

## **CHAMPIONS AND HIGH ACHIEVERS ARE MADE OF HABITS.**

### **Master the Habits of Success and High Achievement**

by Dr. Michel Gagne

High Performance Lifestyle Coach and Consultant

Achieve your life's goals. **The THETA MIND techniques, work directly with your subconscious mind, giving you a deep conditioning experience and transformation that lasts.**

**The THETA MIND PROGRAM** of High Achievement is a powerful self-improvement system that reveals the secrets of made achievers, giving you the tools, skills, and insight necessary to reach any goal you desire in life, business, work, and sports. You' will incorporate the characteristics of success into every fibre of your body.

A model for high achievement: Have you ever wondered why some people, with apparently no greater ability than you, have all the "results" on the road to personal and professional success?

Through five years researching this question conducted at Harvard, Yale, Stanford, and the University of California, they discovered 21 characteristics common to high achievers. They have identified a pattern of attitudes and habits associated with high achievers.

Condensing this research, we have created an ideal model of the high achiever the very essentials of accomplishment. **This model of high achievement provides you with a vivid picture of the mental, emotional, physical, and financial attitudes of the world's most successful individuals.**

**This Model of High Achievement will enable you to assimilate these characteristics into your own personality. \*You will Master the habits of success: Through this presentation, you will discover a series of multi-sensory exercises, assessment and lessons that will help you make high achievement behaviour a daily habit.**

**You'll compare your strengths and weaknesses to those of model high achievers. \***

## THE IMAGE OF ACHIEVEMENT

The great Renaissance artist Michelangelo was once asked about his secret of creativity. He said, "**What I desire, I must first imagine. What I imagine, I create!**" He explained as a sculptor his task is to first see, in his mind's eye, the detailed statue entombed in stone. The act of creation, he said, was simply freeing the statue with his chisel from its marble prison

The power of the mental image has always intrigued humankind. The preconceived image or "vision" is the power that motivates human action and drives creation.

**The Power of Modeling** The most advanced studies in the behavioral sciences have proven that we learn best through modeling—patterning our behavior after someone else's. People who choose to pattern themselves after models of success become successful themselves. The **The THETA MIND PROGRAM** of High Achievement not only creates the best role model you could possibly have—a "Model of Achievement" based on the world's great achievers—but it also teaches you how to make their winning attitudes your own. The first step in this exciting and powerful process is to give you the most vivid and detailed description of the behaviors, beliefs, and attitudes of an achiever that you've ever been exposed to. You will turn this into powerful images of achievement that will begin to give you power over yourself and your environment.

**The 21 Habits and Characteristics of Success** What are those elusive traits that divide the world into the haves and have-nots of success? DeVore's thorough research revealed 21 characteristics common to high achievers—the very essentials of accomplishment.

**These 21 critical habits and characteristics form the basis of the powerful "Model of Achievement"—a vivid picture of the mental, emotional, physical, financial, and spiritual attitudes of the world's most successful individuals.**

Once you understand the specific success methods of high achievers, you'll be able, for the first time, to get a clear, conceptual image of your own goals and aspirations. The next step is to make those characteristics a part of your own personality.

**Images of Achievement—More Than a Dream.** The **THETA MIND PROGRAM** of Achievement provides you with a powerful learning system that allows you to incorporate the 21 habits and characteristics of high achievers into your own mind and body.

We've just taken it for granted that somehow it influences our behavior. Now, new research in neurology, psychology and quantum physics gives us new insight into the power of the mental image—the dynamics of visualization—the "image of achievement" and its relation to personal goal achievement and success.

We used to believe that achievement was "mind over matter." This new research now tells us and confirms "**mind is matter.**" The images we create in our minds about ourselves and our life are interpreted by the physical world as "real" and ultimately become reality. The 10 sessions **THETA MIND PROGRAM of Achievement** online program teaches you step-by-step how to harness this power by setting powerful life-enriching goals and achieving them by transforming them into the language of your mind—**clear, sensory-rich and detailed, core level, emotion-provoking images of achievement.**

Achievers seem to know how to create powerful images of success that seem to bend reality to their will. These images also provide the emotional and motivational fuel necessary to sustain the physical effort and time required of lasting achievement. Now, with *The Neuropsychology of Achievement* you'll be able to sharpen and harness this same power. The results will be beyond anything you'll ever dream. *(For more detail on great achievers go to SyberVision's The World's 100 Greatest People Audio Collection. It was the study of these people's achievement strategies that led to the creation of The Neuropsychology of Achievement and the THETA MIND PROGRAM)*



The **THETA MIND PROGRAM** of high-Achievement is a powerful, effective tool for personal growth. Those lacking in motivation, confidence, and creativity will find it opens doors to new ways of

For those who feel they have more potential than they've ever taken advantage of, *The THETA MIND PROGRAM of Achievement* is a powerful, effective tool for personal growth. Those lacking in motivation, confidence, and creativity will find it opens doors to new ways of thinking. If fear, stress, and tension are preventing you from attaining even simple goals, it will provide invaluable help in banishing these negative characteristics.



Psychology Today calls him "The Magellan of Brain Science." Dr. Kari Pribram, founder of the Neuropsychology Research Laboratory at Stanford University and former Director of Research for SyberVision, has been making innovative strides in the science of behavior ever since he started practicing as a neurosurgeon. He began making his mark in the medical and psychological fields by earning both a B. S. and an M.D. degree at the University of Chicago

in five years. His research into brain function led to his interest in the behavioral sciences, and he is credited for uniting the two into the science of neuropsychology.

Dr. Pribram made two key discoveries through his extensive studies of the brain. First, he found that all our behavior is governed by "images of achievement," and that without those images, we cannot succeed in our endeavors. Then Dr. Pribram unraveled an age-old mystery. He discovered how the human brain forms and acts upon visual and sensory images. He learned that the brain uses the same principles to generate and store images as the hologram—a life-like three dimensional image projected from a film plate into space.

Using the images of achievement to fuel the internal fires of self-motivation, perseverance, and discipline, you'll develop the driving forces necessary to sustain a concentrated effort toward your goal. You'll learn to turn "wishful tKarl H.

**Pribram** (/ˈpraɪbræm/; German: [ˈpʁiːbram]; February 25, 1919 – January 19, 2015) was a professor at [Georgetown University](#), in the [United States](#), an emeritus professor of [psychology](#) and [psychiatry](#) at [Stanford University](#) and distinguished professor at [Radford University](#). [Board-certified](#) as a [neurosurgeon](#), Pribram did pioneering work on the definition of the [limbic system](#), the relationship of the [frontal cortex](#) to the limbic system, the sensory-specific "association" cortex of the [parietal](#) and [temporal lobes](#), and the classical [motor cortex](#) of the human [brain](#). He worked with [Karl Lashley](#) at the [Yerkes Primate Center](#) of which he was to become director later. He was professor at [Yale University](#) for ten years and at [Stanford University](#) for thirty years.

To the general public, Pribram is best known for his development of the [holonomic brain model](#) of [cognitive function](#) and his contribution to ongoing neurological research into memory, emotion, motivation and [consciousness](#). He was married to American author [Katherine Neville](#).

Pribram's holonomic model of brain processing is described in his 1991 *Brain and Perception*, which contains the extension of his work with [David Bohm](#). It states that, in addition to the circuitry accomplished by the large fiber tracts in the brain, processing also occurs in webs of fine fiber branches (for instance, [dendrites](#)) that form webs, as well as in the dynamic electrical fields that surround these dendritic "trees". In addition, the processing occurring around these dendritic trees can influence that occurring in those trees of nearby neurons whose dendrites are entangled but not in direct contact (known as [ephaptic signaling](#)). In this way, processing in the brain can occur in a non-localized manner. This type of processing is properly described by [Dennis Gabor](#), the inventor of holography, as quanta of information he called a "holon", an energy-based concept of information. These wavelets<sup>[\[clarification needed\]](#)</sup> are used in quantum [holography](#), the basis of MRI, PET scans and other image processing procedures<sup>[\[citation needed\]](#)</sup>.

Gabor wavelets are windowed [Fourier transforms](#) that convert complex spatial (and temporal) patterns into component waves whose amplitudes at their intersections become reinforced or diminished<sup>[\[jargon\]](#)</sup>. Fourier processes are the basis of holography. Holograms can correlate and store a huge amount of information – and have the advantage that the

inverse transform returns the results of correlation into the spatial and temporal patterns that guide us in navigating our universe.

[David Bohm](#) had suggested that were we to view the cosmos without the lenses that outfit our telescopes, the universe would appear to us as a hologram. Pribram extended this insight by noting that were we deprived of the lenses of our eyes and the lens-like processes of our other sensory receptors, we would be immersed in holographic experiences.

### Other contributions

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In the late 1940s and early 1950s, Pribram's neurobehavioral experiments established the composition of the limbic system and the executive functions of the [prefrontal cortex](#). Pribram also discovered the sensory specific systems of the [association cortex](#), and showed that these systems operate to organize the choices we make among sensory stimuli, not the sensing of the stimuli themselves.

His account of how his discoveries were made is in his book *The Form Within* which was published in 2013. It includes stories of his encounters with leading scientists and scholars of the day, and amusing stories like how he lost part of a finger when his hand was slammed down by the chimpanzee [Washoe](#) at the University of Oklahoma.

In 1999, he was the inaugural winner of the [Dagmar and Václav Havel Award](#) for uniting the sciences and the humanities. He died in 2015 in [Virginia](#), aged 95. <sup>[1]</sup> hinking" into reality by actually taking the steps necessary to achieve what you want.

A Complete Goal Achievement System The Neuropsychology Achievement isn't just a program that helps you achieve business and financial success. It's designed to help you improve any area of your life—or all of them. The Neuropsychology of Achievement gives you the tools, skills, and insights necessary to achieve the difficult goal of personal growth and change. Eleven audio sessions provide you with the knowledge and process essential to becoming an achiever. And, to help you fully understand the power and the strength behind the program, included is a rare, taped interview with Dr. Karl Pribram, upon whose exciting discoveries The Neuropsychology of Achievement is based.

What You'll Learn In the online sessions, you'll learn to compare your current strengths and weaknesses against those of model achievers. You'll be taught how to set sensory-rich goals. You'll find out how to code high-achievement behaviors into your brain and nervous system. And you'll learn the secret to getting rid of self-defeating behaviors.

The process is a steady and gradual one. The Neuropsychology of Achievement is not meant to work overnight. Each audio session will take you one step further toward your goal of internalizing the winning behaviors that will help you realize your lifelong dreams. And you can repeat the sessions as often as necessary until you feel confident that you've thoroughly mastered the techniques presented to you.

As a matter of fact, the more you use your Neuropsychology of Achievement sessions, the more valuable they will become. As you gain confidence you begin to accomplish your goals.

**Continued use of the program will only take you further along the road of self-improvement and success.**

## Dr. Michel Gagne Biodata November 2023

Excellent motivator, Michel has worked with several Olympic Medallists and Athletes from Canada and abroad since the 1972 Munich Olympic Games. He has been an advisor, trainer and mental coach of several Olympic Coaches and Athletes from Canada, Caribbean Islands, Sri Lanka, India, Malaysia, Singapore, Brunei. He was involved in the Montreal 1976 Olympic Games as Manager of the Training Venues.

He started getting involved in mental preparation for Olympic Athletes in several sports in Canada and abroad from 1972 until now.

*Amongst Asia's world level athletes he worked with are: Squash Eight Times World champion Dato Nicol David, A1/F1 Driver Alex Young, LPGA Golfer Lim Siew Ai from Malaysia, Commonwealth Games Rhythmic Gymnastics Gold Medallist Team from Malaysia, Badminton Gold Medallist Rashid Sidek and Barcelona Olympic Medallists Jalani and Rasif Sidek from Malaysia, Sarah Chung from Sabah and Vasugi Maruthamuthu Asian Games Gold Medallists in Taekwondo and Hii King Hung from Sarawak, Bronze Medalist in Taekwondo, Olympic Sprint Medallist Sushantika Jayasinghe from Sri Lanka, and many more.*

While pursuing his master's degree in 1972, he was part of the Canadian observation delegation at the Munich Olympics. Since then, he has been recruited by Canadian and Asian teams for his innovative perspective in supporting athletes. He moved to Malaysia in 1990, where he spent the next 30 years honing his skills as a mental preparation coach with athletes and coaches, but also with employees and managers in the corporate world. He has also trained in Asia, in addition to many athletes, more than 5,000 professionals and senior managers in diverse workplaces (banking, government, multinational companies and SMEs: aerospace, manufacturing, biochemistry, real estate, construction, insurance, telecommunications, communication, technology, microelectronics, Low Tech, High Tech, etc.).

Michel Gagne is an Olympic Mental Trainer and Coach of Coaches. He was born in Canada and started his career in the elite sports with DR.Terry Orlick. 25 years ago, the Malaysian Olympic Committee asked if Michel could introduce mental training in Malaysia. It went so well that instead of just staying the three agreed months, he spent 30 years there!

In the last three decades, he has also introduced mental training and coaching in several large international companies in Bahrain, Brunei, China, Cambodia, Egypt, Malaysia, Mauritania, Nepal, India, Indonesia, Puerto Rico, Dominica, Saudi Arabia, Sri Lanka, St-Kits, Thailand, Vietnam, the Philippines and in some African countries (Senegal, Guinea, Kenya).

During the presentation Dr. Michel will share: his way on **“Mastering the Habits of Success and High Achievement - CHAMPIONS AND HIGH ACHIEVERS ARE MADE OF HABITS”**.



## HABITS SELF-ASSESSMENT EXERCISE

1. The following self-assessment form lists the 21 habits of the high achiever. Each habit is presented in the same order. Each habit is graded on a scale of one through five. Read all of the characteristics listed on the following worksheet. Do not mark the form at this time; just get familiar with the characteristics:

2. Refer again to the high achiever habits introduced. As you listen to the habit being discussed, contrast and compare where you currently stand in relation to the model. Use the rating scale as your tool for measurement. As each characteristic is described, decide how your typical behavior rates compared to that of the model. **Think in terms of "I" always, often, sometimes, seldom, or never express the characteristics of the desired behavior.** Then, circle the appropriate number on the scale that corresponds to your response.

3. When you are instructed to do so by the narrator, write in the space provided below each of your five wishes. Begin each wish with "I want..."

## PERSONAL ASSESSMENT FORM

### Mental Habits

1. **Sensory Goal Vision:** The habit of translating every goal into specific, well-defined images rich in vision, sound, touch, taste, smell, and emotion. Pre-living the realization of the goal and its positive consequences in rich sensory detail.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

2. **Disciplined Mental Application:** The habit of sustaining a long, hard work effort toward the desired end without receiving immediate results. The ability to see a worthwhile goal through to completion. The patience to build a foundation of success, step-by-step, with giving up because it seems like too much effort.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

3. **Search for knowledge:** The habit of continually increasing one’s knowledge base through study and reading, especially of biographies that provide positive model from which one can build success blueprints. Continually learning from the experience of others and applying the learning to everyday living.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

4. **Creativity:** The habit of creatively turning problems into opportunities. The ability to conceive, develop, refine, and transform one’s opportunities into successes.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

### **Emotional Habits**

5. **Confronting and Conquering Fears:** The habit of challenging and tackling “head on” subtle fears, everyday doubts, and self-imposed limitations that hold one back from realizing an ultimate level of enjoyment and success.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

6. **Inner-Directedness:** The habit of taking responsibility for your actions and their consequences. The ability to create an internal driving force without becoming dependent upon the approval and acceptance of others for motivation.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

7. **Capacity to Develop Warm & Lasting Relationships:** The habit of viewing others as possessing intrinsic worth and goodness. Taking the time to listen to others and give emotional nourishment. Valuing the closeness of spouse, children, and family. Holding the value that no success can compensate for failure in valued relationships.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

8. **Time Competency:** The habit of viewing others as possessing intrinsic worth and goodness. Taking the time to listen to others and give emotional nourishment. Valuing the closeness of spouse, children, and family. Holding the value that no success can compensate for failure in valued relationships.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>



9. **Constructive Criticism:** The habit of taking constructive criticism to heart without getting angry, feeling rejected, or put down. Utilizing constructive feedback as an opportunity to maximize personal growth and development, measuring it against your strengths and weaknesses, and, then, developing a plan of action to improve the necessary attitudes, behaviors and skills.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

10. **Power:** The habit of making others think more of themselves. A constant feeling of self-assuredness that accompanies a continual effort toward self-mastery. The ability to magnetically draw people toward you because of the way you bring out the best in them.

1 2 3 4 5

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

### **Physical Habits**

11. **Stress Control:** The habit of avoiding the buildup of stress and when it is present, taking the necessary steps to diffuse it through natural means of control such as soothing music, mild meditations, or regularly scheduled periods of relaxation and leisure activities.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

12. **Resistance to Illness and Disease:** The habit of harboring and including thoughts and images in mind that are health and vitality-oriented. Maintaining the attitude that you have no time to be burdened with the problem of physical illness.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

13. **Nutritional:** The habit of "eating to live" and not "living to eat." The pervading philosophy of "moderation in all things." The habit of enjoying vitamin-enriched vegetables and fruits, lean meats, poultry and fish more than salt and sugar-rich, high caloric foods.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

**14. Physical Exercise:** The habit of participating in regular aerobic exercise. Valuing the joy of exhaustion and the victory of spirit that results from the body and mind surpassing old physical limitations and expanding to meet new physical challenges. The prevailing attitude that oxygen is the life source and the energy substance of vitality.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

**15. Energy Rejuvenation:** The habit of adequate rest and sleep. The ability to shut off the mind at night in order to enjoy eight hours of energy-revitalizing sleep. The habit of waking up refreshed and energized each morning, looking forward to the challenges, opportunities, and joy the new day will bring.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

**Financial Habits**

**16. Dollar Sense:** The habit of foregoing the momentary thrills of luxury items to develop a financial foundation based on solid capital generating investments. Once the financial foundation has been firmly established, such luxury items can be more fully enjoyed. The prevailing philosophy that anything you spend your money on must return to you a value or service that will generate more benefits in the future.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

**17. Financial Control:** The habit of budgeting your resources and knowing where each of your dollars goes and what they will return.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

**18. Career Security:** The habit of returning to your employer in measurable income at least ten times the dollar value you receive in pay. The habit of quantifying your direct contribution to profit rather than basing your sense of job security and future career growth on skills you feel to possess. Habitually translating skills into measurable dollar contribution to your organization.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

**19. Law of Compensation:** A habitual understanding and application of the natural law of return governed by the principle of whatever one unselfishly gives of their substance will be returned in its own kind many times over.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

## **Spiritual Habits**

20. **Spiritual Focus:** Continually bringing into focus, reviewing, and refining the habits of mind, body, emotion, and material substance. In-depth reflection focusing on what you might be against where and what you are now or have been in the past.

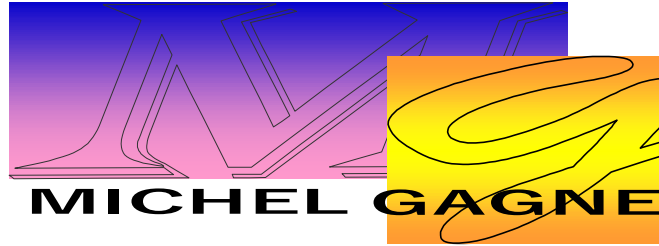
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

21. **Sense of Higher Self:** A pervading perspective and feeling of purpose. An internal sense of the ability to organize, create, and bring into being those things in life which seem impossible for the common man or woman. A dignified sense of self-worth and respect.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>NEVER</b>	<b>SELDOM</b>	<b>SOMETIMES</b>	<b>OFTEN</b>	<b>ALWAYS</b>

## **TIPPING POINTS TO REMEMBER**

- Be as realistic and as honest as you can in comparing your current habit patterns to the high achiever model.
- Don't try to appear better than you are. Be an impartial judge of your own behaviour and habits.
- No matter how deeply ingrained a self-defeating behaviour may be, you have the power to change it to a high achieving habit. Your greatest weaknesses have the potential to become your greatest strengths.
- If you desire to improve your life's circumstances you must first improve yourself.



## HABITS SELF-ASSESSMENT SUMMARY

**NAME:**

**EMAIL ADDRESS:**


**Score your rating for each habits ( 1 to 5)**

### PERSONAL ASSESSMENT FORM

	1 TO 5
<b><u>Mental Habits</u></b>	
1. Sensory Goal Vision:	
2. Disciplined Mental Application:	
3. Search for knowledge:	
4. Creativity:	
<b><u>Emotional Habits</u></b>	
5. Confronting and Conquering Fears:	
6. Inner-Directedness:	
7. Capacity to Develop Warm & Lasting Relationships:	

8. <b>Time Competency:</b>	
9. <b>Constructive Criticism:</b>	
10. <b>Power:</b>	
<b><u>Physical Habits</u></b>	
11. <b>Stress Control:</b>	
12. <b>Resistance to Illness and Disease:</b>	
13. <b>Nutritional:</b>	
14. <b>Physical Exercise:</b>	
15. <b>Energy Rejuvenation:</b>	

<b><u>Financial Habits</u></b>	
16. <b>Dollar Sense:</b>	
17. <b>Financial Control:</b>	
18. <b>Career Security:</b>	
19. <b>Law of Compensation:</b>	
<b><u>Spiritual Habits</u></b>	
20. <b>Spiritual Focus:</b>	
21. <b>Sense of Higher Self:</b>	
<b>TOTAL SCORE</b>	



# GOAL HABITS AFFIRMATION FORM

## A - LONG TERM GOALS ( 2 to 10 Years )

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## B - SHORT TERM GOALS (3 Months to 2 Years )

1.
2.
3.
4.

## C - CAREER SPORT/LIFE SPECIFIC GOALS :

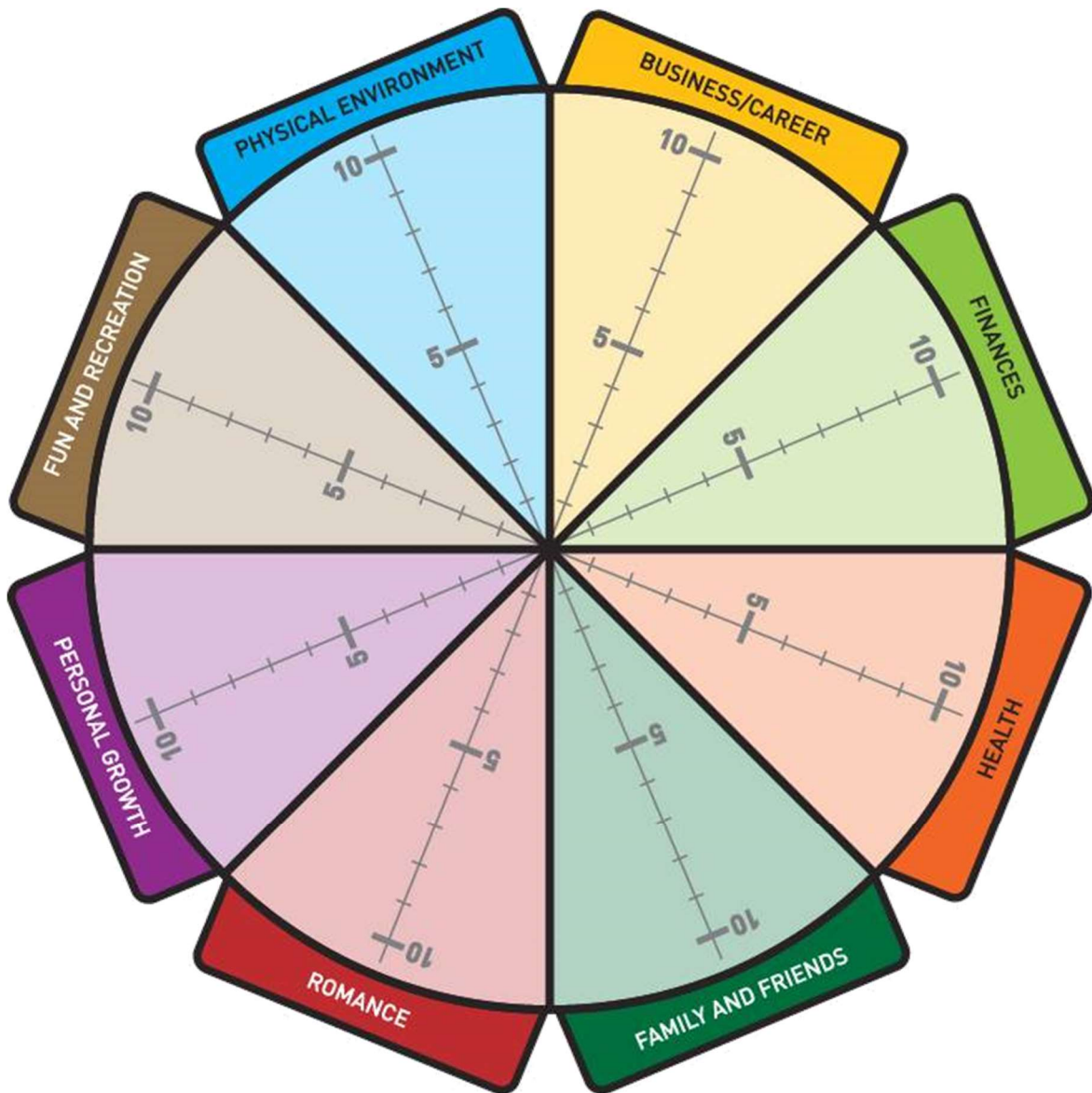
Physical : \_\_\_\_\_

Technical : \_\_\_\_\_

Psychological : \_\_\_\_\_

Strategical / Tactical : \_\_\_\_\_

Wheel of Life : \_\_\_\_\_



**D - MAJOR DREAM GOAL STATEMENT (next 12 months)**  
**ME, ( Where, When, Why, How, Who, When... )**

**E - GOAL IMAGE ( MULTI-SENSORY MAJOR DREAM GOAL DESCRIPTION ) :**

You must describe as concretely as possible what your EYES ( Sight ), your HEARS (Sound), your NOSE (Smell), your MOUTH (Taste), your BODY (Touch and Feel) WILL EXPERIENCE UPON THE ACCOMPLISHMENT OF YOUR MAJOR DREAM GOAL, with all the EMOTIONS.

**WHAT I WILL :**

<b>SEE</b>
<b>HEAR</b>
<b>SMELL</b>
<b>TASTE</b>
<b>TOUCH AND FEEL</b>
<b>EMOTION</b>

**F - GOAL POSITIVE CONSEQUENCES (WHAT I WILL GET)**



You must describe the incentives, benefits, advantages or favors (PAY OFFS), that you will receive as a RESULT of achieving your goal :

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**G - GOAL INTERVENTIONS :**

Describe some of the CONCRETE and IMMEDIATE INTERVENTIONS you will have to take in order to start the JOURNEY towards YOUR GOAL :


**H - GOAL INTEGRATION :**

You must EXPERIENCE by PRE-LIVING (in your Mind) during 21 MENTAL TRAINING SESSIONS (Deep Relaxation) the MAJOR DREAM GOAL IMAGE of ACHIEVEMENT and its POSITIVE CONSEQUENCES in full MULTI-SENSORY details. You must see yourself achieving the goal, what happens, with all your senses, with all the bodily feelings and emotions.

Signature : \_\_\_\_\_ Date: \_\_\_\_\_  
Myself

Signature : \_\_\_\_\_ Date: \_\_\_\_\_  
Witness

**“I CONDUCT MYSELF LIKE A HIGH ACHIEVER AT ALL TIMES”**

## **MY TRANSITION ACTION PLAN**

**Name:**

**Occupation:**

**Sport:**

**Date:**

**Date of Birth:**

**Sex:**

### **MY MAJOR DREAM GOAL STATEMENT (*What is my Dream Goal?*)**

**1. *Where is it happening?***

**2. *When is it happening?***

**3. *Why is it happening?***

**4. *How can I achieve this Dream Goal?***

**5. *Who do I need to get involved with Me?***

**6. *When will you know that you have achieved Your Dream Goal?***

- SPECIFIC
- MEASURABLE
- ACHIEVABLE
- REALISTIC
- TIME BOND
- EXCITING
- RECORDED

**SMARTER  
GOAL-SETTING**

**GOALS-IMAGES OF ACHIEVEMENT**

**MY MAJOR DREAM GOAL STATEMENT** (*What is my Dream Goal, in one sentence?*)

**Me (write Your name).....**

**It is important that I accomplish this goal, because (consequences):**

**My NEEDS in order to accomplish this goal (Resources, time, assistance, family support, knowledge, skills, information, food, relaxation, social...)**

--

**What I must do to reach that goal (step by step countdown)**

1.
2.
3.
4.
5.
6.
7.
8.

**Initially it should cost me:**

--

Some excuses I might come up with:

When I reach my goal, I will feel:

What could my spouse, children, relatives, friends do to help me realize this goal

## **MY QUEST FOR GLORY**

**The ME I WILL BE, is the ME I SEE IN MY MIND  
ALL THE TIME!**

# GOALS-IMAGES OF ACHIEVEMENT

There are many methods that have been developed for goal-setting. They explain how to determine, analyse, set and hopefully realize your goals. Most of these methods teach you how to make lengthy goals statement.

These methods have helped many people around the world. But in order to be EFFECTIVE, the WORDS and VERBAL GOAL STATEMENTS must build the necessary INTERNAL DRIVE FORCES that allow you to sustain a hard and long-term work effort toward the REALIZATION of YOUR GOALS.

Here are some guidelines for effective goal-setting that will help you to formulate CLEAR and CONCISE MULTI-SENSORY GOALS.

## **A - RESULT ORIENTED**

The goal statement must focus primarily on the desired result. It must specifically state WHAT it is THAT YOU WANT TO ACHIEVE? A one sentence very DESCRIPTIVE STATEMENT is usually adequate for such a purpose.

## **B - TIME SPECIFIC**

The specific time frame for the achievement of your goal must be clearly defined (**You do not decide the moment of a final at a major championship!**). When you have a reference of time, it adds a dimension of MOTIVATION to the goal-setting process. It also give you a logical framework for DIVIDING, PLANNING and PACING the different actions necessary to achieve your goals.

## **C - MEASURABLE**

You must have defined a STANDARD of MEASURE, a SPECIFIC CRITERION, or a TARGET at wich to direct your efforts (Performance, physical, technical, tactical or psychological).

When your goal is measurable, you are more easily motivated to work towards its end. You can, on a daily basis, measure your progress towards the achievement of the goal and take any CORRECTIVE ACTIONS if you find yourself off target. The immediate feedback of your progress reinforce your motivational drives toward it.

## **D - MULTI-SENSORY IMPRESSIONS**

You must WRITE a very DETAILED STATEMENT of the MULTI-SENSORY IMPRESSIONS you will get when you realize your goal. It is very important that you describe what it will LOOK, SOUND, TASTE, SMELL and FEEL LIKE when achieving your goal. You must also details the EMOTIONS you will experience upon the realization of your goal.

## **E - POSITIVE CONSEQUENCES**

You must write a statement of the " PAYOFFS ", or the " POSITIVE CONSEQUENCES you will get from achieving the goal ( WHAT WILL BRING YOU HAPPINESS AND SATISFACTION ).

## **F - TEST YOUR GOAL**

Is this something I really desire?

Is this achievable?

Will it change me and make me grow?

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### **Use the GOAL-SETTING RATING SCALE**

**My goal is: on a scale of 1 (not at all) to 5 (totally)**

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
- <b>Self-selected</b>					
- <b>Engaging / stimulating</b>					
- <b>Concrete / specific</b>					
- <b>Self-controlled</b>					
- <b>Optimal probability</b>					
- <b>Burning time</b>					
- <b>Visibility</b>					

<p style="text-align: center;"><b>"SUCCESS IS NOT A PLACE, BUT A JOURNEY! SENSE OF ACHIEVEMENT SHOULD COME ALONG THE WAY!"</b></p>
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## **G - GOAL-INTEGRATION**

How to code HIGH ACHIEVER BEHAVIORS and GOALS into your brain and central nervous system is better performed by the use of MENTAL TRAINING, which combine BREATHING EXERCISES for oxygenation, RELAXATION EXERCISES and MULTI-SENSORY INDUCTIONS.

Functionally, the brain cortex is divided into two sections, the LEFT CEREBRAL HEMISPHERE and the RIGHT CEREBRAL HEMISPHERE. Joining the two sides together is a 10 centimeters long body of closely packed fiber of nervous tissues and fiber that act as a BRIDGE for the transfer and sharing of electrical impulses and informations that travel between the left and right cerebral hemispheres. It is referred

as the LIMBIC AREA of the brain and function normally in a specific BRAIN FREQUENCY or WAVES (ALPHA and THETA ).

The left cerebral hemisphere serves usually as the ANALYTICAL SIDE of the brain. Its functions are RATIONAL and LOGICAL thinking, reading, writing, arithmetic and mental construction (SETTING GOALS). The left side of the brain is in essence, the thinking human ( the conscious one ). It handles planning, organizing and directing of the thinking person, it is sometimes referred as the VERBAL SIDE.

The right cerebral hemisphere handles NON-VERBAL functions and the processing of SENSORY INFORMATIONS relating to SIGHT, SOUND, TOUCH (SKIN), SMELL, TASTE and EMOTIONS. It is a source of INSTINCTIVE, CONDITIONED and AUTOMATED REFLEXES.

You must integrate your goal statement into your left brain ( by writing it in details ), and all its multi-sensory components into your right brain, and JOIN both sides of the brain via the corpus callosum and the limbic brain area by PRE-LIVING its POSITIVE CONSEQUENCES in FULL-SENSORY RECALL in a CLOSE TO SLEEP RELAXATION STATE.

### **H - DAILY PLAN FORMS**

The daily plan program helps in automating the high achiever attitude and habits. Use the daily plan forms to PLAN and REFLECT each day. If needed, get up a little earlier each day and spend 15 minutes with yourself.

**" THE ME I'LL BE, IS THE ME I SEE, IN MY MIND! ALL THE TIME"**

### **MODELING HIGH ACHIEVERS' ATTITUDE AND HABITS**

**YOUR ATTITUDE** is a combination of your THOUGHTS, SENSATIONS or FEELINGS and your ACTIONS ( your behavior inside and outside the Sports World ).

**YOUR ATTITUDE** control all aspect of your life, it is a PATTERN. All the RESULTS you get are the reflection ( mirror ) of YOUR ATTITUDE.

**A GOOD ATTITUDE will always generate good results.**

**A BAD ATTITUDE will always generate bad results.**

**~ THIS IS AN ABSOLUTE LAW ~**



**You must THINK, what you FEEL, that you DO!**

**You must FEEL, what you THINK, that you DO!**

**You must DO, what you FEEL, that you THINK!**

It is possible to develop a strong **POSITIVE ATTITUDE**. However, it is important to respect your past, your **CURRENT CONDITIONS** and be willing to **SYSTEMATICALLY, RATIONNALLY, and PERSITENTLY** work on improving your **MENTAL, EMOTIONAL and PHYSICAL SKILLS** towards the **ACHIEVEMENT of YOUR GOALS**.

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## MY DAILY PLAN FORM

Today : \_\_\_\_\_ is the day to feel good about :

**My Short Term GOAL (30 days)**

<p><b>My Short Term GOAL (30 days)</b></p>
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### THINGS TO CHECK AT THE BEGINNING OF THE DAY

My Goals or Objectives today are:	I will do three (3) things today to make me happy:
	1.
	2.
	3.

**List the five (5) most important activities today**

1)
2)
3)
4)
5)

**How I feel today about:**

<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  Horrible         </div> <div style="text-align: center;">  Low         </div> <div style="text-align: center;">  Good         </div> <div style="text-align: center;">  Great         </div> <div style="text-align: center;">  Awesome         </div> </div> <p style="text-align: center; margin-top: 10px;">How are you feeling?</p>	<div style="margin-bottom: 10px;"> <input type="checkbox"/> I have made a list of the five (5) most important activities today         </div> <div> <input type="checkbox"/> I have visualized deeply relaxed the results I want to achieve today         </div>
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My thoughts on the following subject today are:

**DAILY PLAN FORM**

**THINGS TO CHECK AT THE END OF THE DAY**

Did I completed today's plan? <input type="checkbox"/> YES <input type="checkbox"/> NO	<u>I have worked on my goals and I have visualized them deeply relaxed</u> <input type="checkbox"/> YES <input type="checkbox"/> NO
I congratulate me for :	My five (5) personal victories today are :
	1.
	2.
	3.
	4.
	5.



Horrible



Low



Good



Great



Awesome

How are you feeling?

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Myself

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Witness