🗣️ Pre-Talk Script – "Creating Goals That Actually Work"

(Use this as a guided, semi-hypnotic preamble to educate and engage the client before beginning the exercise.)

"A goal is more than a wish—it's a decision followed by direction. And yet, many people set goals that feel exciting at first but slowly fade or overwhelm them. Often, it's not the person that failed—but the structure of the goal that wasn't quite right.

Today, we're going to use something called the **SMART goal framework**—a method that helps us turn vague hopes into real, measurable steps. SMART stands for:

- **Specific** – Is your goal clearly defined and focused?

- **Measurable** – Can you track your progress or know when you've achieved it?

- **Achievable** – Is it realistic for you, given where you are right now?

- **Relevant** – Does it truly matter to you? Does it align with your deeper values?

- **Time-bound** – Have you given it a deadline, even a soft one, to help move it forward?

SMART goals are powerful because they **restructure your inner map**. They shift your mind from 'maybe one day' to 'I'm moving toward this now.' Studies in coaching and psychology show that people who write SMART goals and revisit them regularly are far more likely to succeed and feel fulfilled in the process.

Today, we'll craft one or two SMART goals together—not to push or pressure you—but to **invite you into a more empowered relationship with your future.** We'll also make sure they're congruent with your values and identity, so they feel good in your body, not just your mind."

⏱️ Client Session Structure – "Building SMART Goals That Fit"

Step 1: Explore the Desired Change (10 minutes)

Use open-ended questions to get clear on the client's desire:

- "What's something you'd like to work toward or change right now?"

- "What difference would that make for you?"

- "If we were to build a small, doable step toward that change, what might that look like?"

If you wish, bring in your **Well-Formed Outcome** form here to dig deeper into sensory detail, ecology, motivation, and alignment.

Step 2: Introduce the SMART Framework (3–5 minutes)

Review each component with the client and jot it down on paper or a shared screen:

- **Specific:** What exactly do you want to do?

- **Measurable:** How will you know when you've done it?

- **Achievable:** Is this realistic and within reach for now?

- **Relevant:** Why does this matter to you personally?

- **Time-bound:** When will you complete or review this?

Example output:
"I will walk for 20 minutes, three times this week, after dinner, to help boost my energy and clear my mind."

Step 3: Elicit Somatic Congruence (Optional NLP Integration)

"Close your eyes for a moment and imagine yourself following through on this goal.
Where do you feel it in your body? Does it feel light, heavy, energizing, or resistant?
Is there any part of you that wants to adjust it? Let's listen."

This helps refine the goal to match internal readiness and remove unconscious resistance.

Step 4: Affirm & Reinforce (Mini Hypnotic Close)

"This goal is now part of your map—clear, grounded, and reachable.
Each time you take a small step, you're proving to your mind and body that change is already in motion.
It's not about pressure—it's about alignment. And this, you can do."

📝 **SMART Goal Homework Sheet**

(Provide as a printable handout or editable form.)

🌟 SMART Goal Planner

1. What do you want to accomplish?
(Specific)

2. How will you know you've succeeded?
(Measurable)

3. Is this realistic for you right now? Why or why not?
(Achievable)

4. Why is this goal important to you personally?
(Relevant)

5. When will you complete or check in on this goal?
(Time-bound)

Reflection Questions:

- What small step can I take today to move toward this?

- Who can support me or hold me accountable in a kind way?

- How will I celebrate when I follow through?

✅ **Weekly SMART Goal Tracker**

Day	Goal Step Completed?	✔	Notes / Adjustments
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			