

BUCKET LIST CHALLENGE



DAY 4: HOW TO ACHIEVE YOUR GOAL?

Welcome to day 4!

Did you complete your unintentional model yesterday?

Perhaps you now understand why you haven't yet achieved your main priority yet?

Today let's look at how you can make sure that this year you will actually do it and how you can apply the **ABLE formula** to reach your goals this year.

I'll explain it briefly here, but be sure to check out the full online training video that I've added to day 3 and 4 if you haven't already done so.

Once you know what's preventing you from reaching your goal, you can do something about it.

Did you identify the thought yesterday that is keeping you stuck?

Did it create a feeling (confusion, fear, indecision, anxiety etc) that is keeping you from taking the necessary action?

Today we're going to discuss the steps to get you closer to your goal.

How can you achieve the main priority on your bucket list?

Yesterday you completed the first step of the **ABLE** formula: **Awareness**.

You became aware of how your thought created a result.

Remember the circumstance is always neutral.

How we think about it gives it meaning.

Once you've become aware of what's been holding you back, you can move to step 2.

Step 2 in the ABLE Formula: Believe

Once you realize that your current thought about a circumstance is not getting you the desired result, you have the opportunity to change it.

what else can you also believe about the circumstance?

This was yesterday's example of an unintentional model:

C: 24 hours in a day - 5 things to do

T: I don't have enough time to get it done

F: Overwhelmed

A: Procrastinate, eat comfort food, watch Netflix

R: I'm not achieving my top priority

Clearly that thought about the circumstance doesn't have a great result.

In order to change the final result, you need to change your thought.

What can you believe about the current circumstance that will give you a better outcome?

You may not yet believe that you have all the time in the world or that 24 hours is enough time, but perhaps you can believe that there is some time available.

Or that you can plan and structure your time more effectively.

This could be your **intentional model**

C: 24 hours in a day - 5 things to do

T: I'll allocate time for each and plan it in my calendar

F: Organized

A: Follow calendar, do the tasks, don't procrastinate

R: I'm achieving my top priority

This may feel too simple for you and unrealistic.

But through becoming aware of the thought and then changing it to something that's more useful, the result can be very different.

Of course it will only work if you BELIEVE the new thought. This is not about wishful thinking.

If the thought above feels farfetched, you can try on a different thought and see if that gives you better results.

Here are some examples:

T: If I do just one of these tasks it will be a good day

T: I arrange these tasks in order of priority and schedule them in my calendar

T: I can prioritize these tasks and do the most important one first

T: Not all these tasks need to be finished today

The next time you feel overwhelmed, become aware of the thought that created it. Then try on a new thought and see if it makes you feel different.

Create your own intentional model.

Look at the unintentional model you created yesterday.

How can you change the thought to something that will give you a better result?

Today, get clear on your intentional model and what you need to start believing to achieving your biggest priority!

Make sure to share your intentional models on the Day 4 Challenge page.

With love & gratitude,

Sylvia

Let's create your intentional model. Take day 3's model with the C remaining the same, but change the T to a more neutral thought that you also believe.

C (circumstance): _____

T (thought): _____

F (feeling): _____

A (action): _____

R (result): _____
