



# **3 Steps for Creating the Life You Want**

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# Step 2: Define Your Goal(s)



**1. State your goal or outcome positively. Be specific.**  
e.g. I want to have financial security.

**2. By having {your positive outcome}, what will that give you, or get for you?** This question is about understanding the goal behind your goal. This is the 'why' that will motivate you to take consistent action. Why do you want to have financial security?

**3. If you had those things, what would that allow you to experience?** Explore the possibilities and opportunities that achieving your goal would open up for you.

**4. On a scale of 1-5, how desirable is your outcome?** Your goal needs to be desirable, compelling and worth it. If it isn't, go back to step 1 and redefine your goal.

**5. On a scale of 1-5, how achievable do you believe this outcome to be?** If you don't believe the goal to be achievable, or if the goal seems overwhelming, break it down into smaller steps.

**6. How will you know when you've achieved your goal?** Be specific - what will you see, hear and feel? What will you be doing? What will others notice about you? Is there more than one way to get what you want?

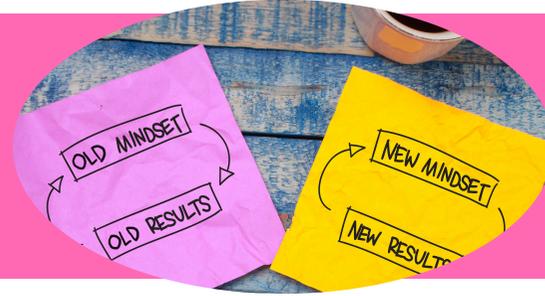
**7. When do you want to achieve this goal by?** Setting a time frame will help you set milestones and take inspired action.

**8. Is achieving your goal within your control?** Make sure your goal reflects the things you can directly affect. If your goal involves other people, make sure it's about what **you** can do.

**9. Are the costs and consequences of achieving your goal acceptable?** How will achieving the goal affect other areas of your life? Will the result(s) be worth the time, resources, and effort involved? What might you have to leave behind or let go of in order to achieve your goal?

**10. What's the first step you're going to take to achieve your goal?**

# Step 3: Clear the Path



## What gets in the way of us achieving our goals?



**Limiting Beliefs**



**Negative Thought Patterns**



**Fear of Failure / Fear of Change**



**Procrastination**



**Perfectionism**



**Overwhelm**

# ***“You are only as limited as your beliefs.”***

## **Limiting Beliefs**

A limiting belief is a belief or decision we make about ourselves and/or our model of the world that limits the way we live. A limiting belief can become a life sentence that unconsciously rules our life.

Here are some common examples of limiting beliefs:

“I’m not \_\_\_\_ enough” (insert ‘good’ ‘smart’ ‘pretty’ ‘skinny’ ‘rich’ ‘tall’ – basically anything!)

“The only way to be successful is to work very hard”.

“Wealthy people are greedy”.

“I am going to fail, so why bother trying?”

“Money is the root of all evil”.

## **Exercise: Challenging a Belief**

**Step 1:** Identify 3 limiting beliefs that have been producing unwanted or negative consequences in your life.

**Step 2:** Use the following questions to understand the negative consequences of this belief on your life:

**Because of this belief...**

- I didn’t even try to \_\_\_\_
- I am close minded about \_\_\_\_
- I have never opened myself up to \_\_\_\_
- I have made dozens of assumptions about \_\_\_\_\_

**Step 3:** What do you now choose to believe instead?

**Step 4:** What opportunities and possibilities are available to you now?

# *"A negative mind will never give you a positive life".*

## **Negative Thought Patterns**

Your mind controls your emotions, your behaviours and your relationships. Is your mind currently leading you astray, or is it leading you towards the kind of life you want to live?

How we perceive a situation, or an obstacle, is down to how our brain has processed and filtered information that has been presented to us over the years from childhood through to adulthood, enabling us to build our own individual model of the world.

Your experience of something is affected by the perspective you view it from. You have an ability to frame any situation in a way that leaves you feeling self-empowered and strong. Any situation you're faced with, with the power of positive perspective you can re-frame the situation, or frame it in a way that makes it positive to you.

## **Reframing Your Thoughts**

When faced with a situation that would usually prompt negative thinking, use the questions below to change your perception. Choose what meaning you would like to give to a situation to leave you feeling empowered.

"What is the positive intention here?"

"What if the biggest challenge in front of me is the greatest gift to send me to the next level?"

"What else could this mean?"

"In what way could this be positive, or a resource?"

"What might be useful about this experience?"

"How else could I interpret the meaning of this situation/behaviour?"

"What could I potentially learn from this?"

"How is this happening FOR me?"

"What do I get to experience that I would have never experienced before?"

# *“What you fear doing the most is usually what you most need to do”.*

## **Fear**

We are born with only two innate fears: the fear of falling and the fear of loud sounds.

Fear is an adaptive behaviour that we have to help identify threats and when you are working towards a goal, you are often required to step outside of your comfort zone and do things you haven't done before, and think in new ways. The brain's response to the unknown or uncertainty is to encourage you to stay safe and stick with what you know - the familiar and the predictable.

Fear in itself isn't bad. Fear can be a motivator to take action. But, being controlled by fear is damaging.

“I can have fear, but I need not be fear - if I am willing to stand someplace else in my inner landscape”.

## **Exercise: Reducing Fear & Overwhelm**

**Step 1:** Write down anything and everything that is on your mind. Keep going until there's nothing left.

**Step 2:** On this list, what can you control and what can you not control? Looking at the things you **can control**, ask yourself “what would I like to happen instead?”

**Step 3:** Then, ask yourself “what is the first step I can take to make this happen?”, and write down the answer next to each point.

**Step 4:** What is the **one** thing you can do that will have the **biggest** impact for you? **Start there!**

# "What you resist, will persist".

## Self-Sabotage

Self-sabotage can be described as a behaviour which deliberately, although mostly unconsciously, stops us from achieving something. There are also times when you know what you need to do, but you might not do it anyway.

### What does self-sabotage look like?

- **Procrastination:** Do you tend to put things off that are important to you?
- **Self-criticism:** Do you make statements of low self-worth to convince yourself not to do things you want?
- **Indecision:** Do you really want something, but when it actually starts to happen you decide maybe you don't?
- **Destructive habits:** Do you have destructive habits that seem to come into play when the things you want might happen?

## Exercise

### Step 1: Identify the pattern.

"I want to stop X, but I can't".

### Step 2: Understand what the pattern is trying to achieve.

What is its positive intention for you?

"By doing X, I get {positive intention}"

### Step 3: What other habits or behaviours could you do that will satisfy this need?

To get {positive intention}, I could also do Y and Z.

# Meet the Author

## **My Background**

My name is Rachael and I am the founder of Simply Veterinary Coaching. Some of you may also recognise me as the Director of Simply Veterinary Specialist Headhunters..

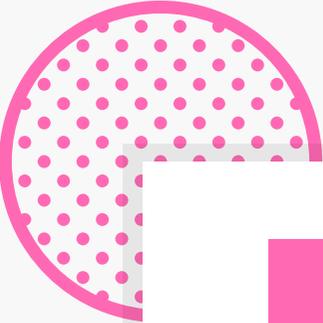
I have spent almost a decade serving the veterinary industry connecting people with their dream jobs, but for me it was never just about that. It was about nurturing relationships on a career coaching level, helping people to uncover their potential, to become more and achieve more. During this time, my work became as much about someone's personal life as it was about their professional life. After all, both are so heavily intertwined, and being happy or unhappy in one area has a direct impact on the other. I felt called to provide veterinary professionals with another level of support and guidance so that if anyone was looking to invite positive change into any area of their lives, they could celebrate both the exciting and scary parts of taking a new path with a qualified and trusted adviser by their side.

## **My Story**

After experiencing a tremendous amount of personal and professional growth prompted by a myriad of obstacles and challenges being thrown my way, I found the world of Coaching. The day I engaged the services of my coach (who is still my coach to this day!), my world changed. Coaching enables you to face all of life's challenges with renewed insight and clarity. It's about being empowered to make choices and decisions, guided every step of the way. With the support of a coach, you find inner strength you often didn't know you had.

Coaching changed my life and after qualifying as an NLP Practitioner and Coach I'm ready to do the same for others!





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