



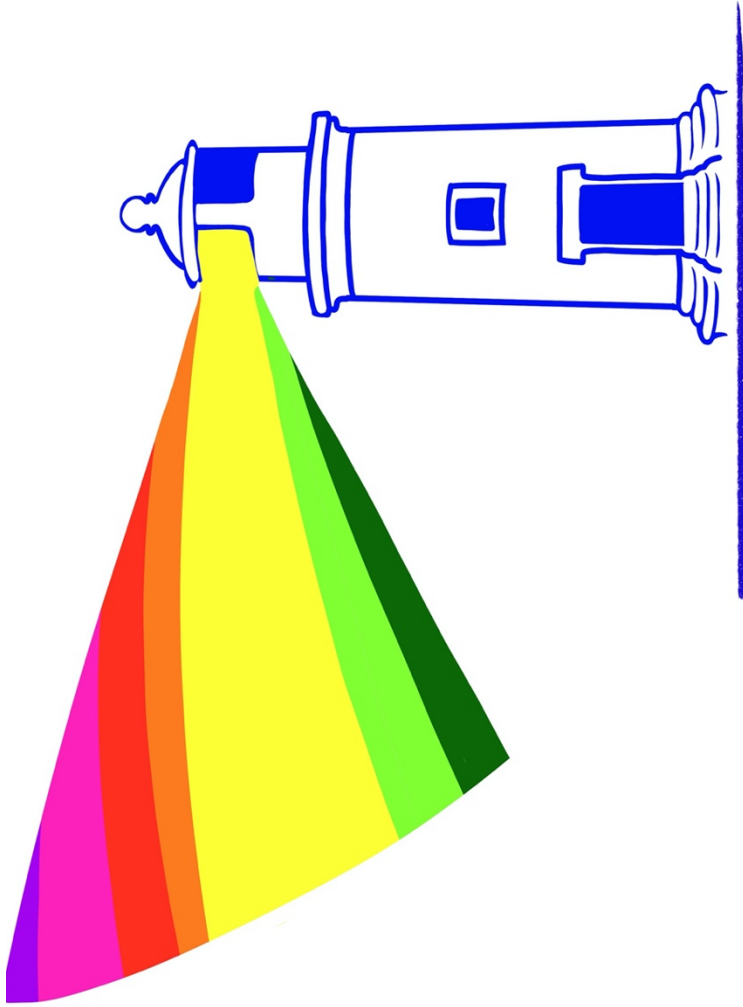
This is how you do it:

1. Think about a goal that you would like to achieve.
2. Close your eyes and imagine yourself in the future, where you already reached your goal.
 - What is different from now?
 - What are your thoughts?
 - What is your posture?
3. Write down your impressions on the lines of the «**target state**».
4. Now think about a smaller subgoal that is easier to achieve and write it down at «**Step 1**».
5. Take your «**wheel of emotions**» and choose a good feeling which can help you to reach your intermediate goal. Write it down.
6. Close your eyes and try to imagine your intermediate target. Imagine the situation as detailed as possible. Now try to activate your feeling within the desired situation.
7. Try it now in reality!
Tip: The more you practice inside your imagination, the better you will succeed in reality.
8. Now choose another intermediate target and repeat step 5., 6. and 7.

Awesome! That's how you can learn, to achieve
your goals!

Template «Lighthouse»

target state



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Step 3
Resource/feeling

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Step 2
Resource/feeling .

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Step 1
Resource/feeling

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