



20 - 60 minutes

Handwriting Goals

Modern psychology is providing much evidence that we are largely governed by our unconscious mind, operating from stored knowledge and beliefs that we learned at an early age.

But with conscious thought and effort we can rewire and re-programme this in our brains and minds.

As Willie Horton uses the example in the video series, Cassius Clay (aka Muhammad Ali) would visit the place that he was next in the ring. He would sit and imagine and write down exactly how it felt to have already won the fight and what each sense was giving him in that reality.

He would write not only what he was feeling, but what he saw, heard, smelt and tasted, what it felt like to hold the victory cup in his hands.

This may seem to you like fantasy talk from successful people however, psychology and neuroscience (where scientists study the brain activity) is confirming that these practices are very effective and perhaps your suspicions are just arising from your previous learnt knowledge?

Test it out yourself and give it a go!

EXERCISE: Take some quiet time to yourself and think about what it would be like when you have achieved your goal.

Write down (and this is more effective to do by hand) exactly what you would see, hear, taste, smell and feel and exactly how you would be feeling on the inside.

Write it in the present tense as if it has already happened and don't let current beliefs cloud your picture – if you don't believe it will happen – it won't.