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**STEPS TO KINESTHETIC
GOAL SETTING**

*{For Multipassionates +
Overachievers}*

Before you begin

I recommend doing the exercises outlined in this guide first thing in the morning, because it's usually the time when most of us haven't let our ego kick in yet. Our rational numbers-based brain is still waking up, and we get a window of time to think (and feel) in our most honest, truthful way.

You can use this PDF as it is (it's editable in any PDF viewer) but I really recommend doing the exercises by hand – yep, with a pen and paper! Again, there's evidence to suggest our brains process things a little differently when physically writing.

Step 1: Set your FEELS

This is about using your body and not just your mind – particularly the rational part of it or the ego – to set your Kinesthetic Goal/s.

The question to ask yourself is how do you want to FEEL?

Not what you want to accomplish, or what you think you need.

If you want to see a certain number in your bank account, how would seeing that make you feel?

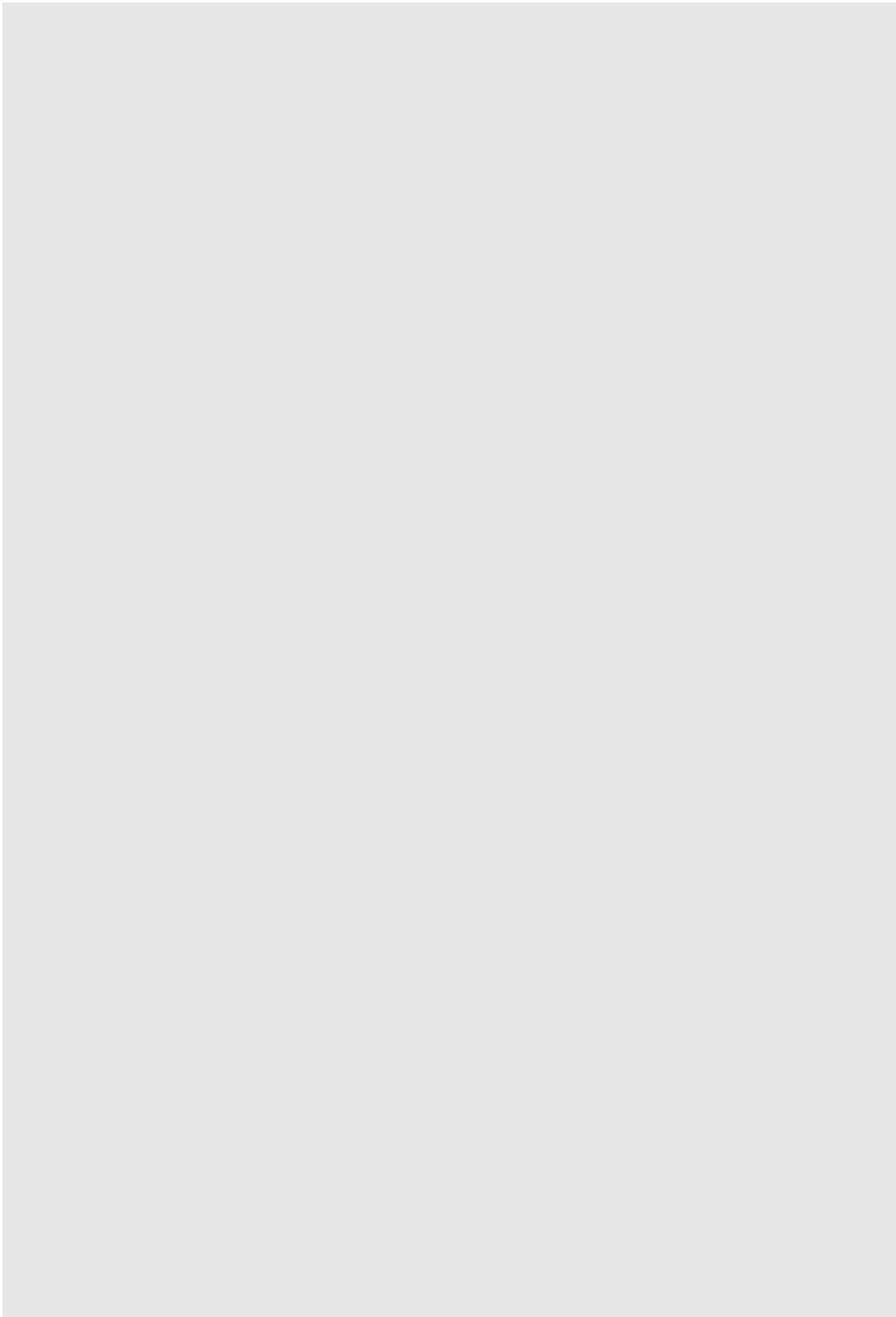
Exercise: Describe your perfect day in detail

- What do you want to see?
- What do you want to smell?
- What would you be doing?
- What would you be wearing?

Bonus Exercise: Vision board

You might even create a vision board, full of the kinds of things you want to see in your dream day. This is particularly useful if you are more of a visual learner, but while you're doing it, try to familiarise yourself with the *feeling* these images provoke: this is what you're going for.

Your Perfect Day:



Step 2: Set your metrics

This is what you have to hit to know you're on track to make your feelings a reality.

What are you measuring?

For example, if you love Instagram, and your goal is to drive people to your Etsy store and make 3 sales a week? Set up a business account and figure out how many sales Instagram is driving.

If it's doing ok - keep doing it. If not, conduct a 2 week experiment: give it all you've got - and ask yourself at the end:

- 1) Did you still enjoy it?
- 2) Did it drive any traffic to your Etsy store?

Exercise: Conduct a 2-Week Experiment

The metric I'm going to track is:

This is because:

On the following page is a basic 2-Week tracker.

Starting number:

WEEK 1

M	T	W	T	F	S	S

WEEK 2

M	T	W	T	F	S	S

Ending number:

Did this experiment get me closer to my goal?

How did I feel during these past 2-weeks?

What else can I do to improve these numbers?

Step 3: Set your systems

Reflect on your day-to-day activities and behaviours. Keep in mind the old adage:

“What got you here won’t get you there.”

This is a way of making every day habits and routines part of your kinesthetic goal: what little things you can be doing every day to ensure you stay on track to achieve it.

Exercise: Assess Your Activities

What did you do to get to where you are now?

What can you double down on?

What is hindering your progress?

What are you avoiding?

How can you eliminate obstacles?

What experiments could you run?

Step 4: Drop the vision

Now, you've set your feels, your metrics, your systems.... STOP!

What happens now DOESN'T MATTER! We have NO IDEA what our future looks like. Will we even want our goal life in 6 months from now? Priorities change.

You have to feel the way you want to feel NOW and find joy in the journey.

Exercise: Find Joy in the Journey

What can you do TODAY to feel the way you want to feel in your Kinesthetic Goal?

**If you have any questions, comments or just
want to say hi, I'd love to hear from you:**

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