



# Sylvia Becker-Hill

Mastering the Power of Strategic Change™

...with Neuroscience and Emotional Intelligence



## **“2011: A Year of My Own Design!” The Change Master’s Design-Your-Year Process™**

1. Goals only make sense and serve as positive, motivational forces when they are steps on the way towards fulfilling a vision. Most people overestimate what they can achieve in one year but underestimate what they can achieve in ten years.

Therefore, relax, sit back and allow yourself to dream and to think BIG as you answer the following questions:

Where, how and with whom will you live 10 years from now, in 2021?

How will you feel?

What will you think?

What will you do?

What will you own?

Describe the pictures of your dream with as many details as possible. Use active verbs in the present tense, as if everything is happening right NOW. Use as many inspiring adjectives as possible. Feel wonderful while you write down your big, beautiful dreams!



2. What must happen by the end of 2011 in order for your vision of 2021 to come true?

Formulate 3 to 5 goals using the word "I" and active verbs. Don't use auxiliaries like "want" or "will" and avoid words like "maybe." While formulating your goals, keep the end result in mind. Cover the most important areas and roles of your life: family, business, career, health, fitness, community, volunteering, money, education, learning, sense of purpose, spirituality, etc.

Goal 1:

Goal 2:

Goal 3:

Goal 4:

Goal 5:

Write your goals on an index card. Carry it with you and read it several times a day for at least 30 days. Observe what happens. Be open to unusual encounters, opportunities and surprising information. Evaluate your goals after 30 days and adjust if necessary.

3. In order to reach your goals, it is important not only to have a precise plan but also to have a strong conviction that you will achieve them!

On a scale of 1 to 10, rate how strong your belief is that you will reach your goals, with "total conviction" = 10 and "nothing but doubts" = 1. Do this for every one of your goals. You can use your list above and write your level of conviction next to each.

As soon as one of your goals rates less than a 10, you know you have some work to do. In those cases, find proof that you have already achieved things that are similar to your new goals or that could lead up to reaching your new goals. Do this until the strength of your belief is a 10.



4. While you are lying in bed at night, imagine how you will feel when you have reached your goals. Try to experience your feelings as if your success has just been achieved, right NOW. Enjoy these beautiful feelings and carry them into sleep with you. Do this as often as you can without getting fixated or obsessed with it. Try to keep the process light, full of trust and confidence.
  
5. Most of the time success is not the result of one big action but rather the accumulation of several small goals and aligned habits. Each month choose one goal to focus on and ask yourself, "Which new habit, if established daily, would make the biggest difference in helping me reach this goal?"  
  
Commit yourself to this new habit. Simply do it without hesitation for at least four weeks. (Daily habits are the most powerful ones!) After establishing one new habit successfully, choose the next new habit to aid with reaching the same goal, or move on to a different goal. Continue until you reach your dream destination.
  
6. Whatever you do, the most important thing is that you feel good while doing it!

*Congratulations!*

By answering these questions you have done more mental reflection and consciousness work than 98% of people normally do.

May this work on your vision and your goals bear the desired fruits so that at the end of the year, you can proudly say, "2011: a year of my own design!"

I look forward to hearing about your successes.

*With dedication,*

*Your Executive Change Strategist, Neuroplasticity Trainer and Personal Coach*



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Sylvia Becker-Hill

[sylvia@becker-hill.com](mailto:sylvia@becker-hill.com)

