



# GOAL TYPES

## THE THREE TYPES OF GOALS

### KNOWING GOALS

*You already know how to do it. (This is where your paradigm wants you to stay).*

These are the objectives you set within your existing skill set. While they're great for building momentum in goal achievement, the sense of fulfillment they offer is usually limited. These goals don't inspire you. An example might be committing to daily Facebook posts. They're straightforward but offer modest satisfaction.

### THINKING GOALS

*Goals you "think you can accomplish".*

These goals are slightly more ambitious. You're fairly confident you can attain them, but they require a leap of faith, often challenging your preconceived notions about time and resources. These are common in personal ambition and business, where leaders set such targets for their teams. A classic example is writing a book – achievable yet demanding.

### FANTASY GOALS

*Goals from fantasies originated through the effective use of your imagination.*

This is where you really stretch yourself. Where your paradigm will really quick in. This represents the zenith of goal setting, marked by a thrilling mix of excitement and discomfort. They involve deep trust in the process: setting clear intentions, diligent research, constant visualization, and unwavering focus. Here, aligning your subconscious desires with your conscious efforts is crucial. The outcomes, like a trip to Italy or purchasing a dream home, are profoundly rewarding.

**In all cases, the emphasis should be on the emotional reward anticipated upon achieving these goals. This approach ensures that the journey towards each goal is as fulfilling as the achievement itself.**



# ABSOLUTE VS RELATIVE TRUTH

**GOAL/DESIRE:**

**ME NOW**

**FUTURE ME**