

PROJECTION FOR GOAL ACHIEVEMENT

Your imagination is a very real part of who you are and through your imagination you can do anything.

Imagine now that you're in a special place....a peaceful, quiet, tranquil place. Allow yourself to be there. Look around you. Notice the colors. Hear the sounds. Notice the temperature, the fragrances and the wonderful feeling of peace.

Through your imagination, you can travel in time. Your imagination allows you to move forward and backwards in time.

Let your imagination take you back in time now ... back to a time when you experienced a wonderful success. It may have been a personal success or a professional triumph. Move back to something that made you feel very good about yourself ... proud of yourself. Feel the feelings of confidence, pride, happiness. Be there ... see it vividly ... hear the sounds ... feel the wonderful feelings ...Let me know when you feel those wonderful feelings of success by just nodding your head. (Pause and wait for the signal.)

Fine. Just keep in touch with the feeling and now, on the count of 3, let this feeling propel you into the future to a time when you again feel this feeling of success associated with your present goals.

Feel the successful feeling ... Now moving quickly forward, 1 - 2 - 3, you're now in a time when you've accomplished your goal. You have achieved your goal of _____.

Feel that feeling of joy associated with your success. Look around you... Hear the sounds ... Notice the odors ... Take it all in. What a wonderful scene ... Feel it.

Now notice the benefits of your success.

(At this point go over each benefit the subject mentioned encouraging the use of all senses. These may be material benefits such as cars, a hefty bank account, a thin body, etc. Benefits should also include positive feelings such as satisfaction, gratification, pride, self-confidence, independence, happiness, etc.)

As you experience these benefits, the feelings are so vivid that they're true.

It's so easy to do whatever you want to do ... accomplish whatever you so desire ... with the help of your imagination.

Immerse yourself in the wonderful feelings ... into the total experience ... Be there physically, mentally and emotionally. Feel the benefits associated with your goal achievement at all levels of your being.

You have the freedom and power to choose these benefits. If you choose to experience these benefits in your life, raise your right index finger now.

Your power of choice is strong ... like a muscle it gets stronger with use ... You have the power to make wise choices in regards to your goals ... Your wise choices make the achievement of your goals a reality.

With every choice you make, it gets easier and easier to make wise choices. It's easy to make choices which are beneficial for you. Beginning now, you find yourself doing whatever is necessary to achieve your goals. You make the positive choices that create greater self-confidence ... greater freedom ... more independence.

You have the freedom to be the person you want to be ... the best you can be. You deserve success ... you have the ability, knowledge, talent, motivation and determination to make success your reality.

Life is a choice ... you make wise choices ... and you're so thankful to have the power of choice.

Like a muscle ... your power of choice gets stronger with use ... So once again, imagine the biggest or best benefit of your success. Imagine it so vividly you feel as if it's real ... as if you've already obtained it ... Now, know that it is yours because you choose it. So it is.