

5 Easy Steps to Get Fast Results.



An exciting thing happened to me the other day. I experienced a huge confirmation of the power of asking for what you want.

As most of you know, I love to goal set and I had just spent the weekend in Adelaide. I spent my time visiting friends, relaxing and reviewing some of my goals, while I savoured the delightful cafés. The priority goal for me was a health and fitness goal. I wrote it up using our 6 step goal alignment process and some of the action steps were to be training 3-4 times a week and to find an exercise buddy. As I was writing it, I could hear some of my internal chatter coming up about the impracticality of finding an exercise buddy. All of my close friends live a long way from me and I know that due to my work commitments I need to start my routine at 6am. It would have been easy for me to minimise my goal to something more “achievable” but I have learned not to do that. So I wrote down the actions, not really knowing how they were all going to be fulfilled.

I came back to Sydney fresh and inspired and began my routine straight away. On Wednesday morning I was up, dressed in my exercise gear and stepping out of my door at 6am. As I entered the hallway, the door of the flat opposite me opened and there was my new neighbour standing in her gorgeous pink and grey exercise gear. We had briefly met some months ago but hadn’t seen each other since. We greeted each other in surprise, and Sue asked me if I was headed to Centennial Park to exercise, which I was. She offered me a ride and off we went together. As we were driving there Sue remarked that she had just done a goal and a vision board for health & fitness that weekend and was keen to get back into a routine. I looked at her in amazement and told her about my goal that I wrote at the weekend and the fact that I was looking for an exercise buddy. She immediately jumped at the opportunity to buddy with me and so now we meet in the hallway at 6am, 3 mornings a week to go and exercise.

It doesn’t stop there, over the weekend I bumped into 2 other neighbours and was telling them the story and they have asked to join us too. What a manifestation! I am now training 3-4 times a week and I have 3 exercise buddies. All in the space of a week!

Would you like to start getting fast results in your life too? [Here are 5 key steps to get you going.](#)

Step 1: Write a list of the most important areas of your life i.e. health, career, family

Step 2: Decide how satisfied you are in each area on a scale of 1-10.

Step 3: If any of these areas rate 6 or below, decide what you would like different.

Step 4: Take each of the items from Step 3 and write them up as a statement in the positive. For example if you want to “stop drinking so much coffee” your statement could become, “To drink x coffee’s a day and to substitute fruit juice or herbal tea for the other times.” The positive statement gives you a tangible picture that you want and that you can plan for.

Step 5: Identify the specific steps you need to put in place to support yourself in making it happen and do them.

Would you like to experience and learn the 6 step goal alignment process for yourself?

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Do you have the best of intentions but know you never get around to writing your goals?

Sometimes participating in a guided process can help you give you an enjoyable head start. We provide coaching for business and individuals as well as teach a public workshop.

Our Goal Alignment Workshop gives you practical step by step guidance through the process. You will emerge with well written, inspiring and achievable goals which you will be excited to action.

For more details go to <http://thealignmentgroup.com/courses.html>

This is the best goal setting process I've ever done. Erica imparts her insight and skills in a very practical way. For the first time, I was able to set a very ambitious goal and still feel comfortable about achieving it.

Gihan Perera – First Step Communications

...finally listened to your Goal Setting CDs. Brilliant. Finally get it, finally doing it, working well. Practical, not 'the universe will provide' space cadet stuff... is expressed in business or practical language.

Toby Marshall – Abacus Recruitment

Erica Bagshaw is an expert in alignment. Through NLP Coaching she helps you to align your purpose, thoughts and actions personally and in business. She has Goals packages tailored for you to get your life in order so it can flow powerfully and effortlessly. Get her free e-book **NRG at Work** giving you useful ideas to keep your energy firing. www.thealignmentgroup.com or **phone 02 9923 1852**

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