

Attaining Your Real Goal

by Yvette Eastman

The purpose of this presentation is to help you to achieve that which you desire. In discovering how to attain it, we will need to locate the things that you already do well, and the things that you know that you do poorly.

Next, we will uncover the skills and aptitudes that you already have so that you can find an automatic route to success.

Lastly, we will defuse the past ineptitudes, search for new solutions and take immediate action on our original goals, adding in the newest information leading to accomplishment and mastery.

Most people have a variety of goals in mind - to make more money, to have a large and effective clientele that spreads your name far and wide, to discover a new and wondrous way to perform your skills so that you can receive the acclaim and notoriety you wish for... There are many desires and many paths and, for the purpose of this presentation, choose the ones that deal specifically with your practice or your teaching of one or more of the kinesiologies.

To attain any goal, you must first perceive it and name it. It cannot be an amorphous desire or a wistful wish. You must want it with a passion. Think about what you want. Define it specifically. If you have a cloudy goal, you will get cloudy results.

*To share my life & blessings
and joy with a man, the
man that is right for me
and for my highest good
and the good of all.*

*To be totally prosperous
and contribute what is my
goal.*

Having defined that goal, write down what you will do when you have achieved it.

*Appreciate & bless what I have
and use what I have for
the good of all I come
in contact with.*

Now consider this possibility:

The goal that you desire is **not** the real goal, but only a stepping stone to the real one which is the **true** goal.

**YOU CAN ONLY ACHIEVE YOUR GOAL
WHEN YOU KNOW WHAT YOU WILL
DO AFTER YOU HAVE ATTAINED IT.**

Therefore, aim for the **SECOND** goal in order to achieve the first!

As in Karate, aim for a spot beyond the "block of wood".

REAL PROBLEM SOLVING (part 1)

List A: Write down 10 things you do so well that they are automatic for you - from parenting to super shopper!

List B: Write 10 things you wish were as easy to do as the ones in List A

Automatics - Things I do well - Things I am good at

New things I would like to be automatic - wants - wishes

- 1 organize
- 2 Coordinate
- 3 Dancing
- 4 Tennis
- 5 persuading people
- 6 planning
- 7 talking
- 8 listening
- 9 allowing
- 10 _____

- 1 lose weight
- 2 program in VB
- 3 take time for myself
- 4 be happy going to dances
- 5 balance my family
- 6 remember people's names
- 7 Remember
- 8 networking
- 9 _____
- 10 _____

List C: Current "goofs" or "boobos" - Things I did or do poorly, consistently fail at

List D: What benefit(s) were served by each failure? What were the advantages of the 'goofs'?

- 1 programming in VB
- 2 NOT having enough students
- 3 _____
- 4 _____
- 5 _____

- 1 Eliminates pressure
- 2 " "
- 3 _____
- 4 _____
- 5 _____

Problems

Actions to receive advantage

The "boobos" are what we call problems - where we point to our failures or react with guilt, fear and pain, and frustration, because we try so hard and continue to fail

The subconscious is mystified at your conscious concept of 'problems' since it worked so hard to give you the advantages you wanted!

REAL PROBLEM SOLVING (part 2)

List E: Getting what I want

What do I really want?

- 1 man
- 2 money
- 3 _____
- 4 _____
- 5 _____

List F: What am I willing to do to get it?

- 1 ask the universe
- 2 _____
- 3 _____
- 4 _____
- 5 _____

List G: Who or what is holding me back?

- 1 fear of having one
- 2 lack of acceptable
- 3 _____
- 4 _____
- 5 _____

List H: What goals have I achieved in the last 5 years?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

List I: What things do I do well that helped me achieve those goals?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

List J: Which of the above skills will help me get what I want now?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

TAKING ACTION

THE BALANCE (part 1)

With a partner, look over today's input, received from a variety of directions, attitudes and belief systems. While drinking a glass of water, choose the ones that seem impossible, most confusing, and/or most uncomfortable.

1. Using ESR, defuse them, allowing yourself to consider new solutions, new options for old situations.
2. Using the information from this last presentation, release any less than useful "Advantages of Goofs" with ESR.
3. Now choose the first active step that you can perform towards the acquiring the REAL GOAL, and, using the method of your choice, balance toward that goal, accepting the "stepping stones" along the way.
4. "Future pace" to an appropriate time, create the perfect moment: see, feel, hear, taste, sense and speak of your success. Ask the older, more informed you for advice that will help you attain this success. Receive a gift (or symbol) from the older you to take back to the present time. A symbol, received from a successful you in the future, will pull you towards that specific moment.
5. Return to the present with your advice and "gift". Choose at least one action that will start you on your way to your REAL GOAL. The action I will take is

6. I will initiate this first action on (which day, week, month, etc..)

7. I will use the necessary Stress Releasers to make it easier to achieve my desired outcome.

(see the works by Sharon Promislow, Hap & Elizabeth Barhydt information on Stress Release, Stress Release work of Wayne Topping or any methodology that you use to effect long lasting relief from stress)

Drink water _____ Plug in for Balanced Energy _____

Cross-Patterning _____ Polarized Breathing _____ Cooks Hookups _____

Positive Points _____ Eye Rotations _____ Anchoring _____

Affirmations _____

Eye Points _____ Ear Points _____ HeadachePoints _____ Exercise _____

Nutritional Change _____

TAKING ACTION

THE BALANCE (part 2)

Bach or Bush essences _____

Essential oils _____

Exercise _____ Music _____

Art (Drawing, Sculpturing, Writing, Singing etc.) as a method of stress release and self communication _____

Change of sleeping location or other geopathical change _____

Other _____

8. I will seek the support of _____ (friend, relative) to aid me in my change and the attainment of my goal, both to communicate and to request praise or assistance.

9. For corrections requiring repetition - Number of times per day _____
Number of repetitions at each time _____ (3 is average)
Number of weeks. _____ (3 weeks is normal for habit change).

10. I will look more deeply into some of the information gathered today. The specific issues I will look into are:

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