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How goal setting can change your life today...

1 message

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Mon, Feb 24, 2025 at 4:49 PM

Hey Efe,

It's Nadine.

If you remember from the last email, we discussed **goal setting**.

Here's an extract from it to jog your memory:

"The brain is very much like a plant.

If you always remember to give it water, good soil and care, it will grow tall and healthy, reaching its full potential!

But, if you sometimes give it water, rarely look after the soil and allow weeds to grow around it, could it ever be as beautiful and healthy as it could be?

This is the **real** thing separating the average from the best in any field.

The best put **ALL their focus on a small amount of goals** to unlock their future."

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Ring a bell? Good.

Now let's straight into it!

The **HOW** of goal setting:

First, you should pick **10 goals** you would most like to achieve in the next 6-12 months.

(They have to be physically achievable, but don't let this stop you from aiming high!)

These goals should be measurable, precise and written in the

present tense.

E.g., I am X... I earn Y.... I own Z...

You should write them as if you were to give them to a genie that only gives you exactly what you told it!

Do not write mysterious hopes like: "I am wealthy... I am happy... I am kind"

Again, the brain only gives back exactly what is put in...

Maybe "wealthy" to your brain doesn't fully express what you think it is... maybe wealthy means earning slightly more than you do now.

So we have to be exact and clear if we want the goals and results we crave!

Excellent!

Onwards.

Now **pick one** that you'd most like to have right now... and pursue that goal the most.

This is called **focus**.

We are much better at working on one thing at a time than loads of goals at one time, which leads to a scattered brain...

(This does not mean the other 9 goals are irrelevant, in fact, they will be working behind the scenes in your subconscious... we just need to put more energy into one main one that may even help the others as well)

Now, a couple more things to keep in mind:

1. Try and write them down daily, each day from memory (so don't look back at the previous page)
2. Use "I" at the beginning of each one to directly talk to and command your subconscious mind
3. Pick emotional, social, personal, financial, family and spiritual goals to aim towards true fulfillment. A rich person with no friends to spend it with isn't so rich after all...
4. Try and find your Why... your purpose... to guide your 10 goals. Your purpose is something you were born to do

goals. Your purpose is something you were born to do... something you wouldn't need to be paid for in order to do and love.

5. Also, write these goals on paper with a pen. There's a magical connection between the brain and the hand (look into this, very interesting!). It helps imprint these goals deeper, rather than if you typed them!
6. Try and list all the skills necessary to achieve your main goal and pick the weakest one right now and work on improving it (progress after this will be so fast!)
7. Finally, remember, on your way to these goals, it can be tough. But it only gets easier... especially if your daily actions toward them become habits, automatic.

Ok. Phew.

I think that's everything.

Don't overthink this. This is just an excellent tool to focus your mind, keeping your subconscious working for you and not against you.

Channeling your energy only into things you truly want.

Good luck!

Love,

Nadine x

P.S. Deeply think about these goals and remember to do them everyday.

Not just once and forgetting about it.

Remember, the greatest actors rehearse their lines all the time. True professionals!

The Life Director LLC, Dubai, United Arab Emirates

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