

# THE GOAL-GETTER!

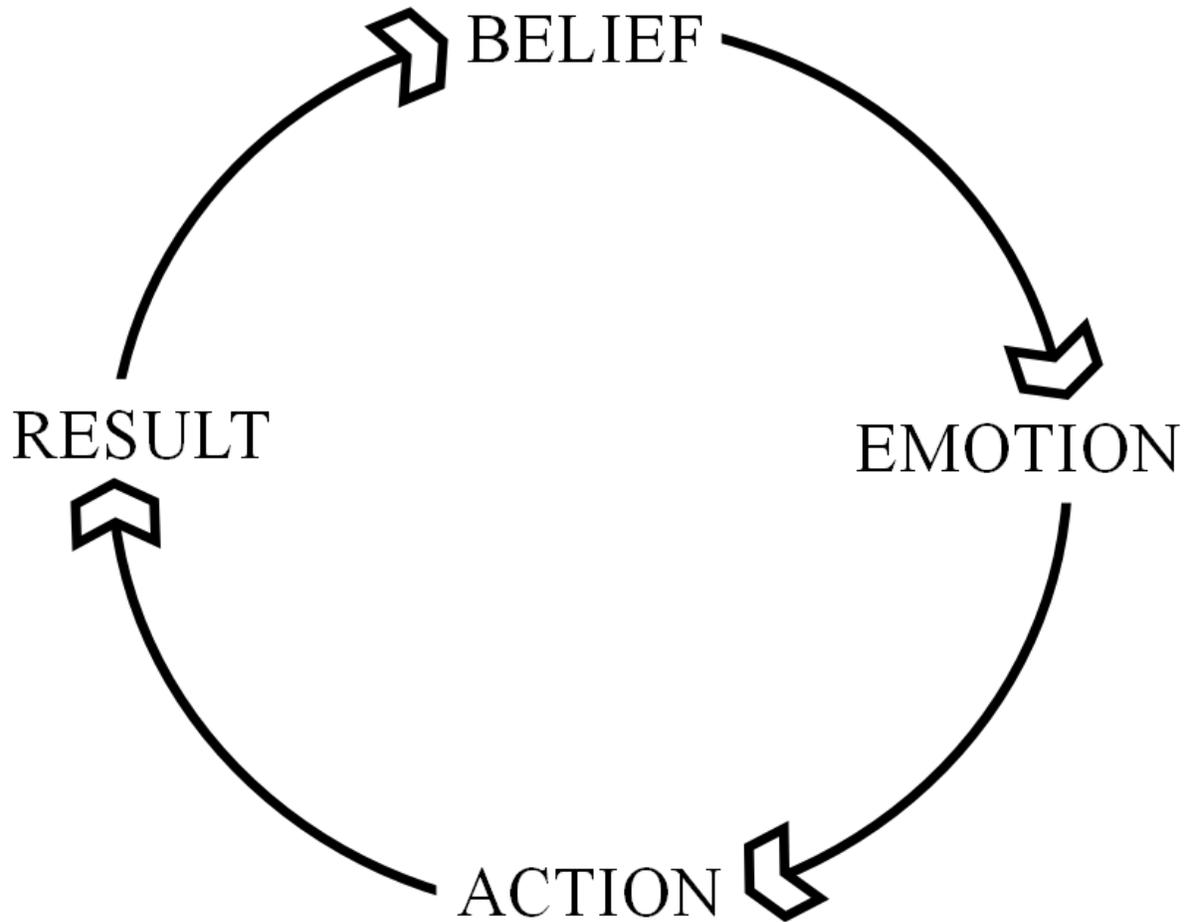
5 Steps To Accomplishing Every Goal You Desire



# WORKBOOK

PRESENTED BY COACH LUC DESPRES

$$B+E+A=R$$



The B.E.A.R equation is one of the most significant breakthrough strategies I have discovered for understanding why we have the results we have and what to do to change them.

B.E.A.R stands for Belief, plus Emotion, plus Action, equals results.

There are two categories of beliefs:

1. Positive Belief
2. Negative Beliefs

Every belief you have creates an emotion within you. You then act based on those emotions and those actions generate a result. There are two kinds of negative beliefs:

1. Limiting Belief
2. Negative Belief

**A Limiting Belief** causes you to withdraw yourself from taking action at all. This causes a feeling of just standing still.

**A Negative Belief** causes you to lash out negatively in anger, sadness and/or fear against those who you feel are responsible for the way your life is and or even those who have the life you want and could help you get the results you're looking for.

If you have a negative or limiting belief, it will generate a negative or limiting emotion such as anger, sadness or fear, which will then cause you to either act negatively or withdraw and not act at all, which will result in a negative or unwanted result.

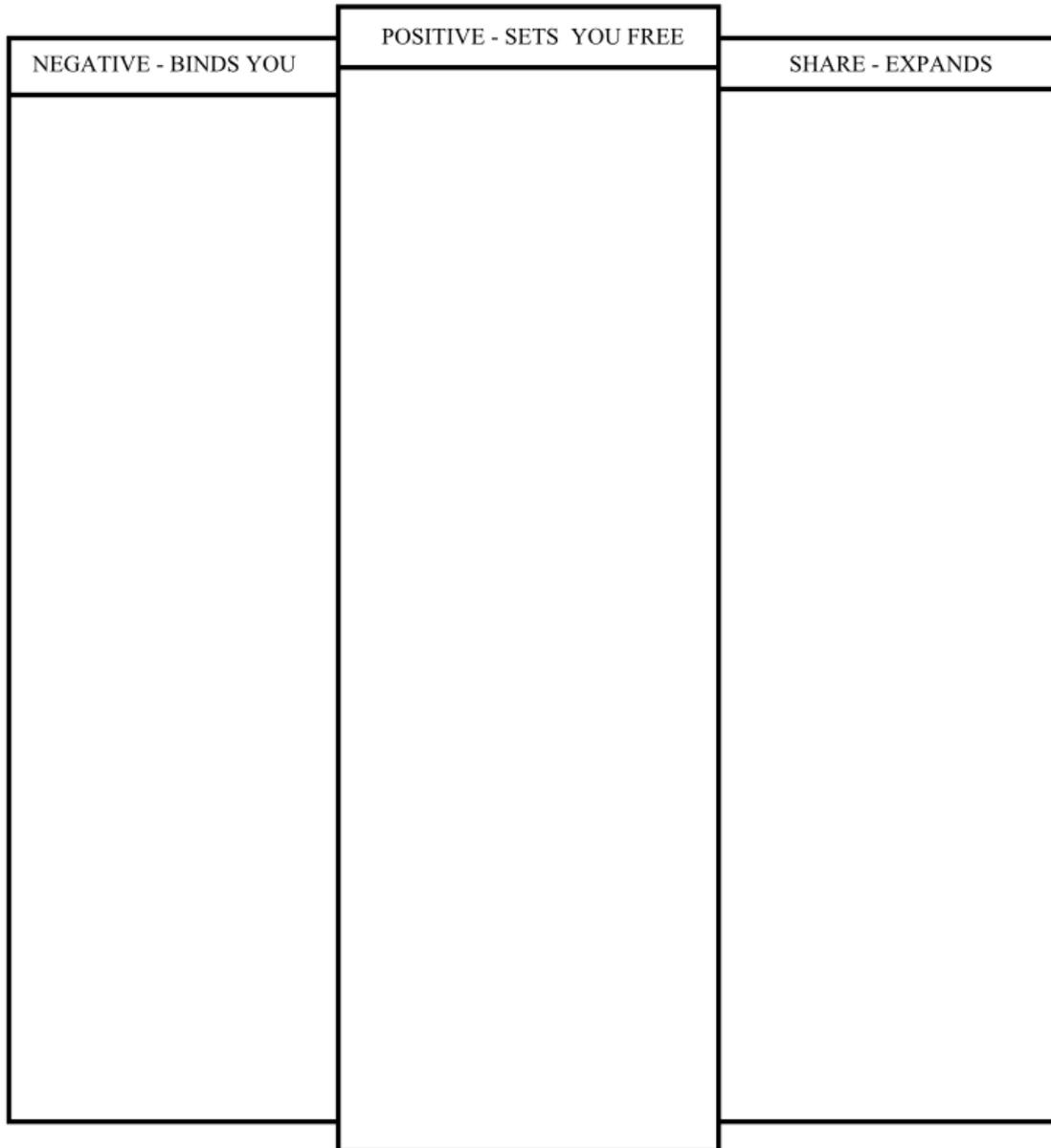
If you have a positive belief, it will generate a positive emotion such as happiness, confidence, peace, joy etc, which will then cause you to act positively, which will generate a positive result.

Once you understand that your beliefs are what control your results, you can quickly be in a position of complete personal power knowing that if you only change your belief about a situation, person, yourself or the world in general, it will virtually change your results in life and put you on a better course for the future.

Now that you understand how significant it is to be able to alter your belief system, let me take you to the next step where I teach you my Belief Reversal System.

Let's go...

# THE BELIEF REVERSAL SYSTEM



The Belief Reversal System is a system I designed to take whatever negative or limiting belief you have and reverse it to its positive equivalent. When you state your goal, your mind will come up with all the reasons you can't do it. This is a good thing... now. Every reason you have for not going for your goal is what I call a negative or limiting belief. Once you're aware of this, you can start to put every one of those beliefs through the belief reversal system.

When you state your goal, for example: "I want to start my own business" and then follow it with "but..." get ready for your limiting beliefs. Take all the reasons you have, one-by-one, and enter it in the first column of the chart above.

So... I want to start my own business but... I don't have enough money. I don't have enough time. I don't have the support. I'm not smart enough. I don't have a certificate etc etc.

**Important:** Notice how it makes you feel when you state your limiting beliefs out loud. It's a negative feeling. This is how you will pinpoint your negative and/or limiting beliefs from now on.

Enter those reasons (limiting beliefs) in the first column and then state your goal out loud. Recognize the feeling and then state your goal once more but instead of saying all of the reasons why you can't go for it, do the exact opposite.

Example: I'm going to start my own business because... I will find the money. I will make the time. I will find those who will support me. I'm smart enough. I will focus on getting people the results they're looking for with the product or service I offer and that's much more important than a certificate/ I will get certified.

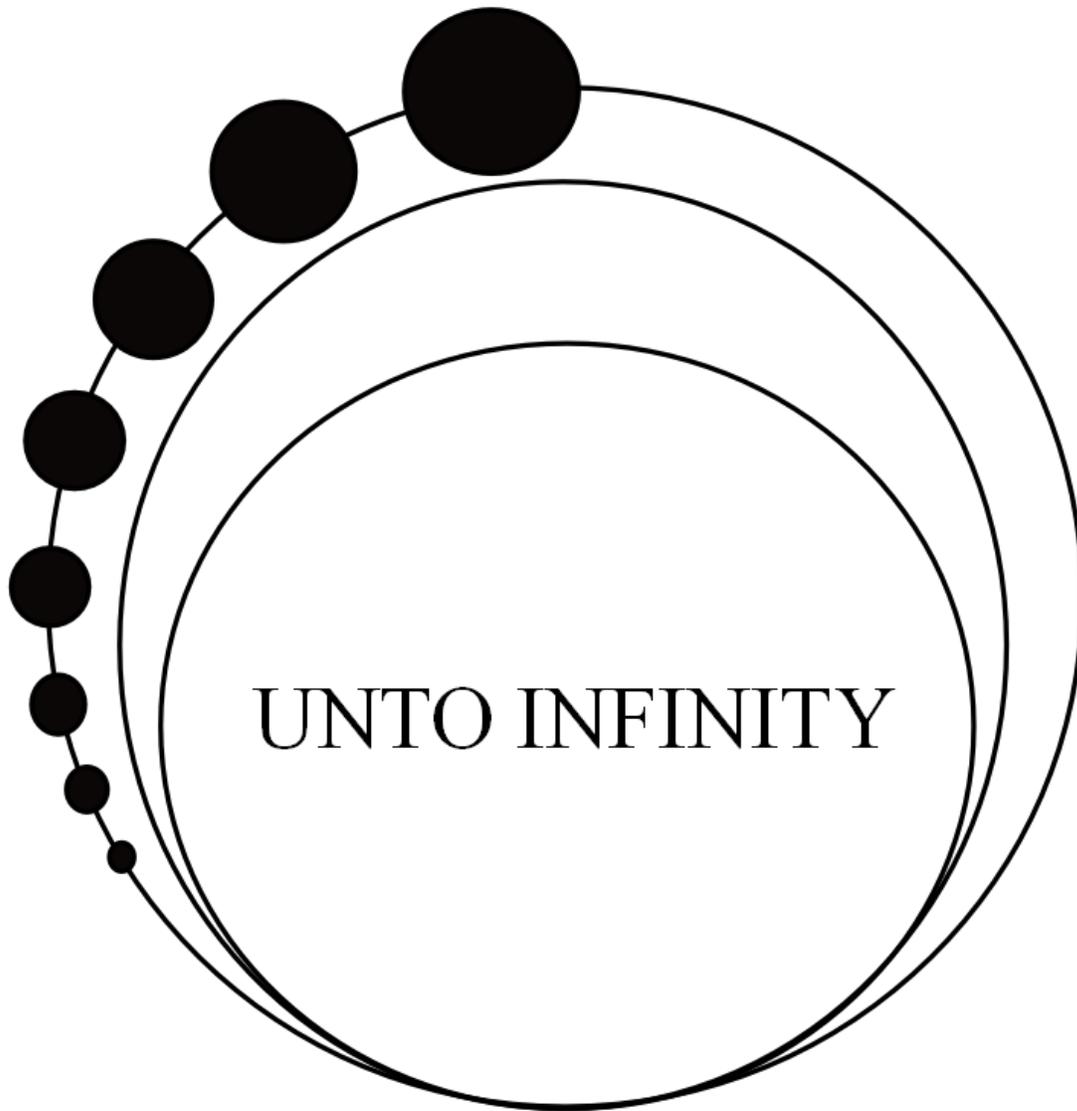
State this out loud and notice the difference in how you feel. Remember that when your belief is positive, it will generate a positive emotion, and remember, from the B.E.A.R equation, that your positive emotions cause you to act in a positive way and that positive action will lead to a positive result.

So you state your goal out loud, followed by your negative beliefs, notice the emotion(s) and then you state your goal with the positive beliefs attached to it out loud, notice how you feel and know that you will always do better with that new positive empowering belief than with the negative one. As long as you hold onto your negative beliefs, you will NEVER reach your goal.

Once you have your goal paired up with your new positive belief, you will want to reinforce it by sharing it with those you know will support you. Every time you share a belief, whether positive or negative, it will get stronger. So avoid sharing your negative beliefs with others as it will just reinforce it and cause it to play a more significant role in your life. Instead, share your positive beliefs and watch as your belief grows and empowers you to accomplish the goal you've set for yourself!

Now that we've gotten rid of your negative beliefs, let's show you how to view your goals in a much less intimidating way with your Infinity Growth Potential.

# YOUR INFINITY GROWTH POTENTIAL



Your infinity growth potential is a strategic way of looking at your goals so that you feel confident that you can in fact accomplish them. If you notice the little pea size circle at the beginning, that's you at the beginning of your journey toward any goal you choose.

Typically we start off by looking at our goal in the "Big Picture", which is great, but to stay there is very dangerous. When you look at that big circle at the end, you will typically feel overwhelmed and a bit frightened. This is because, in your current state, you are too small and there is too much distance between you and your goal. You think "Wow! That's way too big and far for me to accomplish" and you end up quitting before you even start.

### **Here's my little secret...**

Every single goal you will ever set for yourself is made up of little steps that lead into your big goal. This means that as long as you can figure out what series of steps will accomplish your goal, you can accomplish it. So what do you do?

-> Listen closely... **just focus on the next step.**

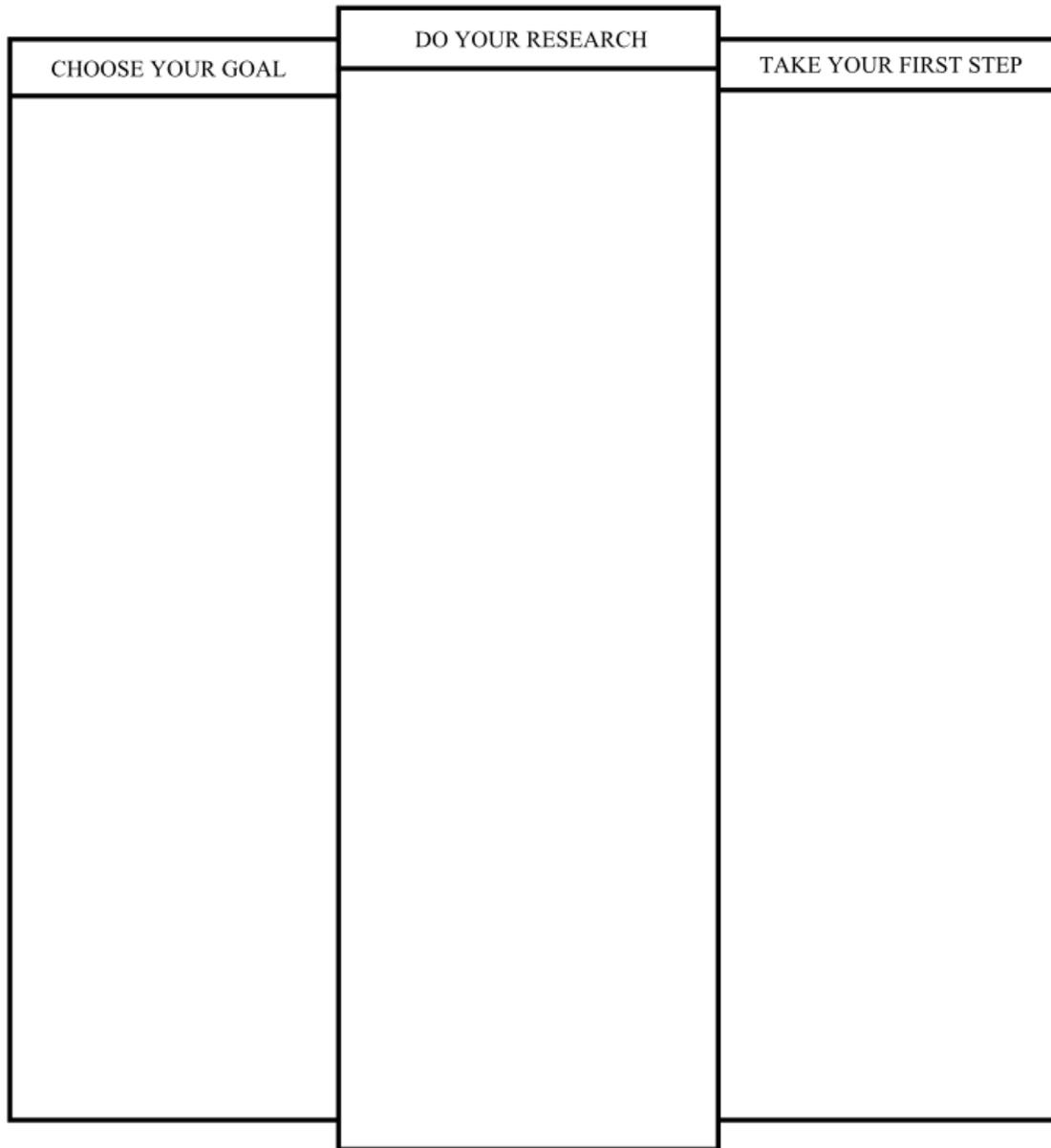
You see that circle that's just next your pea sized one? THAT is your focus! It's just a bit bigger than you, so you may have to stretch a little, but it's nothing you can't handle. Once you've accomplished that step, here's the thing, you BECOME that circle! You've just grown into a bigger circle because you accomplished the step associated with it.

Now... you are that second circle, so what do you do next? You guessed it! Focus on the next circle (step). It's a bit bigger than you, so you'll have to stretch a little but it's nothing you can't handle. Once you've accomplished that step, you have once again become that circle. And the process continues until you're face-to-face with your goal and at this point, you are the circle just next to it! You look at it and say to yourself, it's a bit bigger than me, so I'll have to stretch a little but it's nothing I can't handle and BAM! You've accomplished your goal. Now you're free to dream bigger!

You will face every single goal you have using this process and there is literally no end to what you can accomplish. Your potential is literally never ending! It goes on to infinity!

Now that you know how to view your goals, let's show you how to start the process of accomplishing those goals.

# STARTING THE PROCESS OF ACHIEVEMENT



Starting the process of achievement is very simple and must not be complicated! The chart above is a clear image of just how simple it should be. In the beginning, the goal is not to get it perfect but simply to get it started. You can readjust as needed as you learn what works and what doesn't work.

**There are three steps in this process:**

**1. Choose Your Goal**

You will want to use the goal we chose during the Belief Reversal System

**2. Do Your Research**

You will want to do a Google search to see what others have done to successfully accomplish the goal you are looking to accomplish. Your goal is to figure out what your first step should be.

**3. Take Your First Step**

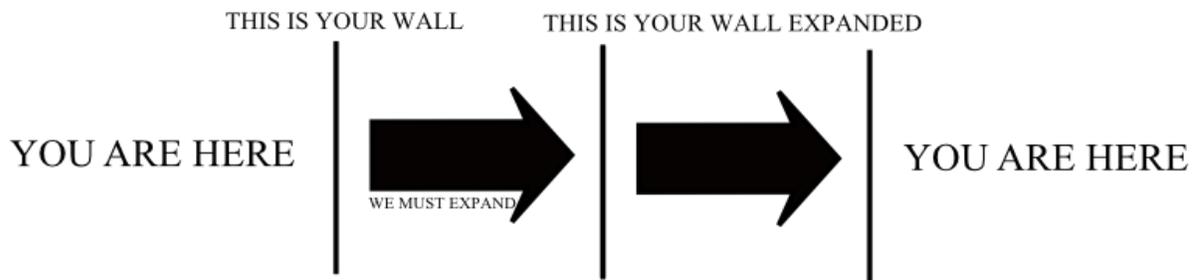
This part is crucial! Until you take action, nothing will ever happen! After you've done a bit of research, it is imperative that you take that first step **ASAP**

Once you've gone through the 3 steps and you've taken the first step toward your goal, you can then assess the result of your action. If it was successful, keep doing that, if not, go through steps two and three again and readjust until you're successful.

Then go through steps two and three again to find your next step and continue this process until you've reached your goal.

As you go through this process, you will hit walls (barriers) that can stop you dead in your tracks, so in the next section, I will show you how to break through them every time and to expand your wall of endurance.

# EXPANDING YOUR WALL OF ENDURANCE



Expanding your wall of endurance is crucial as you reach for your goals. If you don't expand your wall, you will never reach your goals.

As you start going for your goal, you will hit some walls! This is completely normal and we all go through it. The advantage that you will have is to know how to break through when they come and today is your lucky day, because I'm going to show you how right now.

As with every other step in this workbook, it's very simple. And because it's simple, you may be tempted to dismiss it. This would be a grave mistake! Please take this seriously. These are the exact steps I use on a daily basis to accomplish every goal I desire.

So here we go...

Let's say you see a pile of dishes in the sink and you think to yourself "Ugh... I want a clean sink but I don't want to do those dishes". That is a wall! You want the result but you're not willing to do what it takes in the moment to get it. So what do you do?

The key here is to start expanding your wall of endurance, so the first step is to decide to pass the wall at least just a little bit.

For Example: Let's say you see the dishes in the sink and you think to yourself "Ugh... I want a clean sink but I don't want to do those dishes". Then you think "Coach Luc told me that this is a wall", so you decide to break through your wall by doing a bit of dishes. You decide "I'm going to do 10 dishes and then I'll stop". So you do the 10 dishes and you simply stop there. What you just did was act in spite of your wall. You felt the resistance and you acted anyway. This will teach you that when you feel the resistance of a wall, you can pass through it, even if it's just a little. So everyday you see that sink and feel the resistance but you go ahead and do those 10 dishes. After a while, those 10 dishes become easy to do. Once this happens, you can then make a new commitment by increasing the number of dishes you do everyday.

Every time you decide to do just a bit more you literally expand your wall. Your wall used to be experienced as soon as you saw the dishes, then your wall was at 10 dishes. Now you are pushing it even further to expand it some more.

You can apply this to any goal you desire!

As you apply these 5 steps consistently in your life, there will be nothing you can't accomplish if you want to. The only thing between you and your goal is your negative/limiting beliefs. Change those and you change your life.

# **THANK YOU!**

## **FOR TAKING THE GOAL- GETTER! ONLINE COURSE**

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