BLAKEBEATTIE

# Using the Power of the Timeline in Goal Setting

Warning: Only read on if you are serious about making your goals become a reality! This is a seriously powerful tool that is not for everyone. It is really only a tool for people who have made up their mind that their goal *must* become reality. Go get 'em tiger!

The Timeline

First of all it is important to realize that all learning behaviour is unconscious! And that it is our unconscious mind that encodes our memories. The timeline is the way we store our memories using both our unconscious and conscious mind.

Conscious Mind

Unconscious Mind
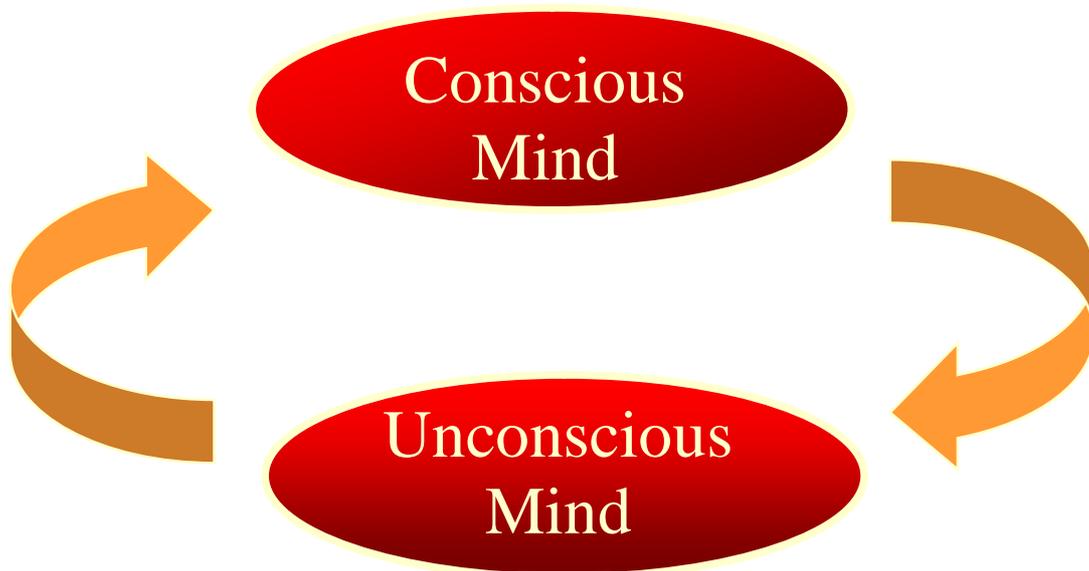
It is how you know the difference between a past experiences and a future one. As you can see from the diagram below, all your memories are organized in a line of significant emotional events (memory gestauls).

Memory Pearls (Gestalts)

Past   Future

                                              Now

Significant
Emotional Events
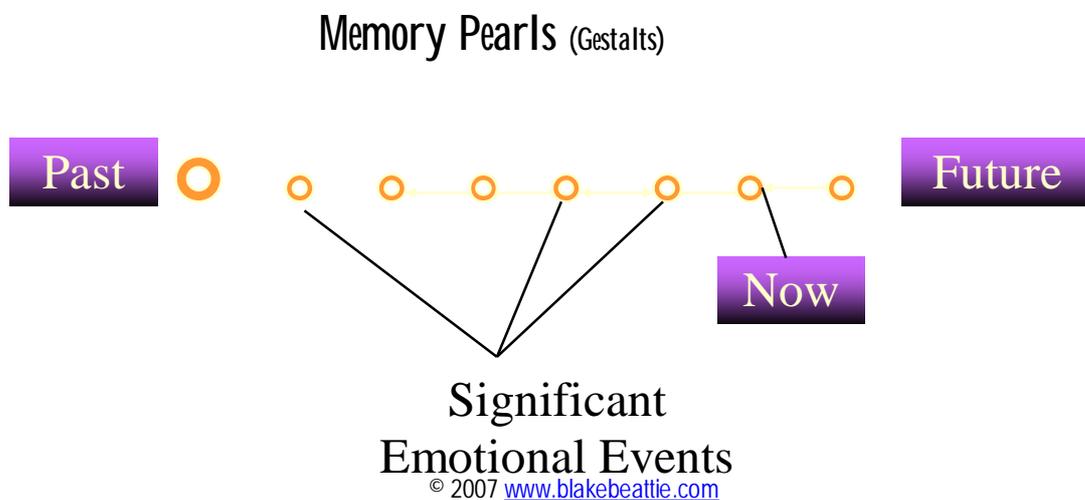
There are two major ways people store their memories.

1. In Time
2. Through Time

Now before you read on, if you had to point in a direction of where your past is and where your future is where would you point? (It helps to close your eyes to do this, and not to think about it too much. Relax and ask yourself the question. There is no right or wrong way to do this. Wherever you point is right for you. Do it now).

If you pointed to your left for your past and the right for your future, you are said to be a 'Through Time'person. If you pointed behind for your past and in front of you for your future then you are said to be 'In Time.' Below are some common characteristics of each type of person. Like any rule, however, there are exceptions.

Through Time *(Side to Side)*

•   Memories are usually dissociated (you can see yourself in the pictures)
•   You will want to get their money's worth in terms of time spent
•   Usually on time and knows what time it is
•   You have difficulty accessing specific memories as they usually get collapsed into a single gestalt (memory).
•   May have difficulty concentrating in a hectic environment.
•   You like working to deadlines.

In Time *(Front to back)*

•   Memories are usually associated (You are looking through your own eyes)
•   Often not time conscious – you will often not realise you are late
•   You tend to be great at being in the 'now'
•   You can be undependable & prefer to keep options open. It helps when someone helps keep you on track.
•   Tend to be more spontaneous & flexible
•   Because memories are usually associated, they are able to go back to specific memories easily.
•   You tend to have poorer concentration over time on long term projects.

Alright, I hear you saying, that's very interesting, but how do we use this as a powerful goal setting tool - patience my friend. You need to have a basic understanding of how it works before you can gain value from the technique.

Timeline in Goal Achievement

Timeline helps in goal setting by using our conscious brain to infiltrate our unconscious mind with the steps leading towards goal achievement. The idea is to insert all the key steps into our timeline. And we do this by utilizing a 'theatre of the mind' technique. Below is the timeline goal achievement script. You might consider getting someone to read this to you in a quiet area rather than trying to remember the key elements if it is easier for you.

"In a moment what I need you to do is close you eyes. Then you are to float above where you are sitting in the room at where you are presently, at this very moment. Whilst above yourself, I want you to look back along you timeline to the moment you were born. And then notice all the significant events of your life begin 'filling in' the timeline up until this very moment. From a toddler, through primary and high school, up until present day. Take a few moments to 'fly' above your timeline so you can see down into the different significant events that have happened in your life. Now, when you are ready, I want you fly back along to your timeline to this present moment. You should be seeing yourself sitting down listening to this program. Again, look along your timeline to all the events that have happened in your past. Now, turn around to see your future timeline. There are some wonderful things that are going to happen in your future. I want you to turn you attention on the goal you really want to achieve and when you want to achieve that goal by. I want you this time to fly into the future, high above your timeline. No I want you put your goal into the timeline. So fly above the moment your goal will be achieved in your life. Can you see it? Now I want you to float down into the moment that you have achieved that goal. I want you to see what you will see, hear what you would hear and feel the feelings that you will feel. Congratulations. You have achieved your goal. Now double the intensity of the feeling. When you are ready, I'd like you to float out of that future memory high above it once more so you are looking down on it. Good. Now from that position, I want you to look along you timeline once more, and notice all the steps being completed between present day right up until the moment you achieve your goal. They are all fitting nicely into your timeline, right up until you achieve your goal. Excellent! Once all the steps have been inputted nicely into your timeline, I want you to fly along your timeline once more back above present day. And when you are ready, fly back down into your body. Good. And when you are ready open your eyes and return to now. You have now inputted your goal into your timeline as well as the important events leading up to its achievement."

Well how do you feel? This is a powerful tool, and my suggestion is you do re-do this activity a few times. You will notice the pictures and memories getting stronger each time, and it will help cement into your unconscious brain as a goal that mut be achieved. There will be no longer any case of could do, should do, or like to do. It will be a case of 'did do.' You have just unlocked your goal achievement timeline – you have certainly now got one of the latest and greatest goal achievement tools at your disposal. Don't dream for too much, because you might just get it!