

Wishful thinking

A useful exercise when you are pursuing a goal but still have some lingering reservations.

- Make yourself some space and time to look again at the goal you have set yourself. Allow at least 30 minutes.
- Tell yourself **why** you want to achieve it. What is in it for **you**, for the **organisation**, for the **other people** concerned?
- **Imagine**, now, that you have actually achieved this goal. That all your doubts and reservations have been overcome. That everything has turned out exactly as you hoped – or even better. You may find this works best if you close your eyes. Some people find it works best to explain this outcome to another person.
- **Really visualise** this successful state. Spend at least 5 minutes exploring it.
 - What do you notice?
 - What can you see?
 - What can you hear?
 - What can you feel?
 - What is happening now that you have brought it about?
 - What other benefits are there to this decision?
- Now **ask yourself** how much you want to bring this all about. Give it a score out of 10 (where 10 is when you really want it and 0 is where you don't care). Write the score here

- If you have given it a score of 7 or more, you are **ready** to pursue this goal – though if it's only 7 you may need to fine-tune your plan a little to maximise your chances of success. But remember the successful state you have visualised.
- If you have scored it less than 7 it is unlikely that you will ever pursue this goal with the necessary determination. You may need to refine the goal, change it completely, or look again at what it is you **really** want to bring about.