

Handout 1

ROADBLOCKS TO REACHING GOALS

Do you ever make big plans but then seem unable to follow them through?
Do you set goals each new year and then feel dissatisfied by not keeping them?
Ever find you give up on your goals within weeks or perhaps even days.

There are 2 basic reasons for failure to move towards goals: Conscious reasons and Unconscious reasons.

I. Conscious – Things you're aware of on a conscious level

- Don't know where to start
- Not realistic for where you are now.
- Goal is too big
- Feeling overwhelmed
- Not enough information or time to accomplish the goal
- Not taking action
- Procrastination
- Not have the time or resources to reach the goal
- Putting other's need before your own
- It's what someone else expects, not what you want to do
- Negative thoughts

2. Unconscious Reasons - Underlying patterns/programs

- Belief in opposition/in conflict with the goal
- Fear of failure
- self-doubt
- fear of change (unknown)
- succeeding is scary
- not believe you deserve to succeed
- worry about feeling foolish or what others would think
- Stress response due to old coping skills

These are the programs that were set-in early in life, and that continue to run in the back of your mind causing anxiety, worry and even self-doubt. These are the programs that make you feel bad about yourself, or feel like you can't do things "good" enough. BECAUSE they run at a sub-unconscious level these old program take you down. Even when you have proved again and a again that you are good at many things. these unconscious programs take you down.

These aren't programs you would have chosen for yourself if you had all the information you now have and they can be changed.

- Become a part of a community of people who share and work together.
- Learn to change old negative patterns that no longer work.
- Learn how to connect with your own inner guidance system.
- Learn not only how to set no-fail goals but (even more importantly - we think) what to do when even "SMART" goals get off track.

Join with us for our online coaching workshop.

Goals for the coaching 4 sessions:

- Learn how to get your conscious and unconscious parts of yourself into rapport
- Begin to change what you don't like.
- Learn to use a self-hypnotic trance state to find your inner guide
- Gain access to the resources held in the unconscious part of the mind.

Sign up for the next online coaching course at:

<http://www.actionendsprocrastination>

and free yourself from the limits of old programs, anxiety and fear.

Looking forward to continuing this journey with all of you. Hope to "see" you at our next coaching class.

To sign up go to

<http://www.actionendsprocrastination> Or, for those not comfortable with the computer just call me at 856-751-9446 and I'll sign you up using a credit card.

Who should take the online coaching workshop?

1. Do you ever doubt yourself?
2. Would you like to change this reaction?
3. Would you like to learn how to set up programs in your own unconscious mind that enhance your feeling of well being and confidence , rather than tearing you down?
4. Want to have a blueprint for no-fail goal setting

Then this course is for you! Go to <http://www.actionendsprocrastination.com> to sign up now.

About the Anxiety Control Center:

Since 1985, therapists from the Anxiety Control Center have been helping people make life-altering changes using the innovative Transformation System developed at the Anxiety Control Center.

The Transformation System uses a 3 pronged approach combining Cognitive/Behavioral techniques with Neuro-Linguistic Programming & Hypnosis (classical and Ericksonian. Even the most resistant problems such as procrastination, panic, anxiety, migraines and Irritable Bowel Syndrome have responded to these techniques.

Your presenters are: Audrey Sussman, PhD LCSW, NBCCH, CSL is a graduate from the University of Pennsylvania and Tish Schuman, LPC, NCC, CMH is a graduate of The College of New Jersey.