

Your Extraordinary Self[®] Blueprint for Change

Welcome! We are so happy you are joining us on the Extraordinary Self[®] journey. Please print and fill in this *Blueprint for Change*. Start by choosing your goal(s) based on the Extraordinary Self Transformation Program for which you signed up. Then, continue to your *e-Course* to make the change(s) you want. We want those changes for you, too! Also, please come to Success Time each Wednesday at 7:00 with your *Blueprint for Change* available to reinforce your changes, troubleshoot obstacles and stay motivated. You will find the Success Time Zoom link in the Welcome Letter that was emailed to you when you purchased your Transformation Program or Coaching Session(s). We will be thrilled for you as you develop more Inner Satisfaction and Outer Success. — *Warmly, Donna and Dr. Diane*

Instructions: Setting Your Success Goal

Let's get started! Think about what change(s) will lead you to deeper satisfaction and the success you seek for your Career, Relationship or Self.

Set a goal, based on the Extraordinary Self Program you chose, that is within your control or influence. For example: Rather than say, “I want (a famous person) to ask me out,” *your goal might be:* “I will learn how to attract person x.” ***Note the difference.*** *You may not be able to control or influence what someone else does, but you can control what you do.*

A Self Goal might be to gain control over your emotions, lessen negativity, not let yourself be triggered in some way, increase your self-confidence, develop more self-worth, find your passion, etc. - so long as your Goal is within your control or influence.

A Relationship Goal might be to become better at influencing your partner, figure out how to balance responsibilities together, or negotiate for what you want.

A Career Goal might be to learn a new skill, get a specific job, get accepted into a college program, learn how to negotiate a raise, earn a promotion, procure a raise, etc.

Choose the change you want most and prepare to write it in the box below.

Whatever goal you choose, take a moment to think about the specific outcome you want. Then turn that outcome into a Goal Statement, starting with “*I will ...*”

Start with one goal so that you do not become overwhelmed. You can add more goals later as you begin using your Extraordinary Self Tools for Change. The Extraordinary Self Transformation Programs’ e-Courses ,and optional Coaching Sessions, are designed to guide you through, step-by-step. Participating in weekly *Success Time* sessions will help you stay on track.

Write Your Goal Below.

Make sure to state your goal in the positive, saying what you want instead of what you don't want.

I will:

Set Your Timeframe (Due Date)

By when do you need to achieve this outcome? Sometimes setting a due date for goal achievement is hard because you don't know specifically what and how you have to change, learn, or do. Use your best guess.

Set a date from anywhere from a month to a year from now. If you are targeting a big goal that you think will take longer, set a sub-goal (part of your bigger goal) to achieve within a year.

I will reach my goal (or sub-goal) by (date):

Instructions: Make Your Goal Come Alive

A very important part of your Blueprint for Success — Digging in with all your senses is a powerful contributor to goal achievement! Your brain needs a clear target to go for.

If you don't have a target that you can see, hear, or feel in your mind, it is harder to change.

Take a moment to think about and/or *visualize* what your goal will look like, feel like and sound like when you reach it – pretending that you have already reached it.

Remember: You can't change another person, but you can influence them by acting differently yourself. You can learn to control your own part in almost anything!

What Will Your Goal Look Like When You Reach It?

What does success with your goal look like to you? What are seeing around you?
Write your answer(s) here as if you have already reached it (ex. I see...):

What Will Having Reached Your Goal Sound Like to You?

What are you saying to yourself? What are others around you be saying? What else are you hearing happening around you if anything? Write your answer(s) here as if you have reached it (Ex. I hear...):

What Will You *Feel* When You've Reached Your Goal?

What are you feeling? Write your answer as if you have already reached your goal. (Ex: I feel ...)

Let's Make a Mind Movie!

Imagine you have reached your goal! Now that you've written about it, close your eyes and imagine you step onto a moving walkway that carries you along to your future. Then, see yourself standing in your new future, having achieved your goal.

What are you seeing with your own eyes? What are you hearing with your own ears? What are you feeling inside your own body?

After you've made your mind movie, write about that experience below:

Write what you were seeing around you in your future – with your goal achieved?

Write what you were saying to yourself and saying out loud. If there is another person in the movie, what are they saying as you interact with them differently – now that you have reached your goal.

Write about what you were feeling in your future with your goal in hand.

Good! Has using your senses helped you? If you have trouble visualizing, keep practicing. Just allow the words to flow, listen to your inner voice, and let your subconscious guide you along to success.

List the Positive Consequences of Reaching Your Success Goal.

What will be the positive consequences of reaching your success goal? What good things will happen? What will having your goal do for you in a positive way?

List the Negative Consequences of Reaching Your Success Goal.

What will be the negative consequences of reaching your success goal, if any? Whom will it negatively affect? How does knowing this affect you? What will you do to counter this?

Write your thoughts below.

Past Performance

Why do you think you have not reached your success goal in the past?

This is an important self-understanding question. Sometimes we stop ourselves from moving toward a Goal because we think it is too much work, or too much change, or too much fear of failure, or too scary or anxiety-producing.

Sometimes we just don't know what we have to change, learn, or do to reach our goal.
And sometimes, we just become overwhelmed.

Do the best you can in answering the questions below:

What might be your reasons for not having reached your goal already?

What do you think you need to learn, unlearn, change, or do to reach your goal?

More specifically: What beliefs do you think you have to change in order to reach your goal?

What new beliefs do you need?

What feelings and emotions do you need to manage and/or change in order to reach your goal?

How will you need to change your inner Self-Talk to in order to reach your goal?

List Self-Defeating Patterns of yours that need to change in order to reach your goal?

For example, patterns might include a quick rise to anger, frustration, giving up easily, perfectionism, ongoing fear of failure, sense of overwhelm, guilt, anxiety, and/or negative comparisons, among others.

*Which patterns get in your way now? **Write your answer:***

What communication patterns need to change in order to reach your goal? For example, do you get angry or frustrated with your partner or staff before you resolve issues? Do you have difficulty explaining yourself or staying calm during high-stakes conversations? Write about any trouble you have sharing your thoughts. Write about patterns of feeling stuck when you are trying to resolve issues with others. What gets in your way?

Preliminary Action Planning

List at least one thing you can do in the next week to help move you toward your goal.

How will you know you've done it?

List three things you can tackle in the next three months to move you to your goal.

How will you know you've done them?

Staying Accountable to Your Success

What will you do to ensure you do what you intend? Examples: *I will do this by (a specific date). I will keep a checklist of my progress. I will keep a journal to review, reflect on my progress and learn from it. I will ask for help or find the resources I need. Write how you will be accountable below.*

Rewarding Your Progress

Many of us are motivated by the proverbial “carrot dangling on the stick” in front of us. The carrot is like a goal reached. We want that reward! Anticipated rewards, including the simplicity of self-acknowledgement, go a long way toward keeping us motivated. Even a small pat on your own heart, a special treat, a dinner out, or some way of marking your success can help you feel good about your progress. Feeling good is a great way to stay motivated!

How will you reward yourself at each step toward your goal? Write your answer(s) here:

Congratulations on Completing Your *Blueprint for Change* and Next Steps!

Remember — Filling out the Extraordinary Self® *Blueprint for Change* is a powerful **first step** toward your Extraordinary Future. Hopefully, the questions you've answered have provided you with more clarity about your goal(s) and got you thinking about how to achieve that.

Just as a caterpillar stuffs itself full on leaves, and spins a cocoon in *preparation* for its transformation, it still must take time to process its change into a glorious butterfly. *All that went before was preparation!* And, as with a caterpillar's DNA blueprint, human change does not happen simply because there is a plan. The body and mind also require resources and efforts to change and grow.

This *Blueprint for Change* is a stepping stone in the growth process, to help move you forward. You still need to do the “processing” work, and that is where the content of our e-Courses come in.

Each Extraordinary Self e-Course guides you *step-by-step* through a change process rooted in motivational and learning psychology - as well as Neuro-linguistic Programming (NLP), a proven strategy for identifying, modeling, and training patterns of excellence.

Our Transformational Programs begin with this Blueprint. Then, our e-Courses lead you through intensive ability development for the in-depth inner changes necessary for the successes you want. As you do the work, i.e., e-Course exercises, journaling, and filling in the *Goals/Action Plan* and *Accountability* tools in your course(s), you will power up and speed your transformation.

No one else can change you. Inner change is a gift you must give yourself! Do the work and you will transform to your Extraordinary Self! *Thousands of others using the same tools have proven this possible.* Extraordinary Self tools and tracks are “outer resources” designed to help you develop the strong “inner resources” to see you through!

As you work through the change process, you will: *Immerse* yourself in transforming beliefs — from limiting to liberating; *Learn how* to shift thoughts and emotions from negative to positive; *Position yourself* to eliminate roadblocks that held you back in the past. And, as you *become* your Extraordinary Self, you will *feel more empowered, fulfilled, and successful.*

Commit to the journey! In the words of Winston Churchill, “*Stay the course!*” Work through each e-Course lesson, do the exercises, listen to the visualizations, and use all the tools we've created for you. And **practice, practice, practice** what you learn! For weekly support, troubleshooting and reinforcement, join our *Success Time* hours, open exclusively to people enrolled in our programs. Join our online *Success Circles* chats online and in-person support groups, where available. Also, consider optional support services, such as private Coaching and/or) take advantage of our Master Pass, Online Retreats, Webinars and Workshops — all designed to keep you on track to mastery.

We Wish You Continual Inner Satisfaction and Outer Success! — Dr. Diane and Donna