

The Most Powerful



**Achievement System
in the World**



The Hidden Secret to Getting Everything You Want

with Mike Pettigrew

What We Covered Last Month:



- Why People Struggle to Achieve What They Want.
- The 7 Reasons You Must Set Goals.
- Why You Must Become Clear About Your Goals in Life.
- Discover Exactly What You Want – even if you're not sure.
- High Performance Techniques for Doubling Your Focus.
- How to assess your strengths and weaknesses, so you know which areas need more focus.

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What You Will Learn Today:



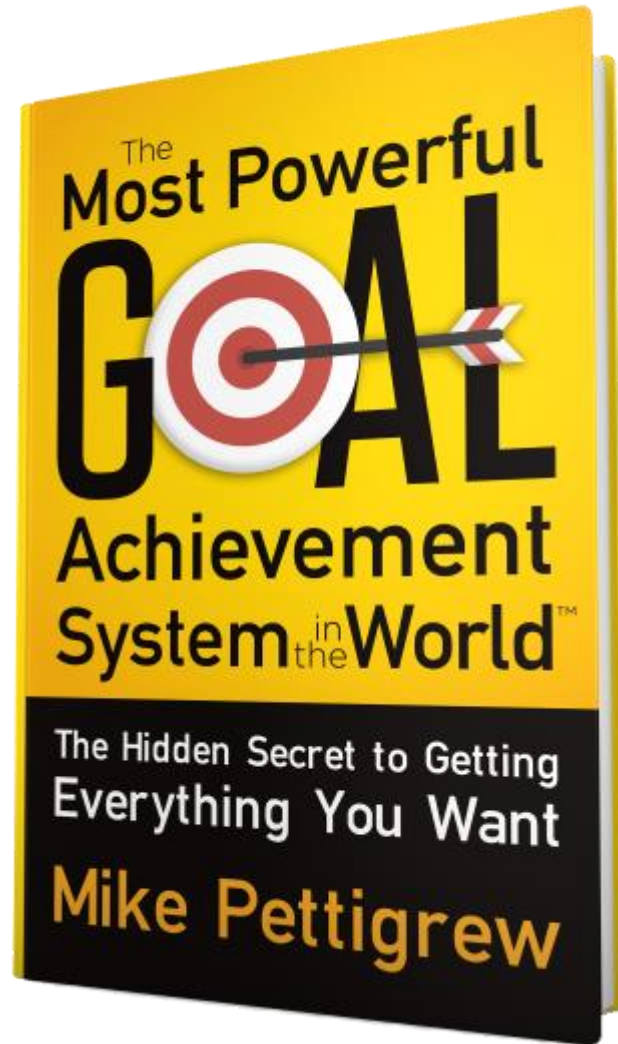
10 Steps to Achieve Your Goals Faster in 2021:

1. How to Get Clarity on Your Individual Goals.
2. Discovering Your BIG Why for Each of Your Goals.
3. The Importance of Grouping Goals with Deadlines.
4. How to Overcome Every Limiting Belief Holding You Back.
5. Creating a Goal Anchor for Achieving Goals Faster.
6. The Easy Way to Create Highly Charged Goals.
7. How to Convert Your Goals into Affirmations.
8. Simple Ways to Optimise Health, Energy and Brainpower.
9. High Performance Tools to Achieve What Others Can't
10. How to Find Your Own Major Life Purpose.

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10 Steps to Achieve Your Goals Faster in 2021 – You MUST Set Goals



- If You Don't Set Goals, Your Life Can Drift.
- You Just *React to Changing External Events*.
- You Can End Up Just Settling for Second Best.
- You Can Become *Disempowered & Disillusioned*.

Benefits of Setting Goals:

- Your Goals Determine Your Future.
- Discover What You're Truly Capable Of.
- Have Greater Impact and Influence.
- Help You Overcome Your Current Limitations.
- Create Forward Momentum in Your Life.
- They Empower You to Create Measurable Change.
- They Allow You to Create a Far Better Life.

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STEP #1 - How to Get Clarity on Your Individual Goals

Goal Brainstorming - Create Goals for Every Area of Your Life:

Finances, Career, Relationships, Recreation, Health, Personal growth



Write down all the things you want to achieve during your life



Include those things in your life that cause you to suffer by converting each one into its opposite



Cross off any that don't feel particularly important to you



Repeat this process for each area of your life

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STEP #2 - Discover Your BIG Why for each of Your Goals



Here is a process chart to clarify the exercise:

Write down your goal, and add the words “so that”



After “so that” write out your reason why



Repeat this “so that” process until you find your “Big Why”

RESULT: You should now have great clarity on worthwhile, meaningful goals and avoid wasting time and energy on goals that may end up being dissatisfying, unfulfilling or that just enable you to avoid things you need to change.

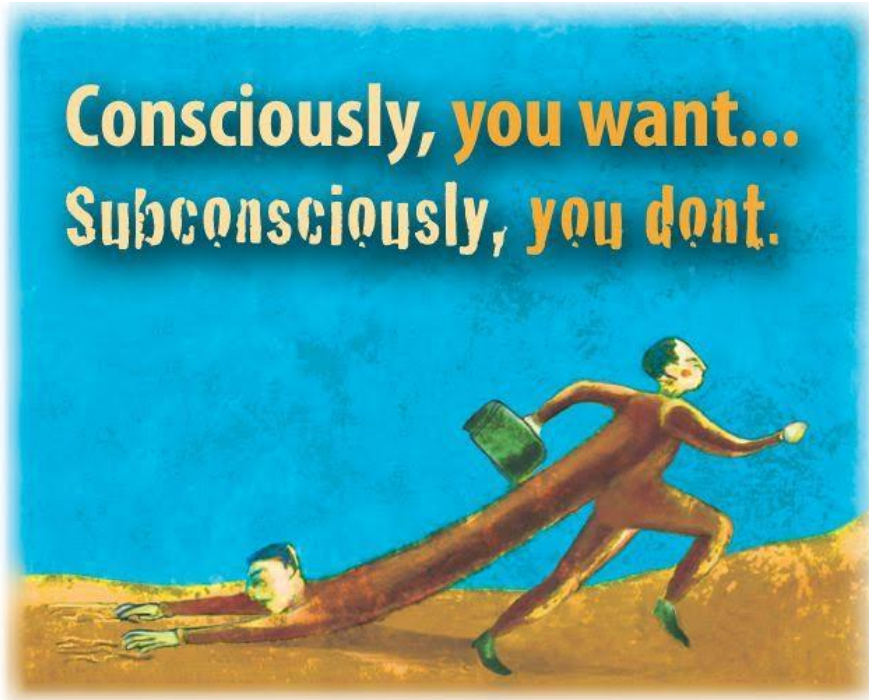
STEP #3 – Group Your Goals with Deadlines



Group Your Goals:

- Short-Term Goals: the next 3 months.
- Medium Term Goals: within 1 year.
- Long-Term Goals: the next 5 - 10years.

Give each goal a deadline of a specific date – your subconscious mind needs specifics to work with.



- Makes Up 95% of Your Entire Mind.
- Controls Automated Bodily Functions.
- Files, Catalogues and Records All Your Experiences.
- Gateway to Unlimited Wisdom – Thomas Edison.
- You Have Been Conditioned – we all have!
- Your Subconscious Beliefs Always Win Out.
- Creates the Circumstances of Your Life.
- Fortunately, Your Subconscious Can Be Influenced.
- You Can Reprogram Your Mind for Success!
- Program it Through Repetition and Emotion.

STEP #4 – Overcome Limiting Beliefs Holding You Back

Uncover:

Read this sentence aloud:

"I can't become / achieve _____ because....."

Quickly write out a single reason why it's not possible for you

Repeat above 2 steps until you have uncovered 10 limiting beliefs

Score each belief 1-10: stronger the feeling the higher the score

Select the 4 limiting beliefs with the highest scores

Overcome:

Slowly write out as many reasons as possible, that counteract each of these 4 limiting beliefs using this sentence:

"I **CAN** become / achieve _____ because....."

Select the single most empowering reason that counteracts each one of your 4 limiting beliefs

Convert each of these empowering reasons into separate affirmations and repeat them daily, while triggering your Goal Anchor

COMING UP IN STEPS 5 & 7

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STEP #5 – Create a Goal Anchor

Creating Your Anchor is Easy!



- **1:** Recall Times in Your Past when you felt strong positive emotions - *Deep gratitude, happiness, or a time when anything seemed possible to you. "10 out of 10" experiences.*
- **2:** Choose One with Strongest Positive Emotions.
- **3:** Focus on That Experience for a Few Minutes - reliving it, in as much detail as you can - Allow the feelings of gratitude, joy, fulfilment, or of anything being possible for you to build very strongly within you.
- **4:** Set Your Anchor - When you are overflowing with positive emotions, touch the thumb and first finger of your right hand together and squeeze them together gently. You have now "set" your Anchor.

STEP #6 – Create Highly Charged Goals



Desires:

- Our Desires Can Be Creative or Destructive.
- Desire is the Creative Force of the Universe.
- Inject Strong Desire Into Your Goals – powerful.

How to Create Highly Charged Goals:

Condense Your List of Goals – group goals that can support each other. Each condensed goal should include at least one Powerful Motivating Factor (PMF).

Affirmations Can Transform Your Life...



Short Concise Statements You Make to Yourself Frequently With Emotion:

- They Help Overcome Limiting Beliefs.
- Allow You to Create a Success Mindset.
- Can Be Used to Overcome Fears.
- Enable You to Be More Courageous.
- Help You Achieve Your Goals FASTER.

➤ **Very Powerful - They Really Work!!!**

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French psychologist and pharmacist - Emile Coué



***“Every day, in every way,
I’m getting better and better.”***

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STEP #7 – Convert Your Goals into Affirmations



Affirmations Should:

- Be in the Present Tense.
- Be Positive.
- Be Personal – I am.
- Be Specific – may include a time reference.
- Include a Feeling Word – such as grateful.
- Include an Action Word – learning, enjoying etc.
- Be Concise – not too wordy.

Repeat affirmations every morning and evening **with emotion**, while visualising what it will be like when your goal is achieved.

Remember to Use Your Goal Anchor!!!

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Affirmation to Overcome Pessimism, Low Energy and to Get You Unstuck:

“Today, I am full of energy and overflowing with joy.”

Affirmation to Make More Money:

“I am making \$20,000 each month and deeply grateful for the abundance I am receiving”

STEP #8 – Optimise Your Physical Health



- Energy is an Important Topic for Goal Achievement.
- The Importance of Life Energy – chi.
- Your Mind and Body Influence Each Other Profoundly.
- Edgar Cayce’s “C.A.R.E.” System of Health.
- The Food You Eat and the Exercise You Take - Have Huge Effects on Your Mindpower.

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STEP #9 – Use High Performance Tools



Brendon Burchard

- founder of High Performance Institute

“High Performance means excelling and succeeding above and beyond standard norms consistently over the long-term”

High Performance Habits:

- ✓ Scientifically Proved to Work!
- ✓ Adequate Rest + Exercise.
- ✓ Diet + Nutrition.
- ✓ Take Energisation Breaks - Every 60 to 90 Minutes.
- ✓ Progress Goals Daily – Use the Daily Success Planner.

Result:

- ✓ Dramatically Increase Productivity (work smart).
- ✓ Reduce Stress and Burnout.
- ✓ Have Greater Focus - Get More Done and Faster.
- ✓ Achieve Far Higher Success – Than 95% of People.

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Step #10 - Find Your Own Major Life Purpose



Explore your passions, skills and past experiences...

STEP 1 - Ask Yourself:

- What activities make you feel most alive?
- If you knew you couldn't fail what would you love to do?
- If you were a billionaire, what would you do?
- What do you enjoy learning about most?
- What issues have been a constant theme in your life?
- What do you enjoy talking about most with others?
- What kind of giving is most rewarding for you?
- What have you struggled with most in your life?
- What are your most unique talents that you excel in?

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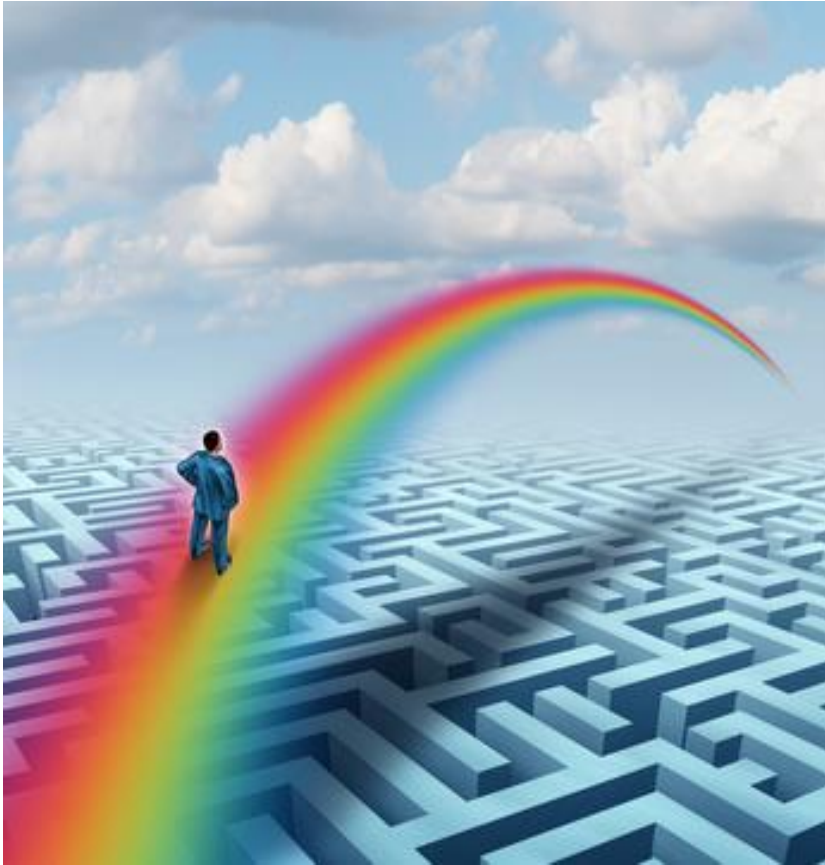
STEP 2 - Ask Yourself: How could I use these passions, skills and experiences to ALSO help others? Write down all ideas!

STEP 3: The one that gives you the most excitement, energy and enthusiasm – and *that also contributes to your inner growth* is most likely your current Major Life Purpose.

STEP 4: Create a Major Life Purpose statement that reflects your choice.

STEP 5: Fine tune and improve that statement until it feels just right.

Create Your Own Major Life Purpose / Mission Statement



MLP = *Passions/Skills/Experiences + Daily Actions + Contributions to Others*

What is YOUR Major Life Purpose STATEMENT?

Mine is: *"To inspire, motivate and empower people, so that they can achieve their goals, and become deeply happy".*

- You NEED to create your own statement.
- It takes time to create one that truly fits – and it may change a little over time.

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Mission Statements of Famous People

"To make a significant difference in the quality of life of people."

- Anthony Robbins

"To be a teacher. And to be known for inspiring my students to be more than they thought they could be."

- Oprah Winfrey

"To have fun in (my) journey through life and learn from (my) mistakes."

- Sir Richard Branson

"To Unite People & Promote Equality."

- Martin Luther King



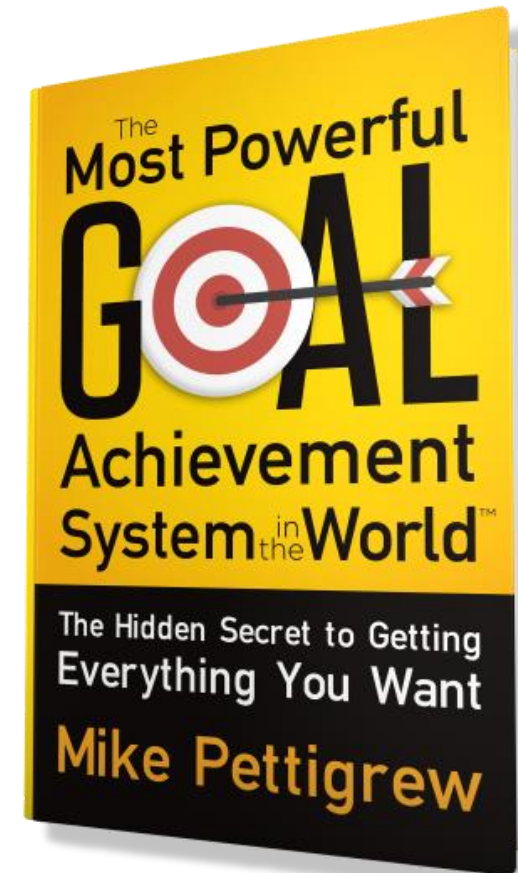
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- **The Most Powerful Goal Achievement System in the World**
- **Goal Hacking:** www.Goal-Hacking.com

Over to You...



Questions & Answers

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