

V.A.K. to the Future

(Clarification for the subconscious mind)

Date _____

Overall Goal _____
(Your goal is a statement of what you DO want, rather than what you don't)

Visual

What will you see in your life that will let you know you've achieved your goal?

1. _____
2. _____
3. _____

Auditory

What will you hear people saying about you when you've achieved your goal?

What will you be saying to yourself?

Kinesthetic

How will you feel when you've achieved your goal? _____

Have you ever felt that feeling before at any time in your life?

Close your eyes and get in touch with that feeling now....

Location:

Color:

Shape:

Temperature:

Texture:

Belief Statement:

Based on the VAK above, make a statement about what will be true about you.

I am _____

Can you think of any adverse consequences in achieving this goal? _____

What's the next step you can take today? And then the next?

Who is going to keep you accountable?

Are you going to make a commitment to yourself and do it? _____