

RECAP: From No-Fail Goal Setting Workshop

Using the SMART Goal setting
is a way to state and structure your goals
so that it increases the likelihood of the goal coming to fruition.

A. Setting NO-FAIL Goals

TIP 1 a. Break your goals down into parts.

b. Start with just one piece of the goal.

TIP 2 Use the SMART goal method, ask yourself is it:

- S = Specific
- M = measurable
- A = achievable
- R = realistic
- T = timely

B. What to do if you find you are procrastinating.

TIP 3 - Ask the following QUESTIONS:

- Was the goal too big?
- Did I need more information?
- Do I believe it's possible to reach the goal?
Why? Why not?
- Did I reach any part of the goal?
- Appreciate yourself for what you did accomplish.
- Re-set the goal or part you haven't reached.
- Make it small enough so you can't talk yourself out of it
- Visualize the completion of your goal on regular basis
(having achieved it)

C. Tips to stop Negative Thinking

Tip 4 – Bring down Stress and Anxiety

- Use HAAA breath (go to www.actionendsprocrastination.com for the video instructions for breathing for calm)
- Stop for a moment and be curious about "What are you saying to yourself" that is causing the negative feelings.

D. Build your confidence

- Recall times you have been successful and confident
- State what you want to accomplish, rather than what you are "afraid" might happen.
- Goal needs to be stated in the positive.

We've enjoyed working with all of you and hope that you will continue with us on this journey of transformation.

The next online coaching workshop starts October 5, 2011, go to actionendsprocrastination.com to sign up now.

Learn the Anxiety Control Center's step-by-step process for getting un-stuck.

If you are stuck in fear, worry, procrastination; if you want to feel more motivation and energy this step-by-step program put you on the path.

Each lesson will build your skill and expertise. Find the unconscious roots of the issues your facing. Learn how to release old emotions and heal the causes of fear, anxiety and self-doubt.

In each coaching session will build your knowledge. There is a way to gain access to the unconscious, this where you can re-programming and reverse old damaging programs.

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. Remember to email me at askdraudrey@gmail.com to ask for the bonus we mentioned at the workshop.

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.