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Creating an Impossible Goal

1. Write down 10 impossible goals. Use your imagination and don't let any negativity or self-doubt creep in. Think big and bold. This can be something you want to obtain, something you want to create or something you want to achieve. No goal is off limits.
2. Did you pick out any impossible goals that you have already achieved? If not, I want you to come up with 10-15 goals that might have seemed hard or even impossible that you have already accomplished. Again, this can be anything. Some examples might be getting a degree or certification, getting married, owning a fancy purse or even becoming a pet owner. It's your life and your goal creation.
3. Now, pick out one of the impossible goals that you want to accomplish and write it out below. Be as specific as you can. Do not think about I shouldn't, can't or won't. We are still in the dreaming phase.

Goal:

Writing out your goal is an important step in creating results. I now want you to write out your goal in multiple locations so that you can read your goal frequently. Do this now and don't roll your eyes. Put it in your phone, make it your screen saver, put it in your closet or even on your alarm clock. Any place that you see frequently is an ideal location.

In the next couple of days, I want you to come up with three thoughts that make you want to achieve your goal. Write these out too and I want you to start practicing thinking these thoughts. It might feel weird at first but over time you will get used to it. Anytime you think about your goal, you think these three thoughts. Again, write them down and post them different places. These are the thoughts that will drive your feelings and create your results.

Thoughts :

1.

2.

3.

Reasons you cant:

I know that since you've started this exercise, your brain has been on overdrive and has been telling you why this particular goal is impossible for you. On this page I want you to do a thought download about all the reasons that you shouldn't, can't or won't achieve your goal. Spend some time and get all of those negative thoughts out on paper.

Obstacles:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Future Self:

I want you to now pretend that you have reached your goal. Can you see yourself there? Really stretch your imagination. Now, if you have gotten the result you want, I would like for you to write out what you had to do to overcome all of the obstacles that your primitive brain put in front of you. Take a look at your list above and try to come up with at least 3 solutions for each obstacle.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.