



Know what you want in your relationship

To be successful in life we need to look around at the most successful people and see what they are doing, or get expert advice to help us achieve the success we want. Tony Robbins says success leaves clues. We need to examine the steps taken by someone outstanding and apply them to our own lives. Don't reinvent the wheel: look at elite athletes, extraordinary business people, and other very successful people. These people have the same things in common that build success. In contrast, we can also look at unsuccessful people and notice that they have the same things in common. If we can apply this to our own life – take on board the helpful elements, and toss aside the unhelpful ones - we can achieve the same outstanding results. It is said that we need to be standing on the shoulders of giants.

What do you want your relationship to look like?

The first step to achieving success is to know what you want in your relationship. What is the goal you want to achieve? If you aim at nothing, you'll hit that target every time. Most people are good at the language around what's wrong, what they don't want. Few people really know what they want. People wander along without a desire to master their own destiny. We need to take the time to work out what our dreams are; we need to understand what we want. We need to intentionally aim in order to achieve our dreams. We owe it to ourselves to ask the question "What do I need to do today to get the life I want?" What we focus on in life is what we get. We need to shift our focus onto our ideal outcome. As Richard Branson says, "Set huge challenges and rise above them."

Once you have both decided together on your relationship goal, write it down and keep it in a place that you will continually refer to it, to reinforce it in your mind. Seek expert advice to support you achieving your goals.

At least twice a day you should rehearse how it feels to achieve your goal. This conditions your nervous system to emotionally enjoy the feeling of fulfilment you get when you achieve your goal. This is important because it creates within your body a desire to experience that feeling, increasing your motivation to work towards the goal.

Take massive action

Once you know your outcome, the next step is to take massive action. If issues stand in your way and need to be dealt with, get help. Make a conscious decision that you don't want to stay where you are, and do something about it. You need to take consistent action all the time to move together closer to your goal. You can't just *hope* it's going to happen: you need to get out there and do it. Ideas can come and if you don't do something about it, you are wasting the opportunity. If you don't take action, it's as if you never had the idea in the first



place. Imagine someone else having the same idea as you, and you meet them later on and they have taken massive action and achieved their goal (*your* goal), but you didn't take any steps in that direction and you haven't come close to achieving the goal. You feel terrible: they may be having the relationship success you wanted.

Consistency is key

We are what we repeat. For example, if we join the gym and for the first seven days we are active, then the next week we are only active for five days, then the following week only three days and then because of a public holiday only one day...we have lost momentum. We have given ourselves permission to not improve our outcome. What we need to do instead is something – even if it's only a few minutes each day - that makes us move forward. We need to have it consciously in our thoughts to build momentum. That's where coaching comes in. Regular coaching sessions keep goals at the forefront of your mind and provide support to overcome obstacles.

The bigger benefit in achieving goals

As Tony Robbins says, achieving goals by themselves will never make us happy in the long term. It's who you become, both individually and as a couple, as you overcome relationship obstacles, such as addictions, that gives you the deepest and most long-lasting sense of fulfilment. In other words, the question you need to ask is what kind of person will I have to become in order to achieve the relationship that I want.

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