



## Goal Setting

Please treat this exercise **very seriously**. It will get your attention *off* your social anxiety disorder and helps you focus *on* what you want; social confidence.

And since what you focus on expands you will now be expanding your social confidence instead of your social anxiety!

More importantly, doing this exercise will bring up your fears and limiting beliefs about achieving your goal. And we're of course going to systematically eliminate these eventually with the "Blocks To Social Confidence" article and video ☺ But that's only for later in the program.

In this document I will explain why goal setting is so important and what the benefits are. After that I will give you the step by step process for creating an amazing goal that propels you forward to get the social success you really want.

*Note: Once you have created your amazing goal I'll guide you through an exercise that uncovers your fears and limiting beliefs and I'll refer you to the video that will eliminate those for you. After that you are also ready for the visualization process. (at the end of this article you will find specific instructions on how to visualize in the most effective kind of way so that you will attract that what it is that you want into your life)*

## Goal Setting Is Important? Why?!

It is important to set a goal so that you know where you are going. It gives you direction, a purpose.

You can see your mind as a heat seeking missile, it goes after a target with precision and focus. But if you don't give it something to aim at, it doesn't know where to go, and what to do, so it goes all over the place and ends up exploding somewhere you don't want it to explode!

Now when you *do* give that powerful brain of yours something to focus on, something positive, a goal that you desire...

... your unbelievably powerful unconscious mind will be activated to get to the goal no matter what. It will bring up your doubts, worries and fears that we can then tap away and it will find solutions and strategies to achieve your goal.

Also, when you have created a clear and concise end goal, you can use this to counter negative thinking.

Because now when your mind is trying to think negatively and you don't know what to think of but the negative stuff...

... you think of your default; your goal!  
So you will start to think more and more about your amazing and motivating goal.

And since the law of attraction states that "*your consistent thoughts create your reality*" it's only a matter of time before your goal manifests in your actual reality.

# The Benefits Of Goal Setting

- **It gets you results.**

According to research in the US only 3% of the people have written goals, and these people with written goals accomplish *80% more* than those who don't!

- **It gives you confidence.**

Why? Because success creates confidence. And since you know where you start and where you are going, you can measure your success. Every time you get a bit of success, you get a bit more confidence.

- **It motivates you.**

Since you now have something exciting to look forward to, something you can't wait to have in your life, you are willing to do whatever it takes (all your inner work) to get there!

- **It gives you clarity and control.**

How?

Well once you have your awesome goal you now know where you are. In a situation you don't want to be in. And you know where you are going.

Plus, if you're done with goal setting you also know the steps you need to take to get to your desired outcome and how to tackle the obstacles.

Since you know all of this you feel that you are in control -which you are-. This gives you confidence, clarity, motivation and a feeling of control over your own destiny. Which you totally have!

Now since you now know all of the benefits above, help yourself and daydream your amazing goal for yourself together!

Ready? Here we go...

## Goal Setting Exercise

I'm going to ask you a bunch of questions in relation to your upcoming desired social life; your social confidence goal. For every single question I give a random example. Read the whole question including the example to give you an idea as to how to approach the exercise. Then write down your answer in as much detail as possible.

So the first question:

- **What is it exactly that you want?**

Now since your mind does not process a negative, state your goal in the positive. And make it present tense (as if it's currently already true) and specific.

So don't put in there *"I don't want to feel anxious"*.

Since your brain won't hear the negative (don't) it therefore only registers the command *"I want to feel anxious"*.

So change that negative statement to a positive one in the present tense:

*"I feel calm and confident in all social situations"*

Let me help you with specifying what you exactly want. I do this by asking you a long list of questions. Now please, don't stop yourself because you'll think you'll never be able to accomplish them. This is your time to daydream. Answer the questions in as much detail as possible and write them down:

- How do you want to feel?
- How do you want to feel about yourself?
- What do you think about when you are in social settings?
- What does your social life look like?
- What does your dating and sex life look like?
- Are you dating a man/woman?
- Are you having multiple dates?
- Are you with your life partner?
- What do you do in the weekends?
- Do you have a lot of options in the weekends?
- Who do you talk to?
- How social are you?
- How are your conversation skills?
- What happens when you are in a conversation?
- How do you feel in conversation? Can you be yourself?
- What kind of people are your friends?
- Do you have a lot friends?
- What social things do you do?
- Will you be doing a new sport or hobby?
- What do you wear?
- How do you look?
- How's your body language and voice tone?
- How do people respond to you? Do they like you?
- What does your life look like?

Make this as detailed as you possibly can. When I did this exercise a long time ago for the first time I

came back to it over and over until I had written 2 full pages...

So don't hold back; This will be your new life story!

*Here's a quick example :*

*I feel calm and confident in all social situations. I like myself, accept myself completely and am peaceful and happy in general. Other people see me as a friendly, nice person who doesn't take life too seriously and who likes to have fun and joke around a lot. Yet they know that I can be serious and have deep conversations as well. People respect me because I'm always honest and sincere. I say what's on my mind and I disagree if I don't agree. I live with integrity.*

*I am in a healthy relationship with the woman of my dreams. I have dated quite a few quality women before I finally ran into her. She's amazing and I love her and she loves me.*

*In the weekend I meet up with friends on Friday and we go out for dinner and afterwards we go to a bar/club/shoot pool and have a few drinks. I often get calls from other friends asking me if I want to go party or if I want to come over for dinner etc. Lots of options. I know that when I cancel they will understand because they know I'm a busy person and appreciate their invite.*

*On Saturday I play competition soccer with my friends. I love it. In the evening me and my partner often go salsa dancing, or I go out with the boys. Whatever I do I always have the time of my life. I don't feel forced to meet people, but I like to joke around with and meet new people and often we end up making new friends. It actually just goes automatically. Good times. On Sunday I often relax and stay in with my girlfriend, relaxing and having a lazy day and watching a movie or going to the cinema.*

*I recently started Muay Thai boxing and it's awesome. I easily bonded with everyone and I've created some interesting friendships out of this new hobby. I am also training for a fight in the ring. Very exciting!*

*My social skills are excellent. I feel free to tell a story if I want to, jokes come to me naturally and I am fine with looking bad socially. In fact, I find it rather amusing. I don't feel I need to impress anyone or keep a conversation going. I feel completely relaxed in conversation and I make people feel at ease automatically because I'm so accepting of myself and the other people around me. I expect others to like me and in fact, they do. Socializing has become second nature to me.*

*I have a lot of friends. A few close ones that I often meet during weekdays. For dinner, a movie, an event, watch a game etc. I also have some friends I don't see often and do some extraordinary things with. I have a lot of different type of relationships within my social circle because that's what I enjoy.*

*I wear white and blue most often. I have a casual, laid back yet classy style. People respond to me when I talk to them out of respect because they know I respect them and am not just trying to prove myself or impress them. I am genuinely interested in people and that communicates itself causing people to like me. Possibly not everyone likes me though, and I am totally fine with people not liking me. What other people think of me is none of my business. I care if my close friends tell me something about my behavior they don't like, but what random people think of me is none of my business. And I can't care less; I accept myself completely and I love life. And I live my life for ME.*

Now the above is just an example. It absolutely does not have to be like this. You can make it to your ever wish. Maybe you just want a great partner and two close friends and feel at ease talking to your colleagues. Whatever social confidence means to you is perfectly fine. We all have different personalities and we need to choose for what we believe in our gut will make us the most happy.

Now that you are done with this exercise, continue answering the questions 2-7 and then come back to your new life story.

**Question 2:**

Where are you now? Describe your current situation.

*Example:*

*Currently I feel a lot better than a few weeks ago. I have gotten rid of some of my anxiety and I am grateful for that. Right now I am still really anxious around other, but my frustration and embarrassment seems to be gone. My biggest challenge has to do with being the center of attention. Struggling with some facial blushing in situations where I am the center of attention.*

*At home I feel completely comfortable now. And that is such a blessing!*

*I also feel a 3 out of 10 anxiety when I am out buying groceries or when I am leaving my house. In 1 on 1 conversations I do fine when people start talking to me, but when I have to start the conversation myself I still feel very anxious.*

*When I am in a situation such as in an elevator I feel high anxiety. I don't know where to look or what to do with myself.*

*I think I have accepted my anxiety so far and I feel excited to make more progress and change my limiting belief, as I know that if I keep at it, results will be inevitable 😊*

**Question 3:**

How will achieving your goal affect other aspects of your life? Professional life, health, happiness etc

*Example:*

*By me achieving my goal of being completely confident in all social situations my overall quality of life will improve significantly. Waking up will feel great as I can look forward to meeting people and interacting. I will feel free at last! It will cause me to feel happy knowing I can form the relationships and social life that I truly desire.*

*At work I am probably taking on tasks where I have to take the lead with ease. Public speaking? Won't be a problem for me anymore. Discussion with my boss? I'll enjoy those as I can give my opinion and maybe suggest how we can improve things. This might even get me some promotions as my confidence makes me show my best self and this communicates I can handle the challenges that might come my way.*

*Since I won't drain my energy with my negative emotions and negative thinking anymore I feel energized to go to the gym and improve my health and body. I'll look great and feel great.*

**Question 4:**

This one might seem obvious, but think about it. It helps you to motivate yourself...

WHY do you want this? For what purpose do you want to achieve this amazing goal?

*Example:*

*Because I am so sick and tired of not living my life to the fullest. I have big potential if I could just be free of this anxiety. I am tired of waking up and feeling the chore of anxiety every time I get into a social interaction. I just want to be happy, have joy in what I do and have the freedom to try out new things. To travel and live life to the fullest. I don't want to end my life looking back and being*

*disappointed... I want to be happy and proud.*

**Question 5:**

What kind of problems might come up in the process of achieving your goal? And how will you deal with each one?

And how, if it's possible, will you use a problem that comes up to benefit your end goal?

*Example:*

*P: I might run into a problem where I don't know how to overcome it.*

*S: I will turn to all my resources and find a way to overcome it. There is always some piece of information, or a person that will have the ability to help me to take the next step*

*P: I might feel overwhelmed with how much work I'll have to do*

*S: I will look back as to where I had to come from. This will help me realize that I have come a far way already. Then I will agree with myself to focus on just keeping at it, taking small steps and I will eventually get there. I might find some literature that motivates me or I'll hire a coach.*

*P: I might start to think I will never overcome it*

*S: Ha, that one's easy! I now know that this is just a belief so I will use the exercises to get rid of that belief*

*P: I might lose my motivation and just settle*

*S: I will get leverage on myself. I will use one of my friends or family members to motivate me to go on. I will give them a contract where I agree to give them a large sum of money/do long, tedious, annoying tasks for them (cleaning their whole house every day for a month)/do something embarrassing if I don't complete my task.*

**Question 6:**

Consider what the costs are of attaining your goal. What do you have to do to achieve your goal? Think of all the things you have to do (hours you have to invest, inner work you have to commit to etc.). And then ask yourself if, thinking about how resourceful you are now, are you willing to take the necessary effort to achieve your goal?

*Example:*

*The cost of achieving my goal is investing 1 hour every day for the next 90 days. And possibly some financial investments in case I get stuck.*

*YES! I am absolutely 100% determined to achieve my goal!*

Those were all the questions.. Go back over them until you think you're done with this process. After you think you are done with all the questions, go back to question 1. Here you have created your new life story. See if you can improve it some more. Make it sharper, more detailed if possible.

## Overcoming Subconscious Resistance To Your Goal

You have now set a goal of what it is that you want. From all this information you have created a story, your new story; your new reality. Now that you have this, we will deal with the possible subconscious resistance you might have to owning that goal.

We do this by tapping through a specific tapping sequence which you find below.

To be able to go through this specific tapping sequence to overcome subconscious resistance to owning your goal, you need a short sentence which describes/encompasses/represents the core of your goal.

For my clients this sentence that represents the core of their goal is almost always something along the lines of *“feel confident, calm and at ease in all social situations and interacting with people”*.

Once you have that core statement, put that into the tapping sequence below at all places where you find *feel confident, calm and at ease in all social situations and interacting with people* (the common sentence that my clients most often give me).

So replace *feel confident, calm and at ease in all social situations and interacting with people* with YOUR core sentence!

Once you have done this, simply tap the whole tapping sequence OUT LOUD.

*Note: This tapping only resolves the subconscious resistance to achieving your goal. You likely won't notice any change in how you feel whatsoever. So don't expect this. Just do the tapping sequence and you will be successful in overcoming this possible subconscious resistance!*

### The Tapping Sequence

Both Karate Chops against each other continuously:

“E.T. I don't want to ... (insert basic statement of goal ; *feel confident, calm and at ease in all social situations and interacting with people*, I want to accept and respect myself”

“E.T. it's not safe to ... *feel confident, calm and at ease in all social situations and interacting with people*, my anxiety has protected me, and maybe I don't deserve to... *feel confident, calm and at ease in all social situations and interacting with people*, maybe I won't know how to act around people, and I'm afraid of how people will respond to me, and I've been like this for as long as I can remember, who will I be once I am that way? I don't want to... *feel confident, calm and at ease in all social situations and interacting with people*, I won't have an excuse anymore for X not working so I don't want to let it go, I refuse to... *feel confident, calm and at ease in all social situations and interacting with people* but I want to love and accept who I am today anyway”

E.T. I don't want to... *feel confident, calm and at ease in all social situations and interacting with people* for whatever reason, or many reasons, whether those reasons are conscious or not, legitimate or not, I don't want to... *feel confident, calm and at ease in all social situations and interacting with people*, but I want to accept and respect myself right now.

\* Take a breath and shake out your hands.

Once you have done this above tapping sequence, you will have 'opened the door' to getting rid of the remaining blocks to achieving the goal.

© 2008 Social-Anxiety-Solutions.com  
All rights reserved