

Your Goal Achievement Guarantee

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There are 3 powerful techniques to accomplish any difficult goal:

Step 1- Use micro habits to beat procrastination.

Step 2- Overcome your brain's bias to choose immediate comfort over long term well being by seeing your future results--now

Step 3- Don't rely on willpower. Use affirmations to make your vision clear and ever present when willpower runs out.

Here's how each step works.

Step 1- Use micro habits to beat procrastination. Micro habits are the best way to get started and keep momentum going toward a big goal. Whether it's landing a new career, losing weight, getting in shape, or overcoming a bad habit; micro habits are the key. Willpower is overrated and in limited supply.

"A micro-habit is much like it sounds: it's a small, simple action that doesn't require much motivation, but will help you build up to a larger goal habit," says [Dan Albright](#).



Example--sticking to an exercise routine. When it's time to exercise, you should set a micro goal to simply change into your workout clothes and stretch for a few minutes. That's it. So simple. Of course, dressing for a workout won't make you fit, but it will build up psychological momentum. Your mind will realize that you might as well keep

going now that you've started. Procrastination is no longer a threat because the pressure of facing a long difficult workout is no longer there. All you're committing to is getting dressed and stretching a little. After stretching, the first exercise I do is one I enjoy and am good at--the momentum builds. I save my hardest exercises until I'm well into the workout and it's now a waste of my time to stop--after all, I'm already sweating. I get up to workout every day at 6am. Many days I get up planning to stop after stretching, but I almost always keep going into my workout because, as humans, we like to go with the flow and follow momentum. It's harder to stop doing something than to start. Use micro habits to get moving in the right direction so you beat procrastination and achieve your dreams.

Step 2- Visualize future results, now. Humans hate delayed gratification. It runs counter to our survival instinct. Natural decision making weighs "the present" over future happiness because the future may never arrive if we don't take care of the present. That's why giving up immediate comfort and short term security (a cupcake, sleeping late, a cigarette) for a better future (weight loss, morning workout, overcoming addiction) is so hard. Beat your short term bias by seeing and feeling your better future now. When I lift weights, I don't see a 5 foot 11 inch skinny guy in the mirror. I visualize myself as a strong warrior and feel bulging muscles contract as I workout. I'm not just working out for future gratification. I'm working out to maintain this vision of myself that is satisfying and energizing right now.



[Benjamin Hadfield](#), Idaho Leader podcast guest from the publishing industry, shared how he used a similar technique to accomplish his long term goal of buying a new Mustang coup. He test drove it 6 months in advance of the purchase, while he was sacrificing and saving up the money. When asked why he did this when the purchase was so far into the future, he said, "when I set a goal, I go touch it and feel it. I want to

know what it feels like so I know what I'm working for. Anything less than that is just a wish and a hope. I do that with everything."



I once questioned why professional athletes and elite military warriors are so into visualization. The answer? Our brains naturally ignore 99% of what we see. There's just too much to consciously process around us so the brain naturally filters out all but the essential needed for self preservation. Our brains send us doubts and worries as part of the survival instinct. Only what the subconscious believes is really important or true gets thru the filter. If you don't believe it, just recall the last time you noticed yourself blinking or the weight of your tongue in your mouth. How about the way we notice the shortcomings of other drivers, but not our own? 90% of drivers rate themselves as above average. We notice what we are programmed to notice. Successful people control their own mental programming. They tell themselves what is important, who they are, and what they are capable of achieving to direct the brain's attention, priorities, and conscious thinking. You do this thru visualizing and feeling the end results you most desire as if it were reality today. Our brains don't completely realize the difference between imagination and reality, that's why movies are so much fun.

Successful author and motivational expert Brian Tracy said, "if your emotion is intense enough and your visual image is clear enough, you will achieve it. Like nature, the power of visualization is neutral. Like a two-edged sword, it can cut in either direction. It can either make you a success or make you a failure. Visualization brings you whatever you vividly and intensely imagine, whether good or bad."

Stay motivated by seeing and feeling the success of your goal today. Don't rely on willpower alone to keep going, when you can be fueled by the results right now.

Step 3- Affirmations make your vision clear and ever present when willpower runs out. Some people begin to get uncomfortable when they hear the word, "affirmation." The word has nothing to do with eastern religion or himalayan monks deep in meditation. The word is, however, common to successful CEO's, athletes, and warriors trained for peak performance.

[Andrew Warner](#), the successful podcast host of Mixergy, tells the story of how he used affirmations to beat the voices of doubt that kept him from achieving an early goal of setting up a successful membership site for his business. He developed a short mantra, the word "200," representing his goal to achieve 200 website members, regardless of how many members others had or expected him to achieve. He even created a micro habit to recite this mantra repeatedly before allowing himself to engage in activities that might distract him. At the time he wore a bead necklace so the micro habit became repeating his mantra once for every bead on the necklace, fingering each bead and repeating/visualizing his goal. He did this while standing in line at the store, when tempted to surf the web, or any other time he was tempted to procrastinate or doubt himself. He said, "I didn't just mentally say '200', I let my body feel how good it could be to hit 200. How achievable that is. How exciting it is." Andrew achieved and vastly surpassed his goal. He is now one of the most well respected and successful professionals in the tech startup community.

With affirmations you breath deeply and slowly repeat messages that affirm your abilities, value, and success as if your goal were already a reality. For [Louis Sheppard](#), Idaho Leader podcast guest, this is one of the tools that transformed him from morbidly obese (350+ pounds) into a bodybuilder and fitness coach. He lives by the 3 "F's" in life that motivate him to keep going and believe in himself--faith, fitness, finances." He regularly tells himself during workout that the "Tis" affect will power him through. Tis is a friend of his who died young from the effects of morbid obesity. The memory of his friend fueled Louis to lose 150 pounds in 1 year and regain his health.

To achieve your dreams, find a mantra or set of affirmations and repeat them daily. This will train your mind to act on opportunities without self doubt and to stay focused on your goals without giving in to fatigue, distraction, or frustration.

Use these 3 powerful techniques to accomplish your difficult goal.

Step 1- Use micro habits to beat procrastination and weakness.

Step 2- Visualize your future results--now, to overcome your brain's bias toward short term comfort over long term wellbeing.

Step 3- Don't rely on willpower. Use affirmations to make your vision clear and ever present when willpower runs out.

Please tell me about your goal and how it's going by emailing me:

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