

SSSEE Process: Creating Goals You Can Believe

Physical Goal Setting for Positive Motivation & Commitment

SSSEE Physical Goal Setting - By creating physical detail that we can experience with our senses for what we desire, it becomes easier to make a goal shift from an ideal or an idea to something realizable and believable.

Overall Goal: Create a sentence that is first person present tense that encapsulates your desired outcome:



Sight: List 3 things you will see in your life that will let you know you've achieved your goal. Please get specific: e.g. I want a new relationship - visual: I get a holiday card with both of our names on it.)



Sound: List 2 things that you will hear that will let you know that you have achieved your goal (What will others say to you and what would you hear others saying about you? And what will you say to yourself?)



Sensations: List the primary feeling of what it will feel like when you have reached your goal. Base it on something that gave you a similar feeling before at anytime in your life if possible. What color is it? Where would it live or be epicentered in your body? What is the texture of it? What is the temperature? What does it smell like?

Expression of True Belief Statement: Make a 1st person present tense *belief* statement of what will be true when the goal exists. What would you believe about yourself if the goal was true? Does it replace the goal statement?

Ego Check: Can you think of any adverse consequences to achieving this goal from yourself or others? It does not matter if they are only perceived or non-logical/emotional. Any adverse consequence is to be listed. You list them to understand what is the goal worth to you and what might be blocking you from it. For example your goal maybe to live in a foreign country but an adverse consequence is the impact on the relationship with a friend or lover. Listing the adverse consequences is helpful to see if the goal needs to be adjusted to become more believable and actionable as well as help you to make choices with conundrums.
