

AN EXAMPLE OF A WELL WRITTEN GOAL

This goal was written by one of our NLP Practitioners in 2012. She writes the goal as if it is 2015 when she wants to achieve the goal.

The goal is written in accordance with the keys to an achievable outcome and she achieved her goal.

Its July 1st 2015 and I am sitting in my 5 bedroom, detached, neo Georgian house near Guildford. The lounge is 45 feet long and 25 feet wide and the floors throughout the house are oak. The room is decorated in pastel shades of green, blending in perfectly with the French curtains and the Italian furniture. There is a spacious feel about the whole house as each room is large allowing a sense of freedom. Each room is decorated to my taste and I am delighted with the overall feel of the house.

I can see the garden through the window, the beautifully manicured lawns bordered by borders filled with summer blossoms. As I smell the scents of the garden floating in through the French windows I reflect back at the time 3 years ago when I wrote this goal and recall the first step of the journey to this house when I set up my own practice.

My house has a large office where I now operate my business in therapy, coaching and training.

My husband, my daughter and I are happier & closer and are all enjoying the new space afforded by the house.

As I sit here now I have a real sense of achievement, a feeling of well-being and excitement of finally achieving some of my potential.

The house is mortgaged to 50% of its value on the day I purchased it.