

**Body for Life**  
**Decision to Change and Goal Setting; Attaining One's Goals**  
**(excerpts from the book)**

We have talked about decision points for our clients, especially the importance of them deciding to do what they need to do to leave homelessness. The material below is the best short course I have ever seen on this subject, and it could be applied in many situations where someone is considering change. I have provided it to Eileen to consider for incorporation into Rent Right.

"There's a very big difference between deciding something and having reasons to actually do it.

When you make a decision to change and you know your reasons, you will harness the force that comes from the desire to make something happen. So now I ask: **WHAT ARE YOUR REASONS FOR MAKING THE DECISION TO CHANGE?**

You see, it's one thing to say you've decided to lose 30 pounds and get in shape. It's a whole other thing to have your doctor tell you that you'll be dead in a year and never see you children's children if you don't lose 30 pounds, pronto.

I know that you know deep down inside you have a number of reasons for deciding to change. I can't tell you exactly what they are, but I can tell you they are there.

Here's a question that will begin to help you to find YOUR reasons:  
**WHEN YOU LOOK AT YOURSELF, DO YOU HONESTLY LIKE WHAT YOU SEE?**

It's important to really look. Since we all "see" ourselves every day, we often don't notice if we're slipping. If we're not careful, the image we have of ourselves in our minds will not be in sync with reality.

Here are a few more questions that will help you identify YOUR reasons:

- HOW DO YOU FEEL DEEP DOWN INSIDE?
- HOW DO YOU REALLY FEEL ABOUT YOURSELF?
- ARE YOU CONFIDENT, ENERGETIC AND STRONG?
- DO YOU OFTEN WONDER IF YOU'RE ON THE RIGHT PATH?
- WHAT ARE THE PROS AND CONS OF CONTINUING IN THE DIRECTION YOU'RE GOING?
- WOULD YOU LIKE TO CREATE A BRIGHTER FUTURE?

a. Write down your reasons to change on a piece of paper. Read it first thing in the morning and again at night before going to sleep.

Do this every day. These reasons will remain your guiding light, your beacon, during the journey you have now decided to begin.

Turn your dreams into goals

a. Write down the five most important, specific accomplishments you need to make, within the next 12 weeks, for you to be pleased

This is important. To make sure that we're looking forward, we need to focus on our future vision (vs. historical and present vision).

Another way to put the question:

WHAT CHANGES IN YOUR BODY AND LIFE DO YOU WISH YOU COULD CREATE WITHIN THE NEXT 12 WEEKS?

b. Turn these five accomplishments into express goals; read these first thing in the morning, and before going to sleep

i.e., Within 12 weeks, I will gain 10 pounds of muscle.

This is transforming dreams into goals, and writing them down is essential. Goals are specific things one has decided one needs to accomplish within a clearly defined period of time.

You must create goals that are in synch with your dreams to move forward in life and feel good about yourself, your progress, and your future potential.

Your goal should be ambitious but attainable. You can do this by finding someone who has accomplished what you want to accomplish, and set your goals based on that.

Don't describe your goals in terms of what you "hope" to accomplish, but in terms of what you absolutely will accomplish.

You can use a photo or other external image representing what you want, and focus on it morning and night. Feel yourself being that image.

c. Remember that everything you do in the real world is merely an external manifestation of what has already happened in your mind

"If your mind can conceive it, you can achieve it." Anything that you want to happen in your life -- that you really want to achieve -- you have to rehearse in your mind."

## Transform patterns of action

Whether a pattern of action is good or bad depends upon whether it takes us closer to or pushes us further away from our goals.

- a. Identify three "unauthorized" patterns of action that may hold you back and write them down
- b. Identify three new patterns of action that will help you reach your goals and write them down
- c. Read what you've written first thing in the morning and again at night each and every day
- d. When you overcome resistance, you create the power to continually reach higher

As you become more experienced, as your level of expertise in whatever it is you're doing advances, the objective is to continually reach higher and become even more efficient.

Once you learn that skill, once you develop higher and higher high points, you will not only experience continual progress, you'll be downright unstoppable. That's what keeps you growing. It's what keeps you excited. It's what keeps you feeling alive. These moments create momentum, and once you get this process started, you'll start making breakthroughs you never imagined.

- e. Make a daily plan

This harnesses the power of intention and decision-making.

Do a plan to actual analysis; see the BFL exercise sheets. Every day, one plans what one will do, and records, beside that, what one actually did. The idea is not just to look at where you've been, but also to plan where you are going. You can plan, record and analyze your progress.

Through your records, you can clearly see the path you're on. If you're not transforming as rapidly as you would like, you can go back and troubleshoot, with precision.

- f. Use affirmations

For instance, in BFL, "I am building my Body for Life" is used to measure the cadence of exercise.