

IHVS: Part 3 of 3: Setting Your Goals

Transcript

Ritamarie: Allow yourself to be right now wherever you are in the process and just really tap into who you are, who you really are at the core. Not maybe the external person that you put out to the public, but who you are at the core because it's really important. The more congruent you get with who you are at the core and who you're putting out to the world, the happier you are and the closer you are to attaining your goals. I'm really excited about this next section because it's the kind of thing where it takes those visions creating a bowl for yourself that's real and tangible and measurable and then breaking that down into action steps.

I'm going to go ahead and get started and what I'd like you to do is everyone sit with your feet planted firmly on the ground or possibly sitting up in lotus style on a chair, something that's really comfortable for you because we're going to just delve into kind of a visualization. I advise you to envision ... First thing to do is take a few deep breaths and really get in touch with your heart and your core as you breathe. Deep breaths, and there's something magical that happens when you focus on things that bring you joy. It's so magical that even in a situation of stress, when things aren't going your way, if you stop, take a few deep breaths and distract yourself with going to a place as something that brings you joy.

You can shift in the moment. You can shift the physiologic responses and the emotional responses that happened in those times of stress. As we go through this program, you can become more and more familiar with that process. What I'd like you to do is just think about, if you got your vision charts from chapter two in front of you, that's great. If you don't, you can just go into your own head. What we're going to do is picture, take one goal that you'd like to be celebrating ninety days from now. Picture this. It's ninety days from now. That puts us into the middle of October. The middle of October, the days are starting to get cooler. They're starting to get shorter.

If you live in a place where there's lots of deciduous trees, you can look out your window and probably see fiery red yellows and oranges out there and you may have to put a sweater on if you go outside to enjoy the sunshine and the pleasantries of the day. What I'd like you to do is picture yourself in that setting and I want you to think about one thing that's different about you, one goal that you'd like to attain and be living ninety days from now. Maybe it's that you're twenty pounds less than you are right now.

Maybe it's that you're able to walk five miles or three miles or even one mile without tiring or ride your bike or keep up with your kids or grandchildren as you go out for hikes and explore the woods.

Maybe it's a particular dress that you used to wear that you'd love to get into again and you're seeing yourself in that, or particular size of clothing that maybe is one size or even two sizes down from where you're at now. Picture that. Maybe it's that you are in a place where when you're stressed, you reach for things that bring you joy rather than foods or habits that hurt your health. Go there and if you can glance at your charts from last week to remind you, that would be great. If not, just really go inside and see something that you can move yourself into ninety days from now.

When you look at goals, when you look at the goals, what we call SMART goals, you want to be specific. Rather than say, "I want to drop weight." You say, "I'm twenty pounds less than I weigh today." Or, "I weigh twenty pounds less." Or, "I sit in a size six or eight or twelve clothing." Something that's specific and measurable, a number like weight or pounds or length of time that you can exercise without exhaustion. The [inaudible 00:04:40] are attainable. It needs to be attainable. For example, if you can hardly lift a five-pound bag of apples to put them in your shopping cart today, it's an attainable to think that in three months, you're going to be lifting two hundred-pound bench press.

You want it to be a bold goal. You want it to be just outside your reach, but you also want it to be attainable. You want it to be relevant. You want it to be relevant to you, your health, your happiness. You don't want it to be something silly like, "I can eat five apples in one sitting and then juggle an orange on my head." Maybe that's kind of a fun goal, but it's not relevant really to your quality of life. Then it needs to be timed bound. We're already time bounding it by giving you the ninety days.

Let's pick a goal and get yourself in that position. Now, what I want you to do once you've got the goal, I would like you to truly look in the future and see yourself there. First you might see yourself and if you're not a visual person like when you meditate or visualize, you have a hard time seeing things, maybe you can just [inaudible 00:05:53] or maybe with hearing. Maybe you're hearing people say, "Wow, Sandy. You look amazing. Your eyes are glowing and that dress looks just amazing on you." You're hearing those words of praise and acknowledgment from other people. However you do it, put yourself in that situation and really be there.

I want to say one more thing about bold. We want this to be a bold goal and that, yes, we want it to be attainable, but we want it to be a little bit of a stretch. If it's, "I would like to be three pounds less than I weigh today in ninety days," that's a bit low. You're setting your standards low, or if you concurrently walk a mile and you say, "In three months, I want to be able to walk a mile-and-a-half." It's not really stretching it.

It gives you a lot of [inaudible 00:06:46] when you make your goals too low, because you go, “Well, I only have to lose one pound this month and I’ve already done it. Oh, boy. That chocolate cake looks really good.” Or, “I’ve lost two pounds this month and I only had to do one. That chocolate cake looks good. Just this once, I’m going to reach for that.” You want to give yourself ...

Jane: I guess, one way of thinking about this. Just the one way of thinking about this.

Speaker 1: Yes, please.

Jane: We want everyone to stretch. We want you to stretch, which is too much to pull a muscle in doing so.

Ritamarie: Great. I love it, Jane. That’s a great way to look at it. Yes, that’s perfect. I’m going to give you some examples of some goals that I’ve heard people set. I sit down with people and do this process. “I’m able to ride my bicycle for an hour without tiring.” “I weigh a hundred and fifty pounds and I currently maintain this weight by eating healthy, wholesome food.” I’m able to breathe freely without the use of medication.” “I can focus on one task at a time in fifteen minutes increment.” “My knee is still strong and comfortable during exercise.” “My digestion is comfortable with regular elimination occurring two to three times a day.”

Those are some examples of really specific goal. If yours starts out with the word “more” or “some,” you want to pinpoint it more exactly because more doesn’t tell you much. I’m more energetic. It’s hard to measure more energetic, isn’t it? You want to specify a quantity. Also, a lot of these goals, we talked about them as being end goals, not means goal. Some people have said to me, “My goal is to drink a green smoothie every day” or “not eat sugar.” Well, those are good goals, but those we’ll find if we break this down and put our list together of action, those are more actions that are going to bring you towards your goal. They’re mean goal, but they’re not end goals.

The means goal of drinking a green smoothie, the end goal would be having the additional energy, dropping the weight, collecting some digestive imbalances, things along those lines. When you just say it to yourself, like today I say, “I am in commitment to being able to run five miles in under fifty minutes by October 31st.” If I make that commitment, I say it to myself, a month from now, I may completely forget or, “What did I say? I was going to be able to run four miles in thirty minutes or what?” It kind of becomes vague because life takes over.

We recommend that you get the sheet written down and you keep it in a place where you can review it on a regular basis. Even pin to your bathroom mirror or your refrigerator or some other place where it’s prominent and that you’re going to see it on a regular basis and just think about this in terms of why the goal is important to you and what you’re going to experience.

As we're speaking this, you can start writing it down and it'll become real for you. It'll become real for you. The thing I wanted to interject is the other reason why we have you write this, "What I'll experience when I achieve my goal." For me, I will feel invigorated and proud of myself. I will feel fit. I'll just feel really happy, joyful.

Instead of saying it that way, I say, "I'm running. I'm doing this. I've completed this goal and I just feel so wonderful. I feel so proud of myself. I feel as if my whole world has opened up to me because I have the strength and the stamina, these new things that I never done before." When I started to say that at the beginning, I was saying it what I will feel like. It was hard for me to find the words. Once I turned it around, just right in this moment, this is an "ah-ha" moment for me. Once I turn that around and I started to say, "I'm able to do this. I feel fantastic."

I was able to actually really get more close to those feelings because as I was doing it with a projection, it was still in a distance and I wasn't able to connect to this feeling as deeply. Go ahead and try them. If you're doubting the importance of stating it in present language, say it in the future language. "I will be that. I will be this." Then go ahead and turn it around and see how much more depths and [inaudible 00:11:22] it has when you state in present language.

I'm so sorry Jane. I didn't mean to interrupt you. I wanted to complete ... When you read it back, what I experience when I achieve my goal, write it down and then read it back, but read it out loud. If you get what I call the goose bump factor, you read it and you just get chills and you're just like, and you have a big broad smile on your face, you know you've nailed it. You know you've nailed it. If you read it and you just feel kind on ho-hum about it, then go back [until you're fine 00:11:54] with it and see what it would take to get the "Oh yeah." Because when you read it in present tense, your brain hears that and it goes, "Wow. Yeah."

Jane: What you'll be doing is taking that ninety-day bold goal and you're just going to break it up in manageable parts. It's the same thing as if you were to tackle spring cleaning in your house, then you have to do it room by room or it's just going to be completely overwhelming and you'll never get through everything. You're doing the same thing with this. You track it down. Now, from my perspective, there are two primary reasons why you always want to [inaudible 00:12:39] your goals down into manageable parts. One of those is that smaller goals are easier to obtain. You can do it in little bits and pieces like one step in front of the other, rather than catapulting forward.

The other is that if you're looking only at the goal that's ninety days into the future, then maybe you'll have a tendency to postpone action.

Or maybe it just seems so fine at the future that it doesn't seem real for you, but when you take that down and break it into manageable parts, then you just go, "Okay. Well, that is real for me. That is real for me. I can feel that." That's what you want to go for, because the extent to which you can really picture yourself, your ideal self realizing your goal, then that's the extent to which your goals become real for you. We broke this down into the first thirty days, the second thirty days and the third thirty days.

What you do with this is you make the commitment again. "I, Jane Hardin" and a commitment to and we'll say in this instance, a certain percentage drop in body fat. That's a measurable goal. Actually, right now might be a really good time for me to remind all of you, unless you're working on your goals that your goals should be SMART and SMART is an acronym for specific, measurable, achievable, realistic and timely. By making your goals SMART, then you know you've got a good goal if it's a SMART goal, if it fits all that ... all of those qualities.

Ritamarie: Criteria.

Jane: Yeah, all that criteria, thank you. Now, here's the one thing we want to point out about you having these three thirty-day goals. In most instances, these are not equal. It's just because it happens to work out that way. If your bold ninety-day health goal is to drop twenty pounds for instance, you may experience more weight loss in that first month. Typically, people do. That doesn't mean you won't have good, sustaining weight loss in future weeks, but usually in the beginning, there would be a little bit more. In that case, then your first thirty-day goal, instead of it being one-third of twenty pounds, six point six six pounds, instead it would be ... Perhaps you would make that with nine pounds then split the difference and the other in the future months.

The reverse could be said if it was something ... If your goal is going to be measured by body fat, if you're wanting to drop a certain percentage of body fat because ... You correct me if I'm wrong. I [inaudible 00:16:12] by it's my understanding that you may, as you begin working your exercises and of course with your diet and all as well too, you're breaking down some muscle through your exercise and building up muscle through your exercise so that it will have more of an accumulative effect and you might actually see more towards the ... in the third month rather than the first month.

Ritamarie: That's absolutely true because you're creating more muscle by doing your exercise and the muscles then breaks down more fat. You're right. The other price where it might be the opposite where you get a little bit slower is with exercise. In general, like endurance exercise. At the beginning, you may say that ...

If you're not able to walk around the block without pain and exhaustion, you may just say that, "My goal is to be able to walk around the block by doing it the first month. By the end of the second month, my goal is to be able to walk a mile." Once you've walked a mile, to be able to increase that to maybe three miles even by the end of the third month would not be so farfetched.

You break it down into smaller beginning steps just to [inaudible 00:17:22] your system and as you get stronger, you'll be able to accelerate that progress a little bit more. Don't worry if it's not exact and if ... The whole idea is to do this in terms of making it a smaller chunk, a chunk that seems more manageable than the big ninety-day thing.

Jane: Right. I almost see the chunks after a big goal as more how you're going to measure your action plan basically. It'll help you tweak your action plan like, "Am I doing this as ... " "Does it look like I need to step up my action plan?" Or, "Maybe I'm not pushing too hard on it" or whatnot. It'll help you in that way.

Ritamarie: That's a good point, Jane, because at the end of each thirty-day, you would go back and evaluate, "How close did I come?" "Did I exceed my goal? Did I not quite make it?" "What do I have to do, action plan wise to move that forward?" Well, maybe [inaudible 00:18:28] particular diet wasn't quite there. You may need to tweak it. If you reevaluate at the end of each thirty-day as opposed to waiting until the full ninety days, then you can like apply and correct, go back on course. Go off course, back on course, off course, back on course, whereas if you don't correct, just keep off course, in ninety days, you're in China where you meant to go to England. In this case, if you correct, then you can get yourself back on course to England rather than continuing to head to China.

Jane: Right. Yeah, great. In setting this up, and dividing this down into three one month increments, but you do want to remember to do of course is to put the "by date." In fact, if you want to, print out or copy off or write out what your current goal is. In this case, it's the first thirty-day goal and also put that, as Dr. Ritamarie mentioned earlier, put your bold goal. You don't want to lose focus on our bold goal. You continue to envision that and own that, but also put your current sub-goal where you can see it. Slide underneath it or separately, however works for you. You'll figure this out well what works for you. You can always let us know if you need some suggestions along that way.

Ritamarie: Even in addition to ... I'm sorry, there was a pause.

Jane: No go ahead.

Ritamarie: In addition to, you got the sheet and it has first thirty-day goal, second thirty-day goal and the third thirty-day goal. The third thirty-day goal is just a repeat of your ninety-day goal, but what you can do to make it easy to carry around is to make a couple of index cards and just write your thirty-day bold goal on there. You'd write your first one, your second one, your third one. You keep it with you and you read it. When things get like, "Should I go exercise right now or should I go out for pizza with my friends? What's more consistent with me making my goal?" We help you to remember.

If you do it, if you keep your goals sheet, the bold goals sheet and you have that really nice detail about how I'll feel and you read that every day and you read that before you have to make some tough decisions and really get into the feeling of it, it can make those decisions just seem like easy. It's just the same way you might turn down ... Somebody asks if you want to hit on their cocaine and you say, "No, thank you." The same kinds of decision making process may come about with things that used to be challenging for you. "Would you like to come get some beer and pizza with us?" Or, "Don't bother with that exercise. Let's just go watch TV instead."

You'll have a real strong like, "Oh, no. I don't want to do that. I want to do this because it's getting me towards my goal." The more you read it and the more you reiterate it, the closer you are to having easy decisions. Don't we all want enough decisions to be easy? Don't we want our lives to be easy?

Jane: Very honestly, most of you are probably not imagining your ninety-day goal as something that you could feel as strongly about. Like what Dr. Ritamarie was talking about right now, but don't forget what's going to be following it as us giving you the tools to help make that possible.

Ritamarie: Right, exactly.

Jane: As long as right now, your ninety-day bold goal, when you read it out loud to yourself that, "Yeah. I want this. I deserve it. This is me." As long as you feel that way, you're ready to go on and do the next steps. If you're having trouble with that going, "This just feels dry to me. This feels too empty and hollow to me." Then you may need to go back and read over some of the things that really gave you [inaudible 00:22:39] in your writing about your ideal you.

Ritamarie: And in your love, the twenty things you love to do.

Jane: I love to do, yeah. If you're ...

Ritamarie: Let me give another hint with that. I'm sorry. [Crosstalk 00:22:55].

Jane: No, that's okay.

Ritamarie: Go ahead and finish and then I'll add what I was going to say.

Jane: I what I was just saying and it seems like with everyone who's been making their submissions that you're using an episode as descriptive words to fill that type of thing, of the work that you've done in chapter one and chapter two, and I can say that because I get a [inaudible 00:23:21] just from reading them. I'm assuming that I do feel good. If you're feeling that this ninety-day bold goal, it might as well be somebody else as it feels that empty to me. Then reconnect back and draw again from that chapter one and chapter two.

Ritamarie: Right and get a new one for yourself.

Jane: Yeah.

Ritamarie: Great. Well, one thing I wanted to point at you is at the end, the bottom of page seven and it's a quote I really love and it relates well to this exercise and it's from Henry David Thoreau. It says, "In the long run, men hit only what they aim at." If you don't aim at your goal, how could you expect to reach it? How could you expect to really reach it if you haven't made it real and set your aim and then, done the action steps that it takes to get you there?

Jane: Well, shall we go on and talk about the next step in the chapter, Dr. Ritamarie?

Ritamarie: Let's do it because this is the ... The other part is the [juice 00:24:31] and this is the tool, the actual day-to-day stuff that you get to do to make this real. This is like at the beginning of this section, it says, "Achieving a goal is ten percent inspiration and ninety percent perspiration. Are you willing to work?" I probably found that it's a little bit more inspiration, but the only way you're going to get to do ... get the goals to happen if you actually do the steps. If you just put it out there and you don't do the steps, it's not going to happen necessarily.

Jane: This is the thing to keep in mind, there's nothing magical about writing out your ninety-day bold goal and hanging it up on your bathroom mirror and reading it every day and it just happens. That's not the way it works. The way it works is ... The way the magic works is that by reading it every day and seeing it on that bathroom mirror and re-exciting yourself about it every time, that you are then drawn to take the action necessary, but how do you know if what action is necessarily? Because you've already given it some thought. That's what's that for is about, crating your action plan. Because you've gotten this far, let's put it that way for those of you who have not gotten to this point yet. When you do, then you already have a really good idea of what you're going for. It's laid out.

You know what the ultimate goal is. You know what's the intermediate goals are. It's going to be now much easier to decide, "What do I need to do to make this happen? What do I need to do?" In the case of lowering the body fat, "Well, okay. That means probably, I'm going to need to do some transform of an exercise. Well, what form of exercise? Do I need to check in to things? Do I need to evaluate the gym I'm going to, to see if it offers me what I need or to sign up for one? Do I need to get a trainer? What kind of support do I need? Am I going to need a good pair of walking shoes?"

Basically think through every aspect and be a devil's advocate with yourself saying, "Well, yeah, but I really wouldn't be able to do that goal because ... " What are all those because's? What are all those hiccups that might come along the way to stop you from making it happen? You're doing the preplanning now. You're being proactive now and you're saying, "We don't want that to happen. What is it I need to get? What do I need to do?" Now, you're going to make a list of those things.

Ritamarie: When you first start to make that list, just brainstorm. Don't worry about them in being in the right order. Don't worry about whether they're really applicable. Just let your brain go to, "If I want to achieve this goal, what do I need to have done." Jane, what you just said really triggered another piece to me is, one of the ways that you can help to get your action steps before, as if this is a kind of a goal you've set before, like a weight loss or strength or fitness or something about your joint pains or your digestion and you haven't quite made it. What were some of the excuses you've used? That is great. I really love that. What were some of the excuses that you use in the past for not having made that goal? Write those down because we want to take care of those right up front so that you don't have those excuses to fall back on, you've thought it through.

If it was, "Well, I just didn't have the right shoes so I didn't get to exercise." Put down there, "Get the right shoes." If, "I didn't have a blender so I couldn't make smoothies, so I didn't do this particular diet." Write it down. "Buy a blender." Got it.

Jane: Then as you go through, what's going to feel really great, there's so many things you're going to accomplish very, very easily. You can check that one off and just go on through the list. Some of these might take a little bit more. I mean, obviously finding the right coach that you want to work with may take a little bit longer than buying a pedometer to wear.

Female: [Crosstalk 00:28:56]

Jane: Or something. Yeah, but that's okay. Just put them all down there. What if it may be doing nothing, but on one of your actions, this could be nothing more than exploring websites for the resources that you need in your area.

Then you can make this as specific as you want. Many times actually, by making it specific, then you're going to start saying, you go, "Okay. Well, I'm going to start in exercise program" and we just leave it vague like that, but then when you instead start thinking in terms of, "Oh yeah. Well what does that really mean?" When you start getting really, really specific with yourself, you go, "Oh yeah. That's the one that always sneaks up behind me and surprises me and stops me from doing what I need to do." Anyway, that's going to be the tool.

Ritamarie: I love it. Brainstorm those first and then you may throw some out. You may find more that you're going to add, but just really brainstorm it. An example came up. You might have something about improving your digestion or something specifically about your thing and maybe you decide, one of the steps you need is, you need to buy a water filter. Well, just buying a water filter is not necessarily all that's required. You're not just going to go to Target and buy a water filter. You may have ... Well, the first step before buying a water filter is to research and find out what might be the best water filter and what are the price ranges and what's nice for it to do at this point.

There's a bunch of different things that you'll require to it. As you brainstorm and jot these things down and you read them back, you may go, "Well, wait. There's like five steps that are required for me to get to that step."

Jane: Yeah and that truly is helpful. It's the same thing that you do in business really. It's the same thing that you do in business. A corporate department doesn't just set out a goal and go, "Yeah, let's do that." No, they break it all down very specifically and [crosstalk 00:31:17]

Ritamarie: Another point I wanted to make on that is, when you write that goal, you may not know how you're going to do it. You may not know how to do that and that's where getting support column is going to come in handy. You just know that. You just focus on the "what" right now and we're going to talk to you about how the "how" can just kind of we can determine the how later on.

Jane: I'm really so glad you brought up that point. That's very, very key. Yeah, we cannot reiterate that a lot. A lot of this is just determining the "what" and letting the "how" fall into place as we go.

Ritamarie: Absolutely. When you have a powerful enough "why," which is the best feeling that you're going for, because it's not all about feeling. I mean, what it really comes down to all of these stuff, guys, it's really about feeling good, isn't it? Like you feel like comfortable in your skin, comfortable in your body, comfortable with how you look and portray yourself, comfortable in your surroundings. It's all about feeling good. When you really juice up that "why" and you really can feel it and taste it, the "how" starts to fall into place.

When you put it out to the universe, and I don't want to get all [inaudible 00:32:28] on you, but when you put out to the universe that that's what you're moving towards, you're just in that and you're vibrating it and you're glowing it, somehow these "hows" find their path to you.

I don't know if you've ever had that experience where you just didn't know, you knew you had to do something and all of a sudden, somebody came up to you and say, "Hey, you know, I just ... " Whatever, "this might be great for ... " You go, "Oh my God. That's exactly what I was looking for." I needed somebody to fix my pipe in my kitchen before I could install my water filter, before I could start my health program or whatever. You just will find that ... Those things will find their way to you and the resources will find their way to you. When you get to the next step, that first step and brainstorming them and writing them down and the next step, we're going to transfer them and be a little more specific.

You're just going to transfer the steps that make sense, some of the ones you wrote down, you may go, "Well, it's not really valid. I don't need this." Some of them, you're going to put in there. Then you really want to focus on what kind of support you need to accomplish this. When you don't know how to do something, that kind of support, that's important. If it's something along the lines of doing specific exercises to strengthen your back, well maybe you don't have a clue what those are. What kind of support do you need? Well maybe you need a video tape to show you. Maybe you need a book. Maybe you need a person or a personal trainer or a physical therapist.

As you write down all those steps you need, if you need support with those, write down what support you need. Let me explain on this chart. We put a date column and the reason we put a date column is to help you to make it measureable and specific. If you write down that I need to buy a pair of walking shoes, you need to put a date in there. You look at your calendar and you go, "Tomorrow is all booked up and I have this meeting and that, but you know what? Friday would be a really good day for me to do it." You just put it in your calendar. You put, "I'm going to do this by Friday."

Then you can keep looking at this and it will give you the step-by-step so it doesn't just get, "Oh yeah. I forgot to start that running program because I haven't got shoes yet." It's like four weeks into the goal and you're getting behind on your accomplishment. It's really helpful to do that.