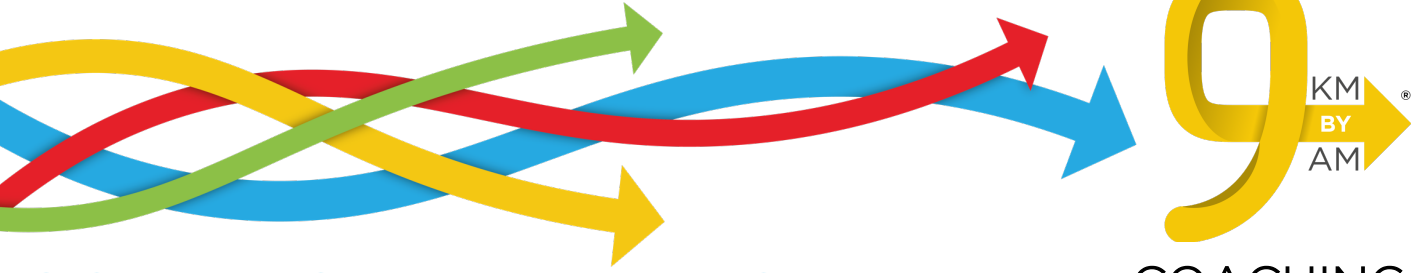


# NIGEL JONES

ALCOHOL-FREE & SELF DEVELOPMENT COACH



## GOALS GET WISE ABOUT WHYS

**COACHING**  
CHALLENGE YOURSELF

*When you change your story you need a why.  
In the words of Nietzsche, "He who has a why  
to live for can bear almost any how."*

Imagine asking the captain of a ship, 'Where are you heading?' and they say, 'I don't know.'

Make the journey the goal and the targets are more likely to fall into place. The goal is the journey NOT the destination.

Turn your goals into projects. With a project, you are always learning and growing. You can't fail a project because it's on-going.

'If you have more than three priorities you don't have priorities'.

It's easier to set goals for today if you have goals for the week. It's easier to set goals for the week if you have goals for the month, and so on.

Make sure your daily goals put you on the best trajectory to achieving ALL of your goals.

### MY JOURNEY GOALS...

- Journey Goal 1 - Every day, do not drink alcohol today
- Journey Goal 2 - Every day, get up before 5.30am and go for a minimum 9km walk
- Journey Goal 3 - Every day, meditate for 15 minutes



### MY WHYS

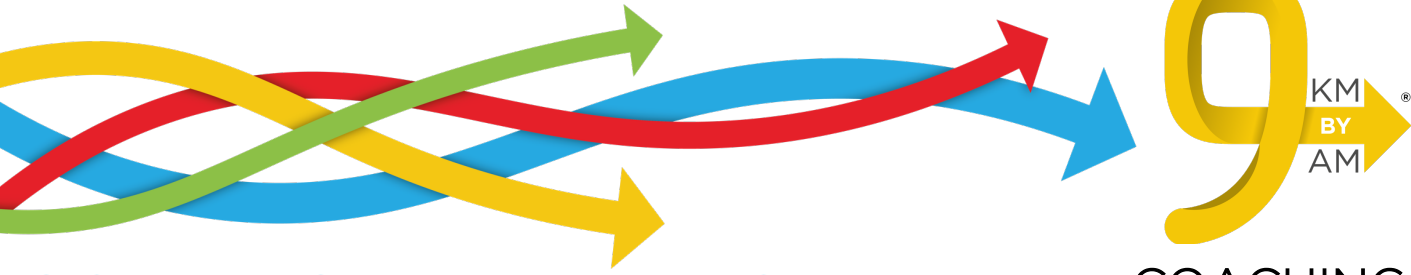
My whys are simple - they are my wife, children, mother, family... I do it for them. I show up every day for them.

**YES YOU CAN**

[www.9kmby9am.com/coaching](http://www.9kmby9am.com/coaching)

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Do not look up at Everest and fear its height. Instead look down on it and look at the journey as a series of small steps.

Each step making you stronger and having more power and confidence to keep moving forward and take the next step. Just like the ancient Chinese proverb attributed to Lao Tze which says, 'A journey of 1,000 miles starts with a first step.'

Set your moon shot as your target and then come back down to earth on the journey to achieve it.

A change in one behaviour will activate a chain reaction and cause a shift in related behaviours.

If you take a standard domino and push it into another domino it will knock it over. But here's the interesting bit, the domino being knocked into will fall over even if it's larger, up to 50% larger.

This is called the geometric force in physics. So if the first domino is four centimetres high then it can knock over a domino six centimetres high and that domino can knock over a domino nine centimetres high, and so on. The effect shows that behaviours effect each other.

*If you start with a standard five-centimetre domino, then by the 17<sup>th</sup> domino you would have knocked over a domino as high as the Tower of Pisa; by the 23<sup>rd</sup> a domino as high the Eiffel Tower; by the 31<sup>st</sup> a domino as high as Everest and by the 57<sup>th</sup> a domino that would touch the moon - so you would get your moon goal!*

You can achieve so much more than you ever thought possible by just knocking over the first domino and building momentum towards your goals and dreams.

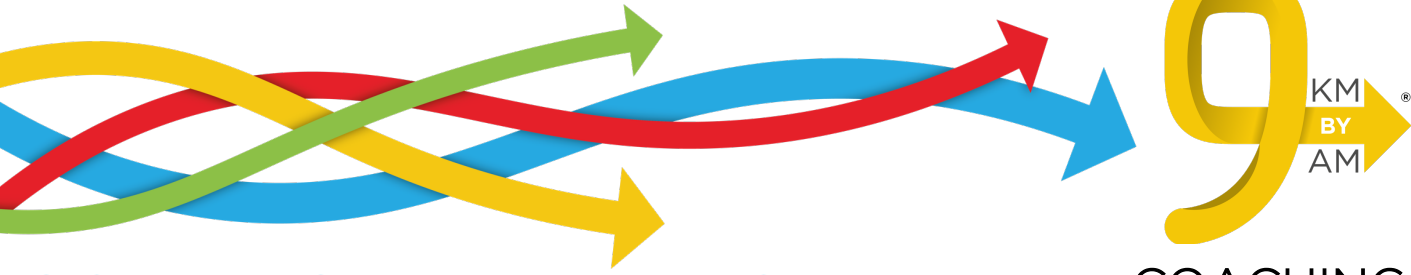
In the words of Stanford professor BJ Fogg, 'You can never change just one behaviour. Our behaviours are interconnected, so when you change one behaviour, other behaviours also shift.'



<https://www.youtube.com/watch?v=5JCm5FY-dEY>

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### WORKSHOP - GOAL SETTING TO THE NOW

MAKE A 5-YEAR PLAN TO MOVE TOWARDS YOUR BEST YOU.

Based on your 10 years goals where would you need to be in 5 years to make sure you're on track?

For example, if your 10-year goal was to gain a PhD, would you need to have completed your Masters within 5 years? If you want to climb Everest, would you need to have climbed a certain mountain in 5 years to demonstrate that you are on course for the big one?

Using both your ten year and five-year goals as a guide, let's create a detailed BEST LIFE PLAN for the next year.

What goals will have a positive influence on the subsequent goals?

Can you map out a full year of goals that will build on one another to make the later goals much easier to achieve?

Play around with the order to optimise your chances of success.

Complete the following...

Someday Goal	What's the one thing you want to do someday?
Five-Year Goal	Based on your someday goal, what's the one thing you can do in the next five years?
One-Year Goal	Based on your five-year goal, what's the one thing you can do this year?
Monthly Goal	Based on your one-year goal, what's the one thing you can do this month?
Weekly Goal	Based on your one-month goal, what's the one thing you can do this week?
Daily Goal	Based on your one-week goal, what's the one thing you can do today?
Right Now Goal	Based on your daily (today) goal, what's the one thing you can do right now?

### WORKSHOP - JOURNEY GOALS - BEST LIFE PLAN

Write down three things that you can do every day or regularly that will help you work towards achieving all your goals.

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