

Coaches, Consultant, Therapists, Trainers, and fellow experts....

7 Steps to Achieve Massive Goals ...

... Consistently

By Chris Hallett
Certified Trainer of NLP & Hypnosis

How to write massive, life-changing, believable and achievable goals...so that their achievement is a foregone conclusion

Less is More

This isn't a long-winded training guide or a "let me show you how much I know" type of training guide that will overwhelm you with the sheer volume of information.

You see some coaches and trainers do exactly that. They overwhelm you and give you too much information to consume easily.

I do things differently because that's how the mind works. I start with an overview of some easy things to implement and that means you stick with it and get results.

This is your starting point that gives you just enough to get you started.

And in case you're wondering, it's the process I've used for many years and will continue to use and develop.

Why?

Because it works.

Now I want to be 100% transparent with you.

I've helped many business owners eliminate barriers and helped them achieve their goals. This guide though, is to help you with the process of writing and achieving **ALL** of your business personal goals too.

I realised that I've had some success with these techniques, so I want to let others in on the secret.

Let me share some of the results with you:

Firstly, knowing these techniques enabled me to land a £20k sale from one single meeting.

Here's what others have said:

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Nicky Williams
Business Coach & Mentor

I have worked with Chris Hallett for some months and was thrilled when he agreed to speak to my audience recently. Chris offered great tips to overcome going live on social media and showed, just a small slice of what he could offer with his 1:1 services and group programmes.



Angela Carr

I took Chris up on his offer to help me get more confident about doing videos for my business. I really enjoyed the session. Chris was friendly and made me feel comfortable. He was professional throughout the session which was based around NLP. I felt I got a lot out of the session and two days after working with Chris I did a live video in someone else's Facebook group and I actually won a prize! I would recommend Chris to anyone who has a fear of appearing on camera/video.



Sarah Hall MICB PM
Dip

I've always had a fear of speaking on video, which is a huge drawback when you have a business that you want to promote on social media. Chris talked me through my fear and how to deal with it, and by the end of our session I felt as though it had never been an issue for me! Since then I've recorded a couple of videos already, and I can't wait to make more. Thank you so much, Chris!

And there is more. These techniques work for all areas of your life irrespective of the goal.

I've shared these with you, so you know what can be achieved.

Now let's look at how you write goals for achievement.

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Introduction

Have you Ever Achieved a Goal?

That's the million-dollar question: "Have you ever achieved a goal?"

Yes, of course you have. Everyone achieves goals at some point in their life.

The big challenge then, isn't how you can achieve a goal, it's how do you achieve them consistently?

Yes, I mean 100% of the time!

The key is to write them in the correct way.

The trouble is that if you've been taught about SMART Objectives, chances are you're writing your goals incorrectly, and this is why you're here.

Through this guide, I'll teach you how to write them the correct way.

Now let's get three things straight:

- 1) Following the SMART approach is OK, however we need to go deeper to make it work.
- 2) We're making a massive distinction here; we only talk about goals. From now on, aims, objectives, targets are out, and goals are in.
- 3) Some people as if I can guarantee that this formula works? Legally I can't and the main reason is that I can't achieve your goals for you, that's down to you. Follow the process and it will work for you.

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A Recipe for Success

*“A goal is a dream with a
deadline”*

Napoleon Hill

Goals are critical to your success and achievement.

Once you have made the conscious decision of what you want, and yes, we all do that consciously, it's our unconscious mind executes the actions to achieve that goal.

Goals act like the fuel for your achievement engine.

Let's look at three reasons why goals are critical to your success.

Reason #1: The Law of Focused Attention

This law states that the more you focus on an outcome, the more energy you create to achieve that outcome and the more chance there is that you will achieve it. Therefore, focusing on goals, rather than the activities within it, will yield greater success and achievement.

Reason #2: A System for Success

Ask any sportsperson, how they repeat success, be it in golf, tennis or football. They will tell you that they all follow a system. The same number of ball bounces at the same height, the same swing on a golf club when putting, the same number of paces before taking a penalty. We all need our own system for success as business professionals you need the same.

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Reason #3: Specificity

One of the reasons that goals achieve better results than objectives is the process that sits behind the goal. That process results in a higher specificity of the outcome that is being pursued and therefore, with more specificity of the outcome, the more precisely it is defined, and the easier it is to achieve.

Why Power Goals?

*‘The best way to pre-empt
the future is to create the one
you want’*

Imagine being able to achieve all your goals consistently, and of being able to turn your dreams into achievable goals. S.M.A.R.T objectives, as taught in business are flawed, and if they weren't, you would be achieving all of your goals right now.

Power Goals were developed after my training in Neuro Linguistic Programming, Time Line Therapy™, and Hypnotherapy and realising that over many years, I had missed so many objectives, because of the flawed SMART process.

Why SMART Objectives Don't Work

The SMART way of doing things has been used for decades in business as a means of helping people achieve their objectives.

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Reason #1: You Were Only Told Half of the Story.

When you were taught how to use SMART, you were only told half of the story. I bet you were told to make your objective Specific, Measurable, Achievable, Realistic and Timed. These are all great attributes, yet there is so much more to consider that will make this goal 100% achievable.

Reason #2: The Big Myth (All Things Are Equal)

There is a myth that objectives, targets, aims and goals are all equal, well they aren't. The big difference between objectives, targets, aims, and goals is that the first three, (objectives, targets, aims) are always written in the future. For example:

“By [date] I will have achieved [objective].”

This way of setting objectives is always out in the future, hanging there in the ether, just like a carrot dangling as an incentive, yet never arriving.

A goal, however, by definition, has happened, it's in the past. Think of this in sporting terms; it's binary; you have scored a goal, or you haven't, and football especially is measured in the number of goals you have scored.

Reason #3: No Process

Behind every good business venture there are processes and tools. When SMART is trained in business, there is no process, no systems to support the acronym, just words.

How Write Goals

Use the template in this Quick Start Guide, ensuring that each goal follows the well-formed outcome criteria and follow these steps.

1

Write The Goal Down

Write the goal using the exact format as illustrated in the template and ensure that it relates to one specific area of your life.

2

The Present Situation

Describe the present situation now, where you are in relation to the goal. It may seem that you are a million miles away however, follow the process and complete each step.

3

The Evidence

Write what you need to see, hear or feel as proof that you have achieved the goal. Each of us has our own evidence system to describe or evidence criteria.

4

Getting Started

Write down the very first step that you need to take to initiate the goal and create the belief that you are on track to achieve it. Everyone needs to start somewhere.

5

The Final Step

It started somewhere so it must also end somewhere. Write down the final step that marks your achievement.

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6

Avoiding The Anti-Climax

Have you ever had the feeling of anti-climax after a big event? Write down the very next step that you will take after completing the goal which will enable you to avoid that feeling of anti-climax.

7

The Celebration

After every success of achievement, we all need to celebrate our success. Finally, you made it, describe how you will celebrate the achievement of this goal.

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The Power Goal Template

1. The Goal:	It is now _____ and I have
2. Present Situation:	
3. Evidence Procedure:	
4. 1 st Step:	
5. Final Step:	
6. The Follow-on Action:	
7. Celebration	

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Your Next Success Steps (How to Get Started)

I know how daunting it can be when you learn something new and you are then faced with implementing those learnings on your own.

I was fortunate and had help from of an experienced coach who helped me get started quickly.

You See sometimes we create barriers that stop us moving forward and need professional help

That's how I can help you.

To discover how you can get started quickly, overcome those barriers and that you have everything necessary to hit your goals book a **FREE [Discovery Call](#)** with me and we'll explore the opportunities together.

Book Your Success Call Here:

<https://chrishallett.com/book-me/>

Thanks for Reading

Chris Hallett