



Emotional Health: Feeling Goals

Emotions are far more powerful than our thoughts.

Don't believe me? When we don't feel good about ourselves, it is hard to believe people when they compliment us. Telling ourselves we are safe, when we walking in a neighborhood that is dangerous, does little to make us feel safe. Try telling yourself to love your job, when you actually don't. In a contest of thoughts vs feelings, it is our feelings that will also win.

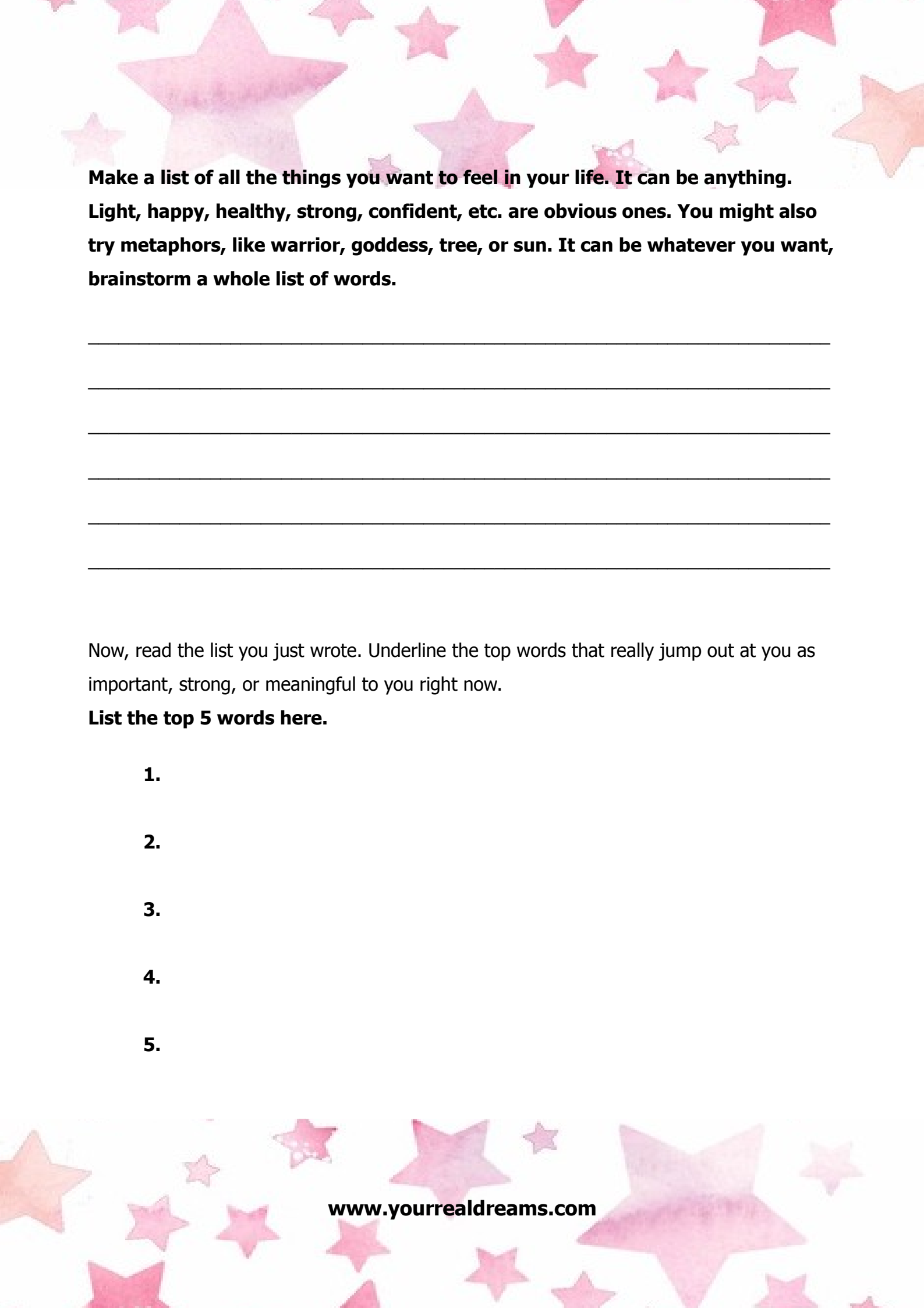
There is no way to overpower our emotions, or overcome them with our brain. Emotions can be very strong and should be accepted and honoured before we use NLP processes to shift to a more positive feeling state.

So maybe we need to be factoring our emotions into our decisions, our plans, and our goals, more so than our logical mind?

This is the reason that most New Year's goals don't work. We make a goal to lose weight, talk to our parents more, put money aside for a holiday, or start a juice cleanse.

But studies suggest that as many as 70% of New Year's resolutions fail by January 23rd.

Try this instead: create some feeling goals.

The page is decorated with various sizes of pink and orange stars scattered across the top and bottom. The text is centered in the upper half of the page.

Make a list of all the things you want to feel in your life. It can be anything. Light, happy, healthy, strong, confident, etc. are obvious ones. You might also try metaphors, like warrior, goddess, tree, or sun. It can be whatever you want, brainstorm a whole list of words.

Now, read the list you just wrote. Underline the top words that really jump out at you as important, strong, or meaningful to you right now.

List the top 5 words here.

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

Imagine you could wave a wand and have these feelings already now.... and notice where in your body you might be most aware of the sensation that goes with that feeling.... would it be heavy or light, moving or still, hot or cold, what colour might go with that feeling? And what words might you say to yourself if you had that feeling now? Any smells, tastes or symbols?

For each of the words you have chosen, write down ways, methods, activities, hobbies, behaviours, etc. that can bring those feelings into your every day life.

For example, if you picked "creative" as a word, then maybe art classes, carrying a visual diary with you each day, wearing more colorful clothes, creative writing, and being a creative cook, are all possibilities.

If you said something like "warrior", then learning martial arts, meditation, jogging, reading about inspiring warriors in history, and finding warrior symbols in your clothing, jewellery, and home, are also possibilities. **Just brainstorm, and explore!**

1st Word



2nd Word

3rd Word

4th Word

5th Word

Now for the magic moment.

Get out your diary (or your google calender) and pick out some of these you can place into the week ahead.

Now create monthly goals, and then yearly goals.



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