



Goal-Setting
Done Right!

Celebrating:

Right Now (This Past Year)

- ★ What are you MOST proud of?
- ★ What did you make happen?
- ★ What were the most important decision you made this year?
- ★ How did that decision shape your life?
- ★ What impact did you make this year?
- ★ What challenges did you move through?
- ★ What part of who you are did you STRENGTHEN? (What new 'muscle' do you have?)

Word Nerderdy!

Goal (n.)

- "End Point Of A Race," Of Uncertain Origin.
- From Old English *"Obstacle, Barrier,"
- "To Hinder"
- "A Way, Course."
- "Object Of An Effort"

Foundational Concept:

Short-Term vs. Long-Term Change
(Creating Neuro-Magic)

Distinction Time: *Change* vs. *Transformation*

Short-Term Change:

- ★ Short-term change is a conscious, need-energy-and-thought-to-do-it, pre-frontal cortex activity.
- ★ If you want to stay the course, you need to consciously think about it, spend time/thought/energy, and constantly play those 'mind games' to make it stick
- ★ Hence the constant need for a 'drip feed' of motivation or accountability.

Change vs. Transformation

Long-Term Transformation

- ★ If you're working WITH the brain (and giving your brain what it wants and needs to truly transform), then you will need the 'reps' in the beginning to teach your brain the 'new tricks'.
- ★ But then after a little while (because the brain is HAPPY), it will just BECOME you!
- ★ You won't have to spend so much time/thought/energy to stay the course. You won't even have to think about it much. It will simply become a part of who you are! Automagically! Neuromagically!

The Magic Ingredient

Positive Neuro-Associations







The Hypothesis (Fingers crossed...)

- ★ It's fun, it's easy, it's feasy. (Fun + Easy + Feasible = FEASY!)
- ★ I could easily sustain this!
- ★ This makes me a better version of myself
- ★ This makes me feel FREE
- ★ This makes me feel like I'm influencing what I can control, and releasing what I can't.
- ★ This makes me feel good
- ★ This makes me happy!

(Try some things on, keep what feels good, leave the rest!)



Foundational Concept:

*Working in Minimums
(Not Maximums!)*

The Compound Effect:

If you were given a choice to receive one million dollars in one month... or a penny doubled every day for 30 days, which one would you choose?

Day 1: \$.01
Day 2: \$.02
Day 3: \$.04
Day 4: \$.08
Day 5: \$.16
Day 6: \$.32
Day 7: \$.64
Day 8: \$1.28
Day 9: \$2.56
Day 10: \$5.12
Day 11: \$10.24
Day 12: \$20.48
Day 13: \$40.96
Day 14: \$81.92
Day 15: \$163.84

Day 16: \$327.68
Day 17: \$655.36
Day 18: \$1,310.72
Day 19: \$2,621.44
Day 20: \$5,242.88
Day 21: \$10,485.76
Day 22: \$20,971.52
Day 23: \$41,943.04
Day 24: \$83,886.08
Day 25: \$167,772.16
Day 26: \$335,544.32
Day 27: \$671,088.64
Day 28: \$1,342,177.28
Day 29: \$2,684,354.56
Day 30: \$5,368,709.12



The tiniest tweaks and changes can (and will) have
a MASSIVE payoff... but only if you are
CONSISTENT.

It's the MASSIVE changes and overhauling of your life that
keep you from getting that consistency (getting those
'reps').

*Working in Minimums
(Not Maximums!)*

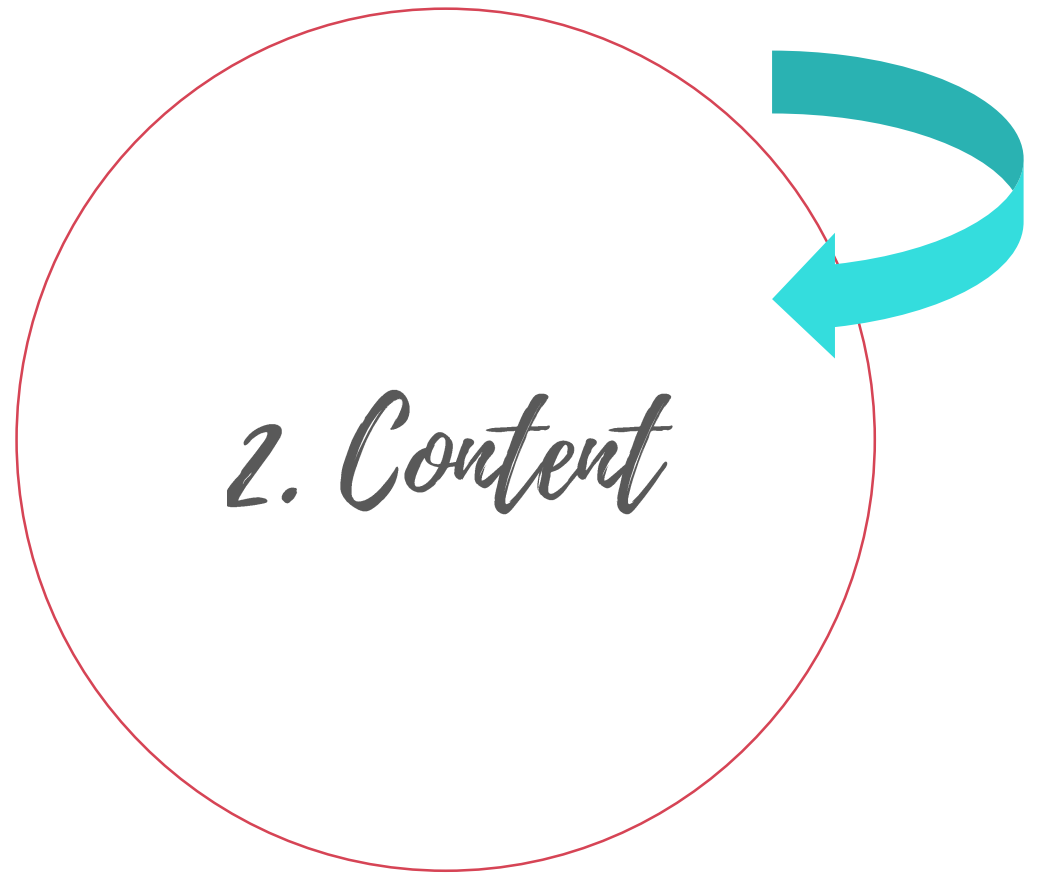
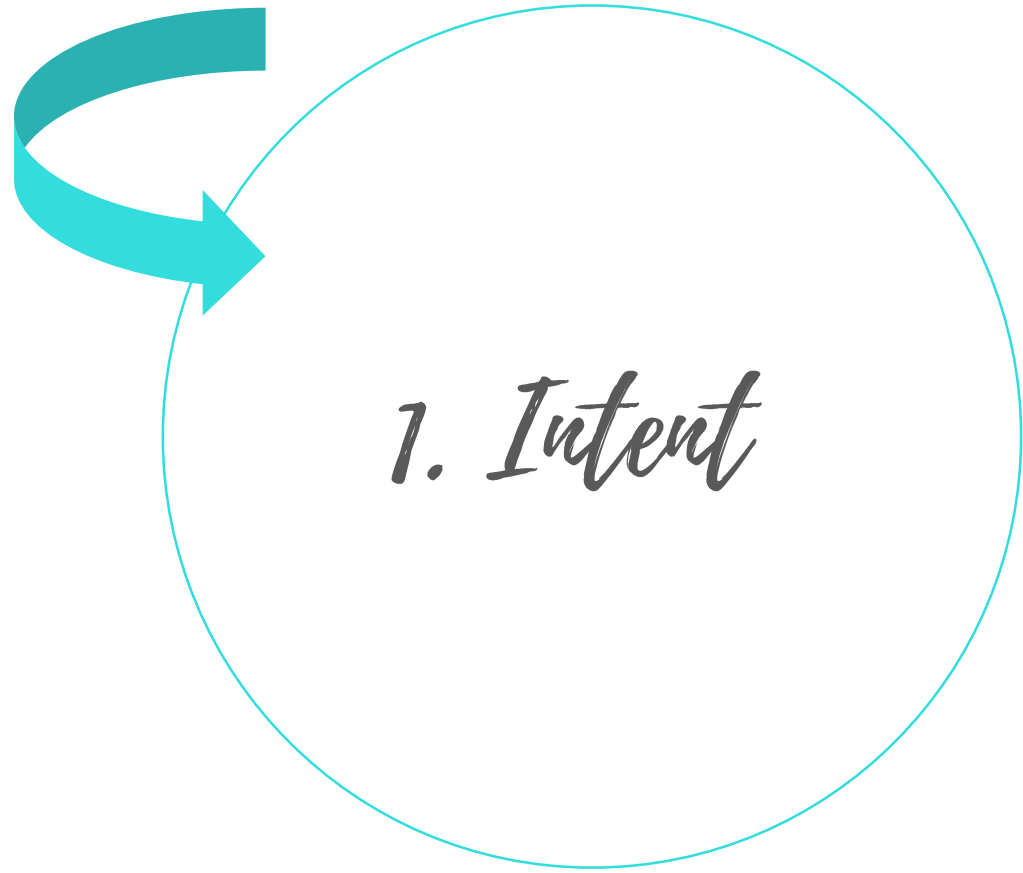
Foundational Concept:

The Intent always
shapes the Content...

Example: The Intent Shapes The Content!

- ★ INTENT = Freedom, Permission, Enjoyment, Ease
- ★ INTENT = Food/Body/Mind/Brain Awareness (Connecting to Your Body THROUGH Food)
- ★ INTENT = Feast/Abundance Mentality (Limitless Choice! Allowed to have AS MUCH AS YOU WANT!)
- ★ INTENT = Healing Calorie Phobia
- ★ INTENT = Healing Carb Phobia
- ★ INTENT = Healing Fat Phobia
- ★ INTENT = Understanding YOUR Hunger
- ★ INTENT = Healing the 'Diet' Mentality (Using a STRUCTURE that has FREEDOM built into it)
- ★ INTENT = FREEDOM (Yes, So Important I Said It Again!) 😊





= *Big Outcome*

A night sky with a colorful nebula and the Milky Way galaxy. The text is written in a white, cursive font.

Another way of saying
that...

1. *The Being*
(*Feeling*)

2. *The Doing*
(*Actions*)

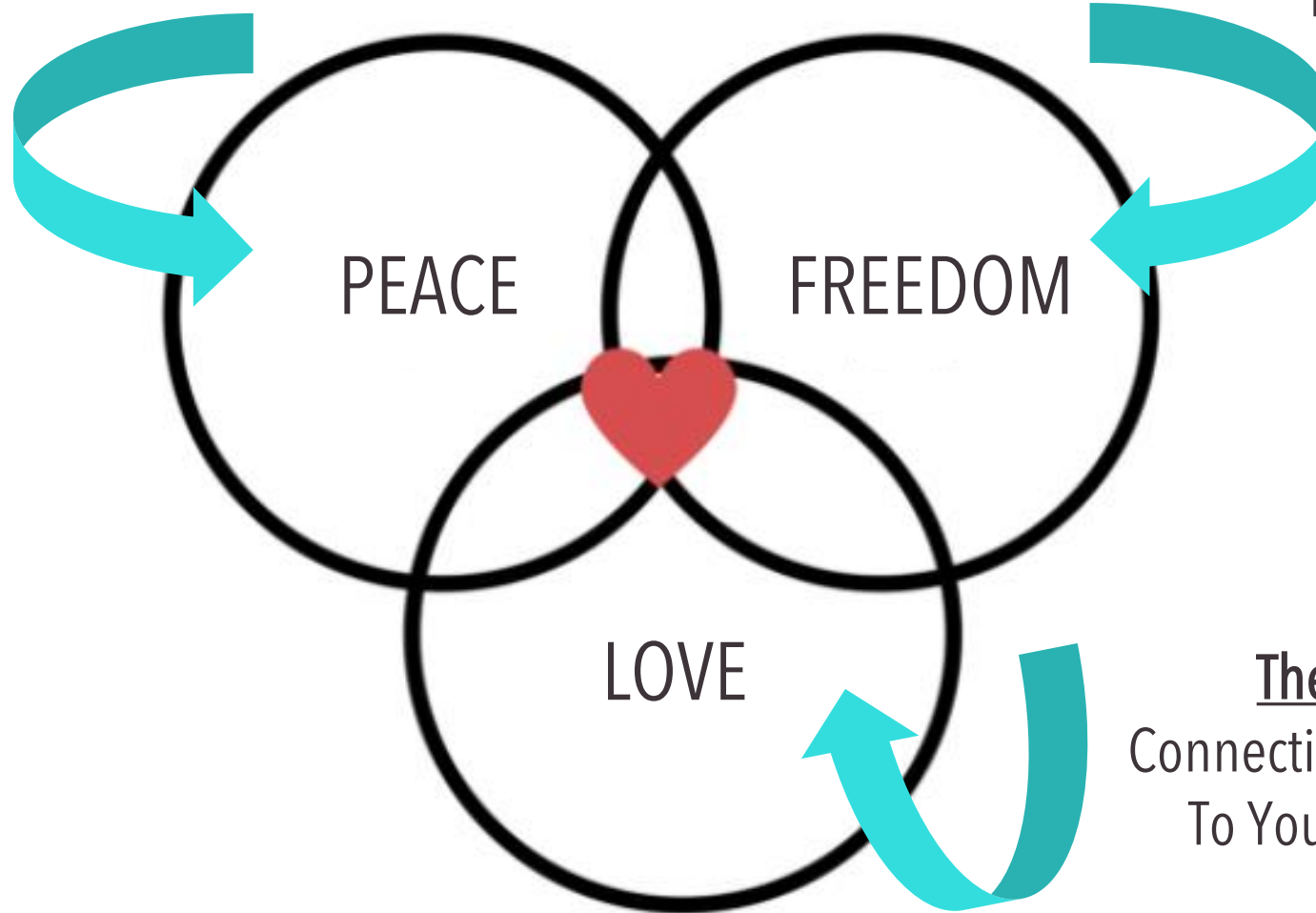
= *Big Outcome*

*My Invitation
To You:*

The Magic Triad

The How:
Mindset/Headspace/Energy

The How:
Master the Art & Science of
Reverse Engineering



The How:
Connection is the Key
To Your Healing

Creating Peace:

Mindset/Energy/Headspace

- ★ **Mindset:** Changing your state every single day to a state of appreciation, gratitude, and power (no victims, no drama)
- ★ **Headspace:** Changing the story you are walking around with (The conversation where health is PMS)
- ★ **Energy:** Using breath, movement, connection to breath and body to change your state. Committing to a mental/emotional state of more and more relaxation, ease, and flow (vs. disease, stress, fear, worry)

Creating Freedom:

Master the Art & Science of Reverse Engineering

- ★ Freedom Goggles
- ★ Food Goggles
- ★ Body Goggles
- ★ * Love Goggles* (Your Inner Compass)

Creating Love:

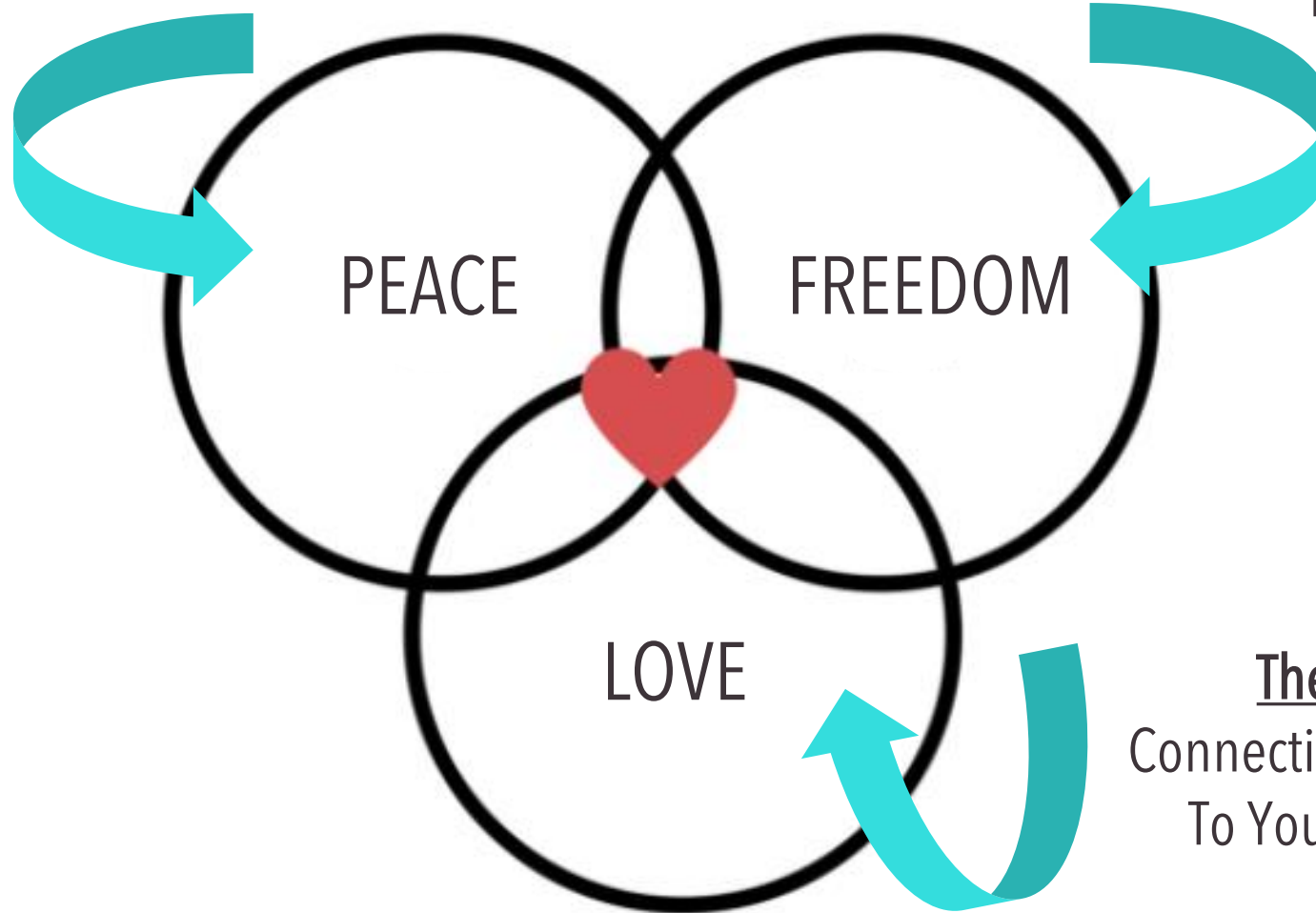
Connection Is the Key To Your Healing

- ★ Connection to Self
- ★ Connection to Others
- ★ Connection to Purpose
- ★ Connection to Faith/Spirit/Universe/Creator/Higher Power/God
- ★ Connection to Food
- ★ Connection to Body

The Magic Triad

The How:
Mindset/Headspace/Energy

The How:
Master the Art & Science of
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The How:
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That's It!
(Questions?)