girl'. She had tried dieting and exercise, but always found she would work hard, lose 10

or 20kg and then put it all back on again. We worked together for several months and she smashed her health and wellness goals. About two years later, Lillian emailed me saying that she was competing in her second body building competition and wanted some help with her mindset. I assisted her to get that focus for the competition and taught her self-hypnosis. She now regularly competes in marathons and is loving her new lifestyle. She says she never imagined that she would be capable of achieving all that she has. She is vibrant, energetic and absolutely loving her life.

Peta's Story

Peta was the kind of client who had no past trauma, she'd had a very happy childhood and was feeling pretty good in her life. She just wasn't quite achieving the goals that she wanted to in her personal life. She was brilliant at her job and able to manage a team and get along with them all in the office, but she just wasn't very confident socialising.

Together, we looked at the attitudes, attributes and programs she used in her role at work and mapped out which ones would work well in the context of social situations. Using NLP, we were able to bring those things across from the work context into her social life.

There are so many people, all of who have a story. All of who identified that their baggage was impacting their lives. Whether they were unable to progress in their career because they had a belief that they weren't good enough, needed assistance to stop bingeing, start loving themselves, be better parents or let go of trauma, old emotions or other baggage. They have all had one thing in common, that whisper that told them they wanted more from life. That little whisper that opened the possibility to change.

All it takes is that whisper of change, that glimmer of hope to allow a small crack to form in the existence of where you are now. That is enough to breakthrough those old barriers and to allow you to step into the life you desire. And if that frightens you a little, I wonder, if nothing changes, where will you be in five years?

Spiritual teacher and best-selling author, Marianne Williamson has a famous quote which says, "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you *not* to be? ... Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do... It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission

to do the same. As we are liberated from our own fear, our presence automatically liberates others”

I wonder, if you allowed yourself to be liberated from your own fear and gave yourself permission to really begin to thrive, how would life be different? If I were your fairy god mother and I could wave my magic wand and you could have anything, be anything, do anything... what would you decide?

They say a journey of a thousand miles begins with a single step.

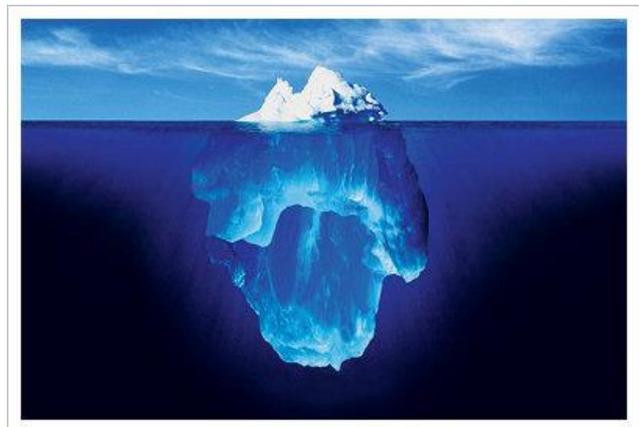
When is now the right time to take that step?

What is the Unconscious Mind?

The journey of a thousand miles begins with a single step, and your unconscious mind can fast track the journey for you! Using your unconscious mind rather than using your conscious mind to strive for change is like opting to fly in a plane rather than take a row boat and tackle the sea. It's a much faster and easier ride!

In order to explain the unconscious mind, let me first raise the idea that you do in fact have three minds. You have the conscious mind (the thinking mind), the unconscious (or subconscious) and the higher conscious mind (that spiritual / intuitive mind).

Your conscious mind is that thinking part of your mind. That part that does all of the reasoning and rationalising and analysing, you're pretty familiar with this part, aren't you? It's made up of whatever is in your awareness in any given moment and it usually can't process more than 5-7 bits of information in any second (and there is 2 million bits coming into our senses every second, no wonder we get overwhelmed). But your



conscious mind is only the tip of the ice-berg, it only accounts for around 10% of your mind power.

The real powerhouse is what's underneath the surface in your unconscious mind. It accounts for around 90% of that mind power. It is the storehouse for all of your memories (if you've seen inside out, you've got an idea of the storage capacity of memories), it stores all your emotions and your beliefs and values (what's important to you), all of your patterns and programs, attitudes, experiences, decisions, language. It preserves the integrity of your body, when was the last time you had to remind yourself to blink or chew or swallow or breath?

I bet when you first learned to tie your shoe laces, you had to put a lot of thought into it, didn't you? Or when you first learned to drive a car, you were conscious of holding the steering wheel, covering the break, the gears and clutch (if you drove manual), keeping the car on the road, your speed, so much was in your awareness and now, you may even find yourself in autopilot to such an extent that you question how you got home so quickly? That's because your unconscious mind now has a program stored for these things.

Let's take a look at some of the things your unconscious mind does:

- Stores and organises our memories (either in time or by subject)
- Makes associations and linkages
- Generates emotions
- Represses memories with unresolved emotion (and presents them for resolution)
- Preserves the body (healing from cuts, regenerating cells, breathing etc)
- Is a servant and follows orders
- Controls and maintains ALL perceptions
- Responds with instinct and habit (flight or fight response is instinct)
- Programmed to continually seek more
- Takes the path of least resistance
- Is highly symbolic
- Takes things literally and personally (it doesn't understand sarcasm)

Imagine for a moment, that your unconscious mind is like a wild brumby. Without a rider, it simply roams free. But you can utilise your conscious mind to tame the wild brumby and to become a strong rider, directing and leading that horse. Carl Jung said, "Until you make your unconscious, conscious it will direct your life and you will call it fate".

Looking at all that your unconscious mind is responsible for and knowing that it stores all of your patterns and programs; it's also worth mentioning

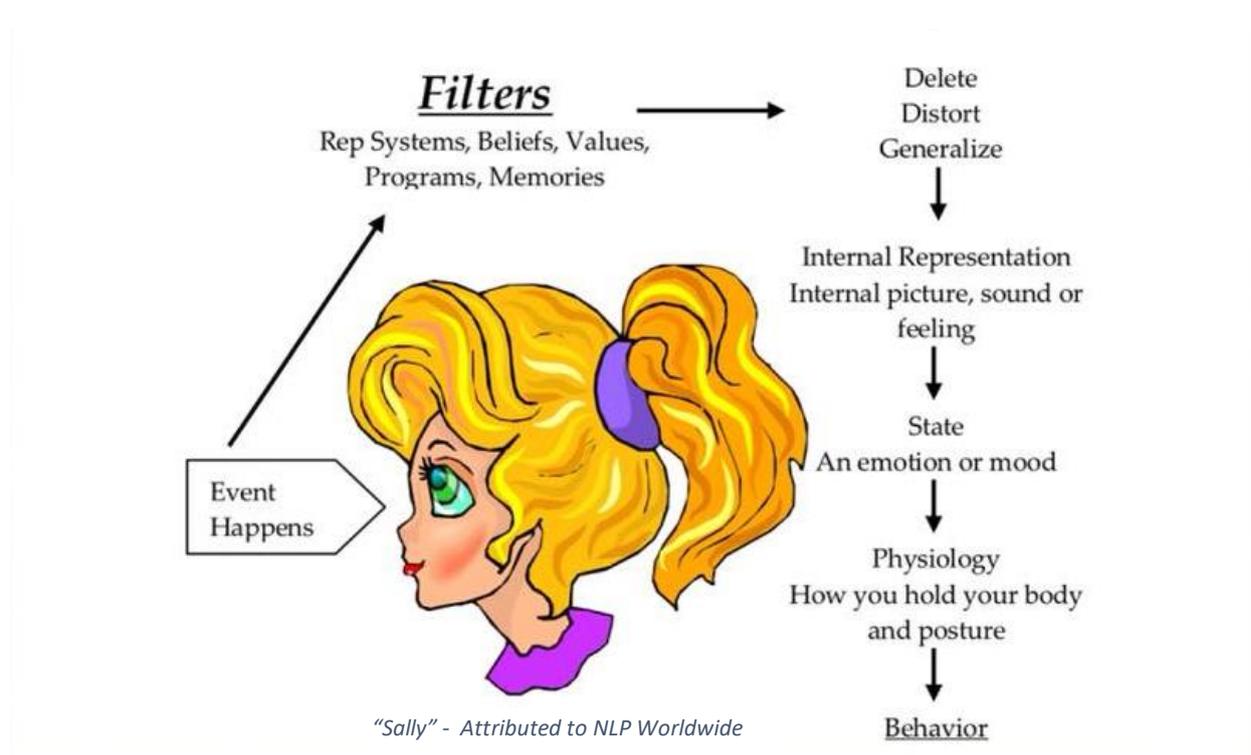
that many of those patterns and programs which filter your perceptions of your current world, were created before the age of seven. Up until the age of seven, your mind is like a little sponge, taking in everything from the world around you. So without any discernment about what goes into our unconscious storehouse and limited ability to determine the meaning of things, the simplest things can influence us without our conscious awareness.

I once worked with a client who was petrified of moths, she didn't know why, she was just absolutely terrified. When we worked on the issue to clear it, a memory came to mind of when she was a little girl of around three years of age and she was sitting on her Mother's bed. Her Mother had opened the wardrobe and a couple of moths flew out and her Mother had said, "These moths will be the death of me". That little three year old made the decision that moths were dangerous and could kill. Sounds ridiculous right? But really think about a three year old and their limited understanding of the world around them. And when we make those decisions, they can stick with us without even the conscious memory of why.

Our minds are always distorting, deleting and generalising to chunk down that information coming in from our senses based on the filters that are in our unconscious mind. It takes those 2 million bits of information that are coming into our senses every second and chunks it down to approximately

5-7 bits. In NLP, we understand that those filters control the internal representation of what's happening (it makes the meaning), which then influences our states (or moods and emotions), which then sets off a chemical reaction in response (the physiology) and finally, that impacts our behaviours.

The filters are all stored in our unconscious mind and include our experiences, beliefs, attitudes, values etc



Let's explore NLP a little more...

What is NLP?

NLP is Neuro Linguistic Programming, it was created in the mid 70's and based on the work of the best therapists of the time. It is referred to as, “an attitude, and a methodology that leaves behind a trail of techniques”. It's an attitude of curiosity; it's that drive to understand how people do what they do. It is amazingly successful and brief as a therapy, so much so that Psychology Today said it is, “possibly the most effective method of change in the world today”.

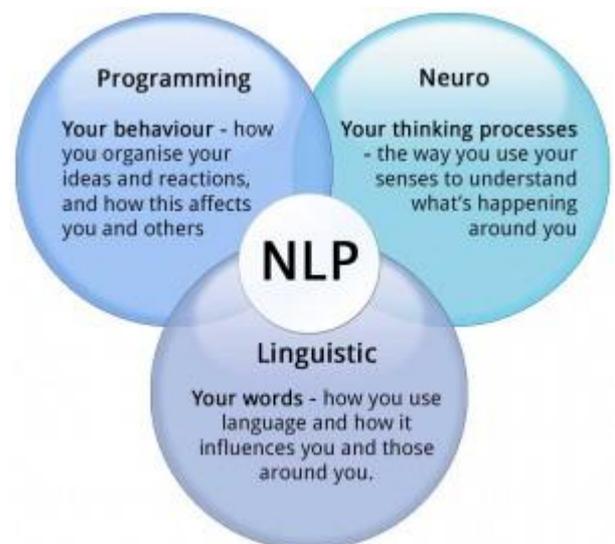
There are many definitions for NLP as its uses range from a wonderful communication tools to use with self and others through to personal development and psychotherapy.

But in summary, it is made up of:

Neuro - which is our neurology or nervous system and includes our mental, physical and emotional make up

Linguistic – where we assign language to make up the meaning of our world, it refers to both what we say to ourselves and others

Programming – is our result and behaviour and experience

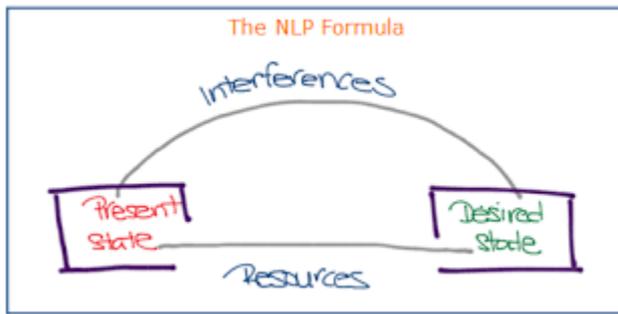


It looks at our subject experience of the world (acknowledging that the way we experience the world is unique to each and every one of us). Think back to the previous chapter where we briefly looked at the communication model and how each of our filters distort, delete and generalise the 2 million bits of information down to just 5-7.

NLP is like the key to your unconscious mind, it unlocks that storehouse so we can gain insights and understanding and also allows us to update patterns and programs, beliefs and values. It allows us to identify which changes will make the difference. Sometimes it is the smallest change that creates the biggest shift.

Imagine for a moment that your mind is like a super computer, but that super computer is still running on Windows 95. NLP is a way to upgrade the entire system, to reconfigure, write new code, new script, new programs. To enhance those that work well and to change those that don't. It is a powerful human technology.

Based on the work of the best therapists from the time and constantly evolving, NLP is the top tool for personal development and change. It is a brief therapy with most issues being resolved within 3-12 sessions. It's used amongst Coaches and Therapists to assist people with everything



NLP Formula, Attributed to NLP Worldwide

from personal relationships, business success through to healing emotional trauma.

Unlike many traditional forms of therapy, NLP is forward focused. In an initial session, we would use the NLP Formula as a map out where you are now, where you want to be and uncover any interferences that have prevented you from changing as well as determining what skills, attributes, resources you may need to get there and then work from there to build that pathway.

The NLP Formula looks at:

Your Present State – this is where you are now, it is made up of the problem and incorporates your history and experiences up until the point and is usually more about what you don't want from life.

Your Desired State – this is where we figure out what you do want. It's like setting the target of where and how you want to be. In NLP Coaching and Therapy, there is a lot of focus on this area as it builds that desire for your unconscious mind to find that drive, that motivation for lasting change.

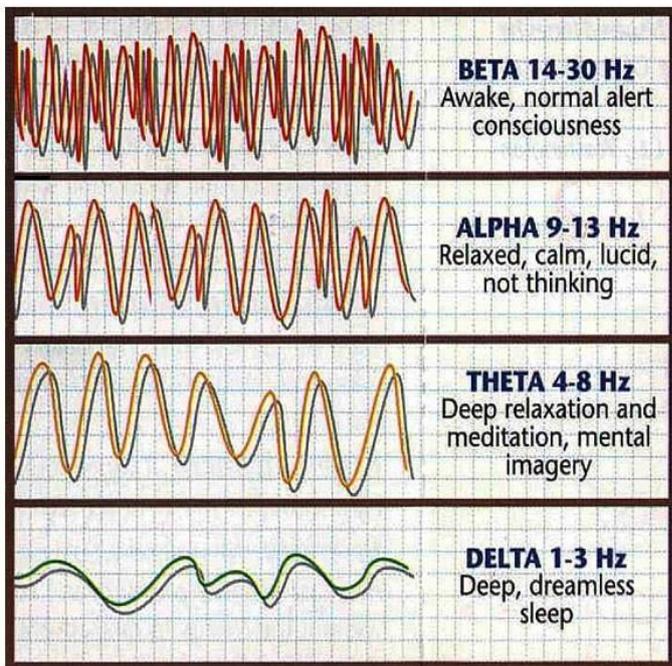
Interferences – this is where we discover what is holding you back or interfering with you not having that desired outcome or state already. Interferences may come from old beliefs or misaligned values, unresolved negative emotions, old patterns of thoughts or behaviours, incongruences in our identity, other people etc. This is where the tools and techniques are applied to clear those interferences.

Resources – many people think of resources as things such as money and time, and they are definitely resources. From an NLP perspective, we are looking at a person's inner resources as well, attitudes, beliefs, attributes, skills etc and we are determining what you already have and what you need. We can use a variety of tools and techniques to upskill your resources so that there is a strong support the transformations you seek.

I wonder, if you have a supercharged pathway from where you are now to where you want to be; what kind of path would that path be?

What is Hypnosis?

Hypnosis is a naturally occurring state of mind (the Alpha State) which allows the unconscious mind to be more open to useful and beneficial suggestions. It is extremely effective for many problems and challenges and it can literally, intrinsically and definitely change the way you live your life.



Hypnosis is a naturally occurring state, which you have been in yourself countless times. Each time you drift to sleep or begin to awaken in the morning, your brain is in that Alpha State. When you have been so engrossed in a movie that you begin to empathise

and cry or when you have read a book and begun to imagine the characters, all of those are forms of hypnotic states.

During a session, you may find that you drift between Alpha and Theta and sometimes you may even come up to Beta before you find yourself drifting back down. The brain waves are just that, waves and within a session, you

will be riding those waves – it isn't straight down into hypnosis and flat-line there. In fact, you've seen on TV in those medical shows, haven't you? You know what that flat-line means! So instead, enjoy riding the waves.

Clinical Hypnosis utilises what I like to call “Functional Awareness”, you will be guided into a nice relaxed state where you will still have awareness (the unconscious drooling image that may come to mind is not therapeutic). You will still hear everything that is being said to you, so that you can be guided through change (what good are suggestions if you can't hear them, right?). We are simply using that functional awareness of alpha state to bypass the critical faculty (soothing the amygdala) and allowing your unconscious to bring to your awareness any incongruences between your beliefs and patterns and your conscious desire for change. And just as with NLP, we are using the tools and suggestions of Hypnosis to update those old patterns and programs and bring about the positive changes that you seek.

You can learn to use the Power of Self Hypnosis and Visualisation to help you achieve goals too. As mentioned in the chapter where we discussed your unconscious mind, your unconscious is highly symbolic and it cannot tell the difference between real and imagined. Your neurology will be impacted, your physiology will be impacted. Can you remember a time where you thought there was a stranger in your house, the bogeyman under your bed and the mental images that were running through your mind?

Remember how that made your heart pound in your chest, even though you rationally knew it wasn't real?

In fact there are several studies which have been done on the power of visualisation, from basketball stars to Alzheimer's patients learning piano, the research shows the same results – whether you actually do the task or imagine yourself doing the task, you will see changes.

There was a study done by Alfred Barrios, PhD and he reviewed the lasting success of various therapies and it showed the following results:

Hypnotherapy – 93% recovery after 6 sessions

Behaviour Therapy – 72% recovery after 22 sessions

Psychotherapy – 38% recovery after 600 sessions

I'm sure you know, which would you prefer, don't you?

The Pillars of Personal Transformation

Moving from surviving to thriving is more than just a shift in mindset and perception. It involves that noticeable change in one or more areas of life that really propel your life into a whole other dimension. As mentioned before, sometimes it is the smallest changes that make the biggest difference.

For me, the most recent shift that made the difference was forgiveness. It was really opening up that spiritual aspect and recognising all that my past had gifted to me. Acknowledging why I had been born into the family I had been born into and showing compassion and love and understanding to my abusers. Was it easy? Hell no! Was it worth it? Absolutely!

Nelson Mandela said in his autobiography, “As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison.” This was a man who had endured torture and imprisonment for twenty-seven years, who recognised that if he did not forgive, he would forever be trapped in the prison of his own mind.

You may not be at that stage yet. Wherever you are in your own personal journey is perfectly fine. Accept where you are now, without judgement, just acknowledge that you are on your own journey, learning your own lessons and carving your own path.

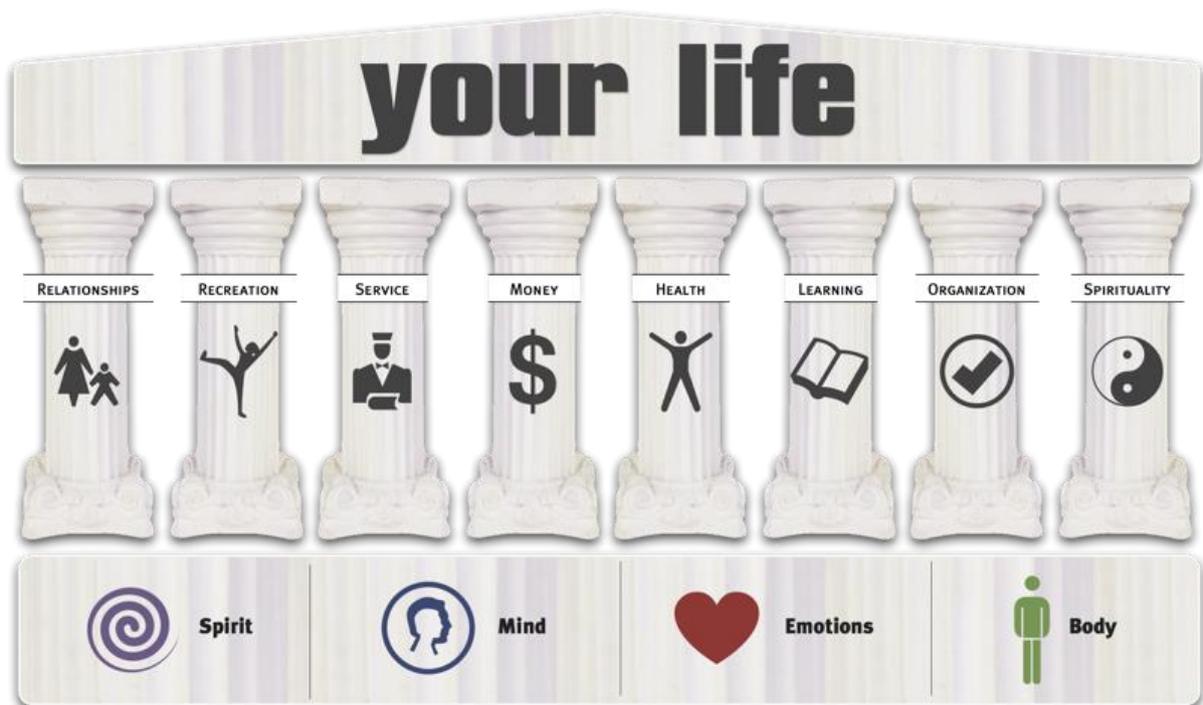
Some people come to Coaching or Therapy because their relationships are struggling, some people come because they just don't seem to be able to get ahead at work, some people come because they are doing really well and just want to do better, some people come because they are suffering from anxiety or depression. Some come because they drink, smoke, gamble, eat... basically anything other than using good coping strategies. And when any of these people ask the question, "Why do I do what I do?", the answer is always, "because you have a pattern or program that allows it".

When I approach Coaching or Therapy with clients, I am looking for the patterns and they usually run through the foundations of mind, body, emotions & spirit. They may be things like "I'm not good enough", "I'm not worthy", "I don't have enough", "I just can't handle things", "I'm an angry person" and many more but you get the idea. Those patterns can they begin to filter up one or more of the pillars (or areas of life) and begin to really impact how you are experiencing the world.

Imagine though, what life could be like if you got those foundations sorted. If they were strong and sturdy, what would happen to the pillars and therefore your life?

And as each of those rise and elevates areas of your life – guess what? Your life begins ascending into a whole other dimension. Because the changes you make within yourself, can not help but filter through all other areas of life.

What changes will you notice as you move from simply surviving to really thriving?



Tools for your to transform your own life

There are many tools and techniques that you can use yourself now to begin to transform your own life. Let's explore a few of them:

Goal Setting and Intention

The power of setting goals and intentions is unquestionable. It sets a radar within your unconscious mind for what you want to have happen and therefore, opens up your perceptions to identify opportunities to propel you forward.

The key to setting awesome goals, it to really get clear on your evidence. What will you **see, hear and feel** when you have achieved your goal?

Using the pillars of life in the previous chapter, spend some time creating goals for one or more or even all areas of your life. Use the following questions as a guide to ensure that you have a solid well-formed goal.

Well Formed Goal Questions

1. What specifically do you want?

The unconscious mind is unable process negatives, so be sure to be specific about what you DO want. Not what you don't. Energy flows where your attention goes, so get really clear on what it is that will be in your life when you don't have the problem.

2. For what purpose do you want this?

How will having your goal improve or enhance your life? What will it add to life? What will it allow for you? What's your why?

3. What is currently within your control that you can do to obtain this?

Sometimes we want to win the lotto, and so, buying a ticket is within your control – buying a winning ticket may not be! Be sure that you can take action on your goal. As they say, “a goal without action, is merely just a dream”.

4. Where, when and how specifically will you have this?

Begin to build your evidence. When do you want to achieve the goal? How will you have it? Where will you be?

5. Describe specifically how it will feel when you have this.

Take your time and really get clear on this. Allowing yourself to build those feelings is one of the keys to really adding some ‘oomph’ to that unconscious desire to achieve your goal. Notice what it feels like.

6. What are the steps you will take to obtain this?

I'll say it again, the journey of a thousand miles begins with a single step. Maybe you're not clear on the whole path yet... but be sure you know what the first step is and once you've done that one... what is the next?

7. What resources do you require to obtain this?

Remember, in NLP, resources are not just the tangible things like money and time. They can be attributes and attitudes like tenacity, drive, determination, experience etc. This question looks at where there may be a gap that needs addressing

What resources do you already have to obtain this?

And what resources do you already have? Count your blessings and your skills, attributes, experiences etc.

8. How will you know when you have this? What is your evidence?

Have you ever had that leprechaun moment, you know, where a goal or wish or dream has come true, but not quite in the way you'd expected it to? Maybe you dreamed of driving an amazing car and then one day, found yourself as a chauffeur driving the car for someone else? Or maybe you dreamed of having a million dollars in the bank, and you did, for the brief moment that the mortgage loan transitioned from your account.

Get clear on your evidence so that you avoid the leprechaun moment.

9. Does this outcome fit in your life and have no consequences to yourself or others that would be harmful or painful?

Is it ecological? Financially? Emotionally? Will any harm be done?

Act As If

The act as if frame is one of my favourites. It is so simple, yet so effective. Our minds can't tell the difference between real and imagined. The movie in our minds which impacts of physiology, states and behaviours is the same.



Allowing yourself to step into the mindset of having already achieved your goal allows for your neurology to be updated. Really connecting to the outcome and standing as you would stand, adopting all the physiology from muscle tension or relaxation to breathing allows for those chemical reactions to be triggered and therefore, your moods and emotions will be impacted, which will in turn also impact your behaviour.

Take a moment to really see in your mind's eye (or that movie screen on your mind), that you who has already achieved the goal. Really observe that movie in your mind, that you has ALREADY achieved your goal!

Notice what you notice about how that you moves and talks, what that you might say to yourself, what that you might feel and sense from the inside. What do you see? Hear and Feel?

And once you've got that, go ahead and imagine really stepping in to that future you now. Step right in so that you see what they see, hear what they hear, feel what they feel. Notice it as if it is happening right now, as if you are there. Now go ahead and move throughout the day acting as if you had already achieved the goal.

Consider stepping in and acting as if when starting a new lifestyle habit, like healthy eating. So many people agonise about a treat and “failing off the wagon”, but if you imagine stepping into you at your ideal weight, really step in and act as if, what decision would you make?

Or if you wanted to speak more confidently to others, step into that state of being confident, in that state of acting as if, how do you change your physiology? As you change the way you stand, how does that change the way you feel? As that changes the way you feel, how might that change the way you act?

Where might this be useful in your life to create options and new ways of being? How would using this enhance your ways of being in the world?

The Power of Visualisation

There is so much research in this area it is phenomenal, so the fact that we don't all know about it is amazing! Visualisation has been around for a very long time, but it came into media attention in the 70's and 80's. A well-researched approach that is used by Coaches, Therapists, Athletes and most individuals focused on their personal development; visualisation is a highly effective way to align yourself to your goals.

Visualisation can be used creatively to heal the body; remember your unconscious mind which is charge preserving the integrity of the body is highly symbolic, so it responds well to this kind of direction. When visualising your goals, it programs your minds reticular activating system to start bringing into your awareness the things that will help support your goals. It creates a new level of motivation as again, it is programming your unconscious mind with what it is that you want – so it will go ahead and work for you to propel you towards achieving that visualisation.

Need some celebrity endorsement? Oprah Winfrey openly shares her visualisation boards, Arnold Schwarzenegger swore by the power of visualisation to help him reach his body building goals, Will Smith and Jim Carrey both openly share their beliefs in the power of visualisation. This stuff works!

It goes back to your unconscious mind not being able to tell the difference from real and imagined. Whether the information comes in from your senses to play the movie on your inner mind or you are just projecting a movie onto the screen of your inner mind, that movie will create a biological and physical reaction (think cascades of hormones and neuropeptides). Every thought you have impacts these hormones, so why not choose them wisely?

Take a moment and close your eyes, on the screen of your mind, play a happy memory (or make up some event that would make you happy) and notice what happens.

Visualisation, much like Acting As If, sets up a neural network, a pathway of what you want to have happen. By visualising what you want, first thing in the morning or as you drift to sleep at night is hugely powerful (as is visualising at any time). It allows your programs to be updated so that they seek that experience. It allows your mindset to align towards that outcome.

Go ahead, give it a go using the goals you set from the Well Formed Goal questions.

What's next?

Are you ready to take the next steps?

1

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